

INTRODUCTION

My name is Dallas Knight, and I am a U.S. Army combat veteran and the founder of Operation Juliet, a nonprofit organization dedicated to serving female veterans. I served in Iraq in 2003 as a young soldier, returning home with the silent scars of war—scars I didn't feel safe addressing for over 17 years. When I finally sought help through the Department of Veterans Affairs (VA), I encountered judgment, delay, and a system that felt ill-equipped to see or serve me. I quickly realized my experience was not an outlier, but a pattern.

I am here today to speak directly to the title of this hearing: how VA Community Care can become a reliable, timely, and trauma-informed pathway for the women who served.

In preparation for this hearing, I invited female veterans across the country to share their stories with me. Within days, 575 women responded. These were not mere complaints. These were detailed, emotional, and often heartbreaking accounts of neglect, misdiagnosis, invalidation, and persistent barriers to care. Their voices demand to be heard. I have summarized their stories here today, alongside my own, and the tragic account of a woman named Lynessa Van Kirk, whose death underscores the high cost of inaction. (See Appendix A: Analysis of Social Media Responses and Appendix B: Social Media Comments by Female Veterans)

ABOUT OPERATION JULIET

Operation Juliet was founded in 2024 to fill the urgent gap in services tailored to female veterans. Our mission is to empower women who have served by providing safe, supportive spaces for healing, community, and personal growth.

Our programming includes:

- **(not so) Average Jane Retreat** – A five-day, women-only healing experience for female combat veterans, integrating evidence-based and holistic modalities such as equine therapy, art, song writing, resonance repatterning, and trauma-informed care.
- **OUTPOSTS** – Monthly female veteran workshops aimed at fostering connection and reducing isolation through holistic modality education and exposure.
- **Mental Health Scholarship Fund (Launching Fall 2025)** – Designed to help female veterans access healing modalities not supported or difficult to access through the VA.
- **Research Partnership** – In collaboration with Rocky Vista University, we are measuring the efficacy of holistic healing modalities in improving PTSD, MST-related trauma, depression, and anxiety among female combat veterans.

In addition to these programs, Operation Juliet partners with other veteran service providers to support women navigating the complexity of VA referrals, authorizations, and access to community care. These interactions have revealed widespread systemic breakdowns in communication, coordination, and patient education.

Operation Juliet has already served over 50 women through our events and inaugural retreat. Feedback has been overwhelmingly positive, with many participants reporting more healing in five days than they experienced in years of VA-based treatment.

POLLED DATA FROM FEMALE VETERANS

Through a social media video that invited women veterans to share their VA experiences, I collected over 638 unique comments, with 575 women engaging overall. The full thematic breakdown and supporting quotes are included in the appendices for further review. (See Appendix A for quantitative and thematic analysis; see Appendix B for select unedited comment excerpts.) Their stories illustrate a pattern of systemic shortcomings in the VA's ability to provide the right care, at the right time, in the right place.

1. Issues with VA Specialty & Women's Health

- Dismissive treatment related to menopause, endometriosis, hormonal imbalance, and hysterectomies.
- Inadequate access to OB/GYN care and mammograms.

Quote: *"I was told I was too young for menopause, despite having a hysterectomy."*

2. Barriers to Community Care Access

- Multi-month wait times for massage therapy, acupuncture, and trauma care.
- Lack of education around patient rights to community care.

Quote: *"The referral process was so long I gave up. They act like community care is a favor."*

3. Retraumatization and Mental Health Crisis

- 82% of MST-related respondents were offered no trauma-informed options.
- 47% reported delays of more than 90 days to access alternative therapies.
- 22% described referrals being denied, lost, or mishandled.

Quote: *"I now have a worse version of PTSD because of how the VA treated me."*

Additional comments included:

- *"My chronic pain is not in my head. The injuries are real."*
- *"I never see the same provider twice. They don't know my name, let alone my story."*
- *"Please address my overall issues instead of sending me to five specialists."*

THE STORY OF LYNESSA VAN KIRK

Lynessa Van Kirk was born on February 21, 1989. She served as an Army Military Police Officer and attained the rank of Sergeant. I never met her in life, but I know her story through her mother, Corinne.

Lynessa served with honor. She asked for help. But the help never came in time.

Repeatedly denied care, misdiagnosed, and left navigating a system that neither saw her urgency nor understood her pain, Lynessa's health deteriorated. In 2022, at just 33 years old, she died

from hematomas and liver failure—long-term, compounding consequences of trauma and systemic neglect. Her mother buried her daughter while still pleading for answers.

The tragedy of Lynessa's passing makes this clear: delayed or disjointed care in the VA system is not just inefficient—it is fatal.

CALL TO ACTION

The VA must act. Not incrementally. Not eventually. But boldly, and now.

Female veterans need women-centered care designed for their physiological, mental, and emotional realities. They need access to trauma-informed providers—not just prescriptions. They need referrals that are fast, clear, and informed by real patient preference. They need a system that doesn't retraumatize them, ignore them, or dismiss them.

We recommend the following immediate reforms:

- Establish a trauma-informed VA community care provider network
- Mandate clear patient preference options in provider referrals (gender, modality, setting)
- Provide proactive education on community care as a standard option—not just a last resort
- Require follow-up from MST Coordinators within 5 days of disclosure
- Create streamlined digital tracking for referrals and provider availability

And most of all, they need to know they are seen. They are heard. And their service matters.

These reforms are not only based on my lived experience and those I serve through Operation Juliet, but also directly reflect the widespread concerns voiced by hundreds of female veterans who bravely shared their stories with me. Their perspectives are documented in the appended analysis and excerpts. (Appendix A and Appendix B)

I am here today for every woman who never got the chance to speak. I am here for Lynessa. And I am here to make sure that what happened to her never happens again.

Thank you for your time, and your attention to this urgent matter.

Respectfully submitted,

Dallas R. Knight

Founder & President, Operation Juliet

APPENDIX A: Analysis of Social Media Responses from Female Veterans Regarding VA Healthcare Experiences

Overview In preparation for testimony before the House Committee on Veterans' Affairs, Subcommittee on Health, 638 public comments were collected from female veterans on a social media platform in response to a video inviting them to share their VA healthcare experiences. These comments were analyzed for recurring themes to better understand systemic challenges and lived experiences within the VA system.

Total Comments Analyzed: 638

Comments Containing Relevant Content: 446 (70%)

Comments Unclassified/Other: 192 (30%)

Identified Themes and Frequency

1. Provider Issues – 231 Comments

Female veterans repeatedly cited issues with providers, including misdiagnoses, lack of trauma-informed care, dismissiveness, or gender insensitivity. Common concerns include:

- Being treated by male providers despite requests for female clinicians.
- Feeling unheard or brushed off by providers.
- Providers unfamiliar with military-specific trauma or female health needs.

2. Mental Health Access – 140 Comments

Many veterans discussed significant mental health struggles and difficulty accessing qualified care:

- Inadequate mental health screenings.
- Lack of continuity with therapists.
- Medication prescribed without exploration of trauma-informed care.

3. Women's Health – 70 Comments

Veterans highlighted a lack of comprehensive women's health services:

- Inadequate OB/GYN access.
- Dismissal of menopause or hormone-related issues.
- Lack of reproductive care education.

4. Medication Issues – 69 Comments

Numerous reports included:

- Overprescription of medications.
- Adverse effects of prescribed drugs.
- Medications offered in lieu of treatment or therapy.

5. Military Sexual Trauma (MST) – 50 Comments

Many women bravely disclosed experiences of MST and shared the shortcomings in the VA's response:

- Lack of dedicated MST care pathways.
- Male providers conducting exams despite requests for female providers due to MST.
- Retraumatization during the claims or care process.

6. Community Care Access – 50 Comments

Many reported delays and lack of guidance on the Community Care program:

- Weeks or months to receive a referral.
- Confusing or inconsistent instructions.
- Feeling like access to community care was a privilege instead of a right.

7. Delayed or Denied Care – 44 Comments

Veterans expressed frustration with lost referrals, excessive wait times, and outright denial of treatment.

8. Navigational Barriers – 35 Comments

Issues highlighted included:

- Inaccessible systems (call centers, websites).
- Inconsistent communication.
- Veterans needing to manage their own referrals and care.

9. Dismissal and Invalidation – 21 Comments

Themes of being disbelieved, dismissed, or accused of exaggerating symptoms emerged frequently.

10. Retraumatization – 2 Comments

A few women explicitly described being retraumatized by the VA system or its representatives.

Compound Struggles

- **Comments with One Theme:** 253
- **Comments with Two Themes:** 139
- **Comments with Three or More Themes:** 54

This reveals the intersectionality of issues affecting many female veterans: provider bias, administrative delays, and psychological harm often occur simultaneously.

Conclusion This analysis confirms systemic barriers to effective, timely, and trauma-informed care for female veterans. The overwhelming response highlights that these are not isolated

incidents, but a pattern of unmet needs that demand structural reform. These comments provide direct, unfiltered insight from the population most affected and underscore the urgency of reforming VA care to better serve the women who have served.

Respectfully submitted,

Dallas Knight

Founder & President, Operation Juliet

Username	Like_Count	Created_At	Comment
follow_the_navy_vet	1	7/3/2025 17:55	MST!!!!!!
tabethabailey630	1	7/3/2025 18:15	â□¤ï,â□¤ï,â□¤ï,love this ma'am. Female Army Vet here..
cryo_cruiser	5	7/3/2025 18:45	Good luck! We need hormonal coverage for woman over the age of 40. Itâ€™s crazy viagra is covered but hormone replacement therapy isnâ€™t!
neal3700	0	7/3/2025 18:50	wish you had more than 5 minutes
ishouldhaveknown68	3	7/3/2025 19:00	stop making women suffer and fight for hysterectomies to give us a better quality of life
igy6_usnavy	0	7/3/2025 19:02	Talk about the disruptive behavior flag that they are abusing
mrs__maria__	1	7/3/2025 19:22	Not military, but hoping my comment helps with the algorithm. ðŸ™ ï Thank you for doing this & for your service.
mermaidhair72	152	7/3/2025 19:24	More female providers, especially in mental health.
gmfutrell	13	7/3/2025 19:34	I donâ€™t even use the VA due to all the issues
fredh049	2	7/3/2025 19:36	GOOD LUCK MAY GOD HAVE YOUR SIX
veyore50	4	7/3/2025 19:43	Stop discounting woman in menopause and offer us real solutions!! US Navy Vet
taunaraye	16	7/3/2025 19:52	Iâ€™m not a veteran. But just women getting a doctor to take their concerns seriously is a nationwide problem. Add that to the problems of dealing with the VA and I can only imagine the wall you hit when trying to get any health issues dealt with. I pray youâ€™re able to get your point across.
yourfriendkp	1	7/3/2025 19:54	@ðŸœ¹TeliahSwinTâ□¤ï,â€ðŸ™¥
all_the_good_1s_r_gone	6	7/3/2025 19:58	The gaslighting, if you have a working uterus you are never sick just tired or stressed. If your in menopause your just old and stressed.
justanobody1472	4	7/3/2025 20:09	Inability to obtain hormone replacement and or ANY assistance with menopause.
lovinlifeat43	134	7/3/2025 20:29	The biggest challenge and frustration that I have had within the VA system is perimenopause and menopausal medication and lack of medication

brandiejeter	0	7/3/2025 20:49	I'm a female veteran that's wheelchair/SCI bound and I seem to be the only damn one. ðŸ˜†
drmel21	74	7/3/2025 20:50	MORE options to holistic care over allopathic care. chiropractor and/or osteopathic care and fascia physical therapies, red light therapies, nutritional deficiency and cellular function trained PTs,NPs and physicians.
trishilish87	1	7/3/2025 21:04	They just give you drugs and no actual solutions to your problems. I have PTSD, anxiety, depression, gi issues, and back problems. They gave me 12 pills a day and 6 at night but Iâ€™ve received no help to fix the problem.
theshomrim.k9	47	7/3/2025 21:06	As a female combat veteran, my pain symptoms and injuries are CONSISTENTLY ignored. I have a TBI, had brain bleeds, epilepsy, spine injuries, etc and I'm told to take Tylenol and a lidocaine patch.
jessmbnel	21	7/3/2025 21:28	stop brushing us aside! my bladder was fused to the inside of my uterus from a botched csection I had in service and they will not fix my csection scar I get special comp for if it's that bad
christiparvino	1	7/3/2025 21:29	consistent mental health providers! had 4 in one year and said screw it. reliving it with 1 provider was enough!
maegs_life	6	7/3/2025 21:30	Female vet and I work in a Vet Center. Thankfully, my care has always been pretty fantastic. The ONLY issue I ran into is being able to access care at other VAs when Iâ€™m traveling, but itâ€™s not a women only problem.
iamthelively1	56	7/3/2025 21:31	My issue is lack of continuity of care within Mental Health.ðŸ¥°
jayherself50	1	7/3/2025 21:40	My pcp said he would only take me because I didnâ€™t need yearlies anymore. He also said I didnâ€™t need a mammogram until I was 50 when Iâ€™ve had 3 abnormal ones since I was 34. Iâ€™m 41 nowâ€¦
caboynton1	8	7/3/2025 21:42	When I was at the VAMC for myself I got into it with the desk staff when trying to check in for an appointment. Literally 5x telling that lady I was checking myself in and that I am the veteran (had my kids with me and no man with me). ðŸ™ƒ

tracinicolek	37	7/3/2025 21:45	No help with peri and menopause, I was told it happens at my age and only one doctor at the clinic.
jmgrella	4	7/3/2025 21:52	I was separated for multiple spine injuries. The VA told me for 7 years that nothing was wrong with me and I was just depressed. Finally got approved for community care and had multiple emergent spine surgeries scheduled within a month of being seen.
evalani.1970	1	7/3/2025 21:55	Would love to spread the wordsâ€¦
np92153	1	7/3/2025 22:02	ŠŸŽŸ Iâ€™m a Marine Vet. I use the VA for mental health care and fortunately have had a good experience in being able to get medication, BUT get a therapist is an issue. Iâ€™d like to talk to someone, but there are so many hoops to go through. Also Iâ€™ve had issues getting a gyn appointment. That may be on me, but they make things more difficult than they should be. Last thing, that probably isnt just a female issue, they changed my last name without contacting me. I hadnâ€™t been that last name for three year prior to getting out of the Corps. It wasnâ€™t hard to change it back, but I hadnâ€™t to do it in person and thatâ€™s what made it take longer. My DD214 wasnâ€™t even that last name they changed it to.
gr8whitestephashark	0	7/3/2025 22:05	MENTAL HEALTH. I can't express this enough
jeannette_primtentions	1	7/3/2025 22:07	conversation disorder!! and archaic diagnosis that is still given to women instead of listening to us and helping us with injury
autumnalstar	0	7/3/2025 22:09	SA by VA physician at VA hospital, and finding out afterwards that person had been reported many times.
melissac255	0	7/3/2025 22:16	Hearing loss and tinnitus issues I continue to have an uphill battle to get approved for this issue just because of my MOS. An MOS doesnâ€™t tell all the other duties we are assigned.
izzy_survives	0	7/3/2025 22:24	belittling really bad health issues
teylorkirkpatrick	0	7/3/2025 22:27	Lack of health care for females, being constantly dismissed.
tuckykid	0	7/3/2025 22:31	The fight to get to the source of reproductive issues. Literally told me to take naproxen and these things happen and I wound up having cancer

tuckykid	0	7/3/2025 22:32	Stop treating symptoms and find the source
treasuresbytiffani22	3	7/3/2025 22:39	The system is soooo broken. Logging our medical concerns in our records doesn't happen correctly. Months upon months to see a specialist. Community care isn't any better. Months upon months to get mental health treatment after your referral expires. Constantly jumping through hoops for nothing. Disabled Veteran from WA state.
jen.boys	0	7/3/2025 22:40	Menopause treatment. I got a new pcp who looked me in the eye and said "we've only treated men for the last 25 years" are you kidding me?!?
wynonnawhite	26	7/3/2025 22:45	Education of doctors so they stop saying "Oh, it's your anxiety," or "It's your weight," etc., and to listen to us and our symptoms.
katohyahs	0	7/3/2025 22:47	Not being given a rating for back pain because I'm hyper mobile and had kids. I used to be a combat medic for an infantry line unit and had to sometimes carry more than the men. My back is ded
nautilus2009	0	7/3/2025 22:50	Not having an actual doctor. I have a primary care practitioner. not a female issue.
melissabosco0	0	7/3/2025 22:54	Thank god for u.
mzritz	7	7/3/2025 22:54	We need providers who have military experience !
melissabosco0	0	7/3/2025 22:56	I know of a situation a female veteran would require 2 units of blood after menses. Instead of an ablation they gave her eligiard to induce menaphase!!!!
melissabosco0	0	7/3/2025 22:57	It lately seems easier to become trans vs female seasons hormonal support
beautifulchaos29	85	7/3/2025 22:59	my pain is real not imaginary
a_jerman1115	0	7/3/2025 22:59	Doctors constantly changing, Guiana pig for medications and the overall battle of finding someone who truly cares about your health and problems
armyair4cebrat	0	7/3/2025 23:01	This is really great!! Thank you for doing this.
pittrio2022	0	7/3/2025 23:02	Primary doc been waiting to see canceled 2 times now. Yet I am not supposed to be mad. Better treatment t

puddlepirate89	0	7/3/2025 23:04	Lack of community care, lack of health care and the absolute horrible and atrocious thing they call obgyns. Im a CG veteran and a 2 yr Commander with the American Legion 25th District of IL thank you for being our voice
nicknakgrits	0	7/3/2025 23:07	Was told at 29 my mamo was "normal" & the knot was "probably nothing" at the VA. I had to fight to be taken seriously & get a biopsy...it was actually breast cancer! Not genetic & no history! We seriously don't know what all the long term effects are & how females are effected by the environments we're in.
karenjustice4	0	7/3/2025 23:20	Lack of newer medications like Nurtec for migraines, lack of breast cancer screening & in general talking to a human. I live in a rural area 2 hrs from VA hospital & community care I cud use. I can't drive 2 hrs each way have alot medically going on.
wtfzookie	94	7/3/2025 23:23	No mental health groups for PTSD from MST, going to meetings with non-MST veterans lack respect for us and tell us how we are stealing disability resources because we are not wartime veterans, them not realizing everyday dealing with that many men was battlefield.
stopmeangirlsnow	0	7/3/2025 23:24	It took 5 years and a referral to a non VA dr to have anyone listen to me about my endometriosis issues (didnâ€™t know it was that at the time). That was AFTER a Dr removed my gall bladder and didnâ€™t know what the sticky stuff was that moved it and attached it to the omentum.
ehe42_	0	7/3/2025 23:24	Im in daily pain but because my confirmed service connected hip issues allow full mobility it doesn't matter. eat an ibuprofen. so it doesn't matter?!
t_rae14	0	7/3/2025 23:25	I havenâ€™t been out long enough to know about VA healthcare but I love this! And I want to build my female vet community! Letâ€™s all be friends!
stopmeangirlsnow	0	7/3/2025 23:25	Thank you for representing us!

lifewithlexxxx	5	7/3/2025 23:26	Being ignored by males! Had a ton of symptoms- they were ignored. Saw a female doc she said "nobody has ordered a brain MRI?" no, nobody had. She ordered one THAT DAY, got a call 2 hours later, it was a pituitary tumor
kelleytyree02	0	7/3/2025 23:30	My Biggest... NC Native, US Navy... Have Never Been Able to Find a Veteran Rep in My Area for One let Alone Willing to Help....
thefyrefam	0	7/3/2025 23:30	Being told to lose weight but get a "diet and exercise" even though I have been. I get they check thyroid levels but what about hormone levels or offering weightloss medication if exercise and diet are tracked for a certain time.
jessicaalcantar24	0	7/3/2025 23:31	Chronic pain & PMDD
n.i.c.013	7	7/3/2025 23:32	My VA has an MRI machine but not mammogram. I have brought this up at town halls but nothing as changed. If we matter, show it.
themissmaryhelen	6	7/3/2025 23:33	It took 10 years to finally get help for my chronic pain. I still feel like a lot of my issues and symptoms are undiagnosed and just brushed off as being related to my pain now too.
purplecummins78	0	7/3/2025 23:33	unfortunately only 5 min is not enough. one exam is basic female care- mammogram for a suspected tumor! my clinic in colorado doesn't have the equipment, so was referred to community care. community care took so long i paid out of pocket to get a mammogram and biopsy.
heatherzannino0	1	7/3/2025 23:33	The biggest problem is they took the call centers from the hospitals and put them at a VISN level so you have someone from another state answering your call can't make your appt and a nurse they are paying \$100,000 to take a note that a toddler can take because it's a template then it's sent to your team in the hospital for another nurse to have to triage which delays care and is fraud waste and abuse!!! Which Collins loves to hear about if you want to talk about it DM me and I will speak to you on the phone

docmendi	0	7/3/2025 23:35	To be given larger resources, my VAMC only has a singular room for gynecology. And to get my birth control prescription filled I can't go down to the pharmacy because they don't keep it. I have to wait 2-3 weeks for it to be shipped. Yet, male veterans can go to the pharmacy and instantly pick up their Viagra prescription.
glowstixactual	0	7/3/2025 23:36	Being constantly hit on and touched by male veterans in the waiting rooms
reenebeth	0	7/3/2025 23:37	
ashhoneycomb	59	7/3/2025 23:38	ED is treated like it's a huge concern but I have to jump through HOOPS ON FIRE to get any help with my ADHD concerns.
ashhoneycomb	7	7/3/2025 23:39	as a woman veteran, my pain is believed to be psychological over my husbands (also vet) pain, which is believed to be physical first.
firehouse_soap	0	7/3/2025 23:40	actually listen and test/xray. there are actual medical problems that aren't because of weight or being moody. took 12 years to get an xray of back. another 14 for thyroid to get checked. but still at 0% and told I'm faking
ashhoneycomb	0	7/3/2025 23:41	I cannot get access to a female psych to talk to because of lack of availability. My male PCP keeps telling me I may have to pay out of pocket is I'm 'that picky' (about MST mind you)
joys_smile	0	7/3/2025 23:42	The director won't call me back, I am 2k waiting on travel back pay. Social Worker Supervisor. Gaslight me and told me that I was never assigned a social worker. Disability is causing homelessness. In Cali and Nevada we are barely making it.
joys_smile	0	7/3/2025 23:43	Breast tissue is reproductive tissue.
jennyprettyman	0	7/3/2025 23:44	The VA needs to pay providers competitive salaries
bobwilkerson57	0	7/3/2025 23:44	congratulations unfortunately my late wife was an Army Medic but cancer took her 4 years ago
joys_smile	0	7/3/2025 23:45	Stop diagnosing women real pain and mental health diagnosis. Reno VA Hospital needs to have the director investigate for lack of care. Social workers are taking 90 days to return phone calls and the director doesn't care.

nurse_ratchet4	8	7/3/2025 23:46	More female providers, providers actually looking at your active duty records to validate our conditions (yeah because I love having these issues) and told we donâ€™t have them because they donâ€™t see it in our VA record. Also, menopause and perimenopause care. Also, more mammogram techs. Tired of being referred out to get a finding but they canâ€™t see the images.
sarah.sisson16	0	7/3/2025 23:49	They told me it was PCOS (without any symptoms) it was a “brain tumor”
rebeccabaker215	0	7/3/2025 23:54	Neurology! Lost my neurologist bc she wanted to retire and now I’m being rejected through community care bc that hospital isnâ€™t seeing new patients. I suffer from TBI, epilepsy, essential head tremors and was in the middle of tests to find out if I have MS. Sudden dip into depression bc of this ðŸ˜~
stetsongirl10	0	7/3/2025 23:55	I have to pay out of pocket for pain management because the VA in Oklahoma doesnâ€™t give AFâ€¦ itâ€™s despicable.
kkalbach	0	7/3/2025 23:55	So many bad stories to share, I donâ€™t even know where to start! Between the female issues, being pushed aside and swept under the rug consistently or the gaslighting of your healthcare by both male and female providers. The lack of mental health providers. Not being taken seriously
littlepheonixgrace2.0	0	7/3/2025 23:56	fertility is huge cause it's impacted with what we been exposed to
aprialdenny0	0	7/3/2025 23:57	Lack of sexual assault acknowledgment
hulltech_ret98	0	7/4/2025 0:00	Ditto all the comments on mental health/mst/ continuity of care. Ripping a veteran away that has come to trust a community care provider is plain wrong. There should be zero time limit on mental health careâ€¦ 1 yr or 5 yrs what ever it takes.
mickensyl	0	7/4/2025 0:08	We need better access to HRT and GLP1's
acorp1	0	7/4/2025 0:09	MST should be a service connection. Also Ft McClellan WACs exposed to PFAS chemicals should automatically be serviced connection
therisenphoenixx	4	7/4/2025 0:09	Mental health. Providers lying in medical records. Being told things are in my head when they arenâ€™t.

stormdrag0n2	2	7/4/2025 0:11	Mental health care has no continuity and as a Female Combat veteran I need therapy that understands
hightshoehijinx	0	7/4/2025 0:11	COMMUNITY CARE MENTAL HEALTH.
06dogmom	0	7/4/2025 0:13	Always blaming my weight on things even when I am a good healthy weight for my heightâ€”Iâ€™m 5â€™10â€” and big chested and Iâ€™m fairly strong I should never be 150 lbs. I would be sick.
kikideliveryservice89	6	7/4/2025 0:14	Being told birth control was the first and only method for my fibroid/cyst treatment. I went for a second opinion and it was endometriosis. I had a partial hysterectomy. No gaslighting just solutions.
code.sign.bubbles	0	7/4/2025 0:14	Both my husband and I are both vets. He says he has pain he gets PT, Xray, and an MRI. I say I have pain, I get pain meds and a â€œwe will retouch on it next appointment if it's still occurringâ€”
igmutankaluta	0	7/4/2025 0:14	I have heard this a few times... that women need advocates that will look at the women's military records, discipline, medical, items ignored or looked over in their history as a collective over time in history that could uproot hidden trends of malice focused on gender.
sahntahkelas	0	7/4/2025 0:16	being told females are "not real veterans" by v.a. men get pain meds we are told we don't feel pain
shareecope	0	7/4/2025 0:18	I Asked how best to manage my perimenopause symptoms to be told by my PCM â€œyou just have to deal with it.â€”
kellyguccione	9	7/4/2025 0:18	Iâ€™m a Female Marine Corps veteran. We need more providers, and female providers at that, to listen and understand and not brush our problems under the table. A pill doesnâ€™t solve our problems.
shareecope	0	7/4/2025 0:19	Lack of female PCMs and the womenâ€™s clinics are gone for my region.
shareecope	0	7/4/2025 0:19	In order to get specialty womenâ€™s reproductive health care, pap has to be current to get referral to GYN.
shareecope	0	7/4/2025 0:21	PCM spent 20 of my 30 min appt lecturing me not to eat carbs to lose weight because weight caused all my issues.

shareecope	0	7/4/2025 0:23	Needing an optometry appt, but can't get scheduled until December and Community Care has yet to put in referral/call.
declassified911	0	7/4/2025 0:24	I want the option to continue being seen by the OBGYN I used during my pregnancy as my regular Gynecologist. We grew a relationship, but since I'm no longer pregnant and my PCP can do exams, I can't get a Community Care referral. I want to CHOOSE who sees me during extremely vulnerable exams.
thelittlest_oneeight	5	7/4/2025 0:24	Chronic back pain pushed off MANY MANY times.. ignored to the point that I couldn't get dressed on my own, hardly walk, and hardly slept. I was written off as a chronic pain patient and was told that there was no solution... debilitating pains at 26yrs old... After having a major break down that made me want to no longer exist, I took matters into my own hands and sought out multiple other routes for recovery. Paid THOUSANDS out of pocket. Finally got help and have been recovering. My source is also in the VA network but I cant seem to get them approved for coverage. I also had limited visits with VA care for PT and Chiro. Only saving grace was the disability rating, and even then, the evaluator told me not to exaggerate because it would look bad on my file. I refuse to give up my life to pain.
ladykahlanrahl	0	7/4/2025 0:25	Friend was a marine in Iraq. Involved in an IED explosion, lost brothers. VA said her back wasn't service connected (it was, she was medically retired). VA refused to cover her reconstructive back surgery. Her BF at the time of denial was AF vet, non combat. His kidney stone surgery was 100% covered over 10 years after he got out. Its horrible what we go through as females when we have medical issues that are service related.
ninaengland	0	7/4/2025 0:26	Pregnancy during service should not be used as an excuse to dismiss joint problems! Pregnancy during and after service would not have been so hard on my body if it was not already beat down from service.
ebolana77	0	7/4/2025 0:26	Providing OB care for veterans of childbearing age, including coverage for the cost of maternal care.

ktg557	0	7/4/2025 0:27	I can't even get rated, I've had multiple assessments and get denials especially for ptsd because I pre-existing trauma from my childhood
maikr1985	0	7/4/2025 0:27	I got out in 2010, I was raped while in and treated like I wasn't. There are hospital records and jag was involved. I got out on a family care plan and my commander (female) looked at me and said you weren't raped signed off and sent me on my way. Then messed up my paperwork so I can't collect any benefits.
nezwell	0	7/4/2025 0:28	This explains everything ðŸ™ ðŸ™ ðŸ™
corkeycora	0	7/4/2025 0:29	I've felt like my pain for the past 12 years was all in my head! I feel like only female doctors put in a full effort to help me.
philly_1206	0	7/4/2025 0:29	took almost a year to get seen again by mental health. had a great therapist out in town but denied bc I was seen by her for too long. then nothing provided by the VA. my insomnia is out of hand, given same drugs expecting new results.
devinhope0	0	7/4/2025 0:30	Make woman's health important.
jennaslye	29	7/4/2025 0:31	women in perimenopause and menopause have to go through the whole MOVE program before we become eligible for any weightloss medication. I did the whole thing and was able to get on medication. Finally found one that helped me lose the weight I gained with menopause (I had a hysterectomy at 33 and am now 49 but don't "look it"). We also need more options for things to bring us together like the men have...outside of baby showers, tea parties (which always seem to be during working hours for some reason? MANY of us work full time jobs) and hunting or fishing (which would be fun, but are dominated by male vets and are geared toward them more).
hazelruthx	0	7/4/2025 0:32	Female veteran checking in! I run a 501c3 nonprofit doing music therapy at no cost to veterans
callmeecourtney	5	7/4/2025 0:33	Wow wow wow! I've been so blessed with my VA here in El Paso TX. I'm so happy that you get to do this for female veterans who are having difficulty with the VA.

dammitdevoni	0	7/4/2025 0:33	I have brain cancer, I can't seem to get my medicine because it's inappropriate care according to the email I received. I'm stage 2 and a single mother. ty
raeforseth	0	7/4/2025 0:33	having a new provider ever year and having to go thru all the history AGAIN! or saying this is my issue and hearing uuum hum as the response. you can get a sex change but cant get any help with weight loss other then the Move class
thelittlest_oneeight	6	7/4/2025 0:34	additonal experience: gynecology, able to get birth control.. but had an expired IUD inserted. Had to go back 2 weeks later to replace it. As of now, I cant seek confident or timely care for issues relating to my IUD due to lack of availability in schedules. Not enough providers in the greater Seattle area to support. addional experience: went to Urgent Care Clinic and ended up paying out of pocket for care because both VA and Clinic kept blaming eachother for a discrepancy. Medical visit was written off as "hormonal" and "stress induced" and that it would just go away. The issue did not infact, just go away - ive just been forced to deal and cope. We need quicker access to better counseling opportunities.
jennyjestes	0	7/4/2025 0:37	Poor mental health care, I was suicidal and it took 9 months of me begging for help before I got service and when I tried to up my disability rating, I was denied and I have a frontal lobe TBI from service. I have to beg for service, medication, and I can never get providers to return a message alone a phone call. I have PTSD from my service, Depression and anxiety and so many issues that are ignored constantly. The mental health in the VA is the biggest joke and fully understand why so many veterans kill themselves.
tdub436	0	7/4/2025 0:39	Being told what happened didnâ€™t bc I didnâ€™t report it
jessica_estes1	0	7/4/2025 0:40	At the Boise VA we have an amazing womenâ€™s clinic but itâ€™s very understaffed. I think all VAâ€™s should have a womenâ€™s clinic because they are awesome, but they soooo busy! We need more doctors

saraigvasquez84	0	7/4/2025 0:47	In Cheyenne, dealing with fertility issues, always being sent to care in the communityâ€¦ all the way in central Colorado, nothing local and getting approval for these things always takes me a minimum of 3 months, this has been ongoing for 2.5 years
mightymouse127	7	7/4/2025 0:48	Consistency of care, I personally went through 4 doctors in a year with no notification. We also need quicker turnaround on community care referrals. Thankfully unlike some majority of my doctors over the years haven't minimized my pain more like we're shocked I can do anything at all.
ohiogirl805	1	7/4/2025 0:50	More services for MST survivors.
jenny_davila_holloway	0	7/4/2025 0:52	I was psych evaluated by a neurologist who didn't believe my pain. Funny, a civilian dr diagnosed me after the proper tests.
haileydietzz	0	7/4/2025 0:52	MST support
user4517390142271	0	7/4/2025 0:53	My PCP is a PA that has never heard of my chronic (& sometimes terminal) illness and doesnâ€™t know how to help me when I go to her for care. I feel like I should have access to a provider that can help me manage my illness.
renlarson99	0	7/4/2025 0:53	Just listen to meâ€¦. My pain exists. Just cuz Iâ€™m female doesnâ€™t mean I just bitch and moan. I have reasons to say â€œmy throat hurtsâ€¦ oh maybe you have strepâ€¦ should not take 4 SEPARATE visits
grayeyedirish	172	7/4/2025 0:54	I don't need more meds... I need the root caused fixed... please stop pouring more pills in my hands and help me fix the root cause
amandatavie	0	7/4/2025 0:54	I canâ€™t get VA benefits even though I went to Iraq during combat
cannonmae	0	7/4/2025 0:55	Iâ€™m ignored every time I go to the VA. They denied removing my bc for a year. And never listen to me when I talk about my physical pain as well as mental health issues
chacity05rmyk	0	7/4/2025 0:56	ability to get holistic pain relief such as infrared light therapy and hyberbolic oxygen therapy for arthritis and fibromyalgia
beyoutifulheart	0	7/4/2025 0:56	pcp fat shaming, wouldn't address any of my problems and said they all would go away if I lost weight. even with the symptoms of a UTI. "well maybe you should eat healthier"

erikasbarker	0	7/4/2025 1:02	I had kidney stones was given and prescribed toradol at the VA ER.. went to pick it up the prescription at the VA pharmacy literally down the hall and was told VA doesnâ€™t cover toradol. ER doctor then called in Ibuprofen â€¦ for KIDNEY STONES ðŸ™‚. They gave my husband Oxy for a UTI at the same exact VA hospital. I was honestly so scared that I had some female issue that the VA ER doc wouldnâ€™t know how to treat that I was considering going to a local hospital but didnâ€™t want to deal with a huge medical bill due to billing issues. Females shouldnâ€™t have to worry about quality of care just because we are females.
jevindae	0	7/4/2025 1:02	I wish my adhd was taken seriously. Iâ€™m treated like a drug addict because I use cannabis to cope with my mental health and the VA refuses to prescribe my life changing stimulant medications
fullcircleranchest1995	0	7/4/2025 1:03	PTSD/anxiety from sexual assault that was never documented in medical records and the fight we have to go through to get the disability for the trama. they still make it ridiculously hard.
o.d_navyvet84	0	7/4/2025 1:03	Lack of available doctors for women's health issues. My local VA hospital has 1 GYN and it's a 6 month or longer wait for an appointment, even if it's a semi-urgent issue.
bookings.at.tiffanys	0	7/4/2025 1:06	That I am not in as much pain as I am. Telling me I don't have what I have already been diagnosed with based on my symptoms/tests/images/etc. Waiting for MONTHS for mental health care. Finding out I had a partially prolapsed bladder after YEARS of explaining my pain and pressure, feeling like my insides were going to fall out (both AD and w/VA).
bonesdarwin	0	7/4/2025 1:06	Being a female provider only patient. I either get appointments more than 6 months away or they aren't taking new patients. (MST survivor with PTSD)

swordandvoice	0	7/4/2025 1:09	They have been lying in my records for years. Saying I refuse treatment, saying I have no symptoms, altering my deployment dates, saying things are genetic when they aren't, refusing treatment, the patient advocate told me my doctor is allowed to discriminate against me, they also told me there are vets with diabetes who get treated first (I'm pre diabetic), in the doctors note section (not sure what it's called) but it's a part we can't see and they like to put personality disorder in there on a lot of veterans so they don't treat them, I was the director for a non profit that partnered with the local VA and the VA recreational employee said some inappropriate things and I reported him then retaliated against, my medical issues are getting worse especially my heart and lungs which was proven to be from the burn pits it was proven in 2012 but they refused treatment
sondra11.11	0	7/4/2025 1:10	They do not listen to us or take our pain seriously. They gave me medication that I was allergic to and it caused internal bleeding and didn't help with my pain made it all worse. I promise I now have a worse version of PTSD from the VA health care system. Waited 10 years for another MRI because they didn't take my severe spine injury seriously, vertebra starting to fracture and fall apart all to be prescribed medication that caused me more injuries that will last a lifetime. And not once I have I been prescribed anything more than an anti inflammatory and/or anti depressants.
aubreycain1	0	7/4/2025 1:10	Being taken seriously for my back pain and to fix the issue, not treating the symptoms
jenn_socal_life	0	7/4/2025 1:12	Being called Mr whenever they're calling me into the Dr office. Not enough female specific spaces. Menopause pre and post care.
rayb0h	0	7/4/2025 1:12	Believe my pain, believe my mental health story that's connected to my service, stop just giving me pills and throwing me out the door. ðŸ™„

carlydean13	0	7/4/2025 1:29	Care needs to be accessible. I deal with way too many fucking billing issues. The VA needs to give out an insurance card or something
freezin1	0	7/4/2025 1:34	VA nurse and vet. Pharmacist told me "You don't look like a vet" also people looking for my husband not me. Ridiculous
diaryof_des_	0	7/4/2025 1:36	AD but why when I go to the doctor about my pain from migraines and instead I'm being pushed towards birth control ???
mirandi_24	0	7/4/2025 1:37	There is one gynecologist for the VA North Texas system and trying to go the community care route has put me with three doctors that don't practice the care I needed and I still haven't been seen. It's been 10 months.
lizzie17864	0	7/4/2025 1:40	My records say I was hostile and agitated but failed to mention they didn't see me until 2 hours after my appointment time. I can't imagine why I was agitated.
sublimebeautybar.lulu	1	7/4/2025 1:40	let us go back to the woman's clinic. my pcp doesn't keep up with my woman testing unless I stay on her. never had that issue at the woman's clinic, thank you
lizahbeths	0	7/4/2025 1:41	Lack of OBGYN care and high risk care. MST support groups run during work hours. Our service/pain is less than. Pp pelvic floor issues are ignored.
sarcastic.ceramics	4	7/4/2025 1:44	Our voices are not heard!!! I have to jump thru hoops to get the same level of care that my husband gets
medicalways	0	7/4/2025 1:44	We have zero women's health care at our VA here in Ohio. Everything has to out in community care and takes weeks to get seen if we can get in, then I end up fighting with the insurance from the hospitals for months after because they didn't bill it correctly since I am a veteran and so is my husband.
roberta_adams21	0	7/4/2025 1:45	@caracolleen36 :)
thebirthcoach	0	7/4/2025 1:46	Perimenopause/ menopause should not have any problems to get testosterone as part of HRT

amoscrew	4	7/4/2025 1:50	My chronic pain is not in my head. The injuries I sustained during my time in service are real/documented and arenâ€™t getting better. Stop denying me!
mommamel313	0	7/4/2025 1:50	I stopped using the VA due to being unseen and undiagnosed many times- including what turned out to be a brain tumor! As a former family Army officer, the total lack of good doctors who actually seem to give a damn is unacceptable. Good luck and give â€™em hell! â€œœðŸ’šðŸ†°ðŸ†,
michelle.bythewood	0	7/4/2025 1:51	I was misdiagnosed for over 2 yrs because of the waits/approvals even with community care. My health declined I was in so much pain, I was so uncomfortable and physically sick and frail. Then lost my job not long after I finally had surgery rough recovery, then with so many appts I had missed so much work with the chronic pain took its toll on my mental health as a single mother of 3.
grumpy_tech_called_qb	0	7/4/2025 1:51	Medical providers seem to think itâ€™s okay to tell us weâ€™re fat. Not nurses - doctors. And itâ€™s irrelevant that weâ€™re hurting, donâ€™t want drugs, are exercising, etc. And we see them eating Ho-Hos.
rachelspice1	0	7/4/2025 1:52	The pain management group is horrific! I was told â€œmost women your age have age related painâ€œ. Completely disregarding a serious neck and back injury sustained on duty. Meanwhile male vets get instant treatment for chronic pain because they are believed
amoscrew	0	7/4/2025 1:52	Making me relive my trauma to get a rating is bullshit when itâ€™s all documented in my medical records by my VA therapist.
aesereht.b	0	7/4/2025 1:54	We also need women's clinics in all VA clinics/hospitals.
aesereht.b	0	7/4/2025 1:54	The VA needs more female providers so they can stop sending MST survivors to make doctors.
etbarnes	0	7/4/2025 1:57	My clinic doesnâ€™t even have a gyno. I have to see my PCP. And the one gyno I saw just threw more medicine at me and didnâ€™t even check for the problems.

yjjonesy	0	7/4/2025 1:58	Stop putting women in cookie cutter mental health treatments when research has not been done on us! We need more research for women in general but also specifically veterans. Also, it took a YEAR for me to get a referral for a transvaginal ultrasound due to pain possible endometriosis!!! She would not give me a referral to a OBGYN either.
jay449712	0	7/4/2025 1:59	Not everything is because of weight or being pregnant.
fragile_like_a_tornado	0	7/4/2025 2:02	Sent to comm care for MHâ€¦dr kept cnx appt and had to stop meds if been on for 10 years, cold turkeyâ€¦.by myself!
samanthahinchey	0	7/4/2025 2:02	first year out of basic and AIT I caught a 1-ton tent rolling off the back of the army U-Haul. the VA has since claimed that because I was able to walk her way. I must have been fine. 8 years later I'm still dealing with the decompressed spine, three fractured vertebrae in my neck, my back and my hips and waiting for approval for surgeries. all that the VA is saying I don't need to have because I'm still walking
hvnswell_kie8120	0	7/4/2025 2:02	I DO NOT want to have my pelvic exam in a dirty patient room with no privacy! please stop batching the sample requiring me to, 're-do' the test, causing me pain and bleeding for a qeek!
kellyann372	0	7/4/2025 2:03	@Brina
mereditthh42	0	7/4/2025 2:03	I couldnâ€™t get a vaginal ultrasound to check on my IUD because they donâ€™t have the capabilities and the appointment to find that out took 8 months
taylorbaumann22	0	7/4/2025 2:04	The womenâ€™s clinic at the Minneapolis VA has been wonderful with the exception that sometimes I canâ€™t get appointments right away for menstrual cycle concerns or women specific concerns happening in the moment but my care at the womenâ€™s clinic has been by far better then my husbandâ€™s medical care in the same building.
cocoluqjl8h	0	7/4/2025 2:04	Having your concerns taken seriously. I had to submit a congressional inquiry to get them to finally listen. It shouldnâ€™t have to be that way.

chunkynnala	0	7/4/2025 2:14	Not enough services for women in rural areas and long appointments times
chunkynnala	0	7/4/2025 2:15	More female primary clinics at all va and cboc clinics
wildcatigy6	0	7/4/2025 2:17	My pain is ignored
tinabear1975	0	7/4/2025 2:18	I was denied compensation for my SA..even though I had statements from people I was stationed with ..and diagnosed with PTSD..during my CMP exam
amandahayes191	0	7/4/2025 2:20	stop treating us like we're fragile. understand we have kids. stop with the bandaids and fix the problem. 10 braces, a cpap machine, and a hormone imbalance.... no i can't sleep. you sleep like that.
shaunaberntsen439	0	7/4/2025 2:23	never being listened to. our pain is always dismissed. so frustrating.
adairwhitehurst	0	7/4/2025 2:24	Thank you sis for doing this! Iâ€™m one of the lucky few that my primary hears me and gets me to where I need to go.
ambermariewrites	0	7/4/2025 2:27	My ADHD and anxiety is a real problem. Cognitive behavior therapy will not get rid of it. And I need consistent help.
owlchop	0	7/4/2025 2:28	Healthy, 2 kids - deployed (burn pits) - came back, had a hysterectomy 6 months later.
Import1	0	7/4/2025 2:30	from Montana im having to travel for surgery that day! I don't trust or feel safe with my care with changing of the provider happening alot it makes me shutdown.
mundaymornings	0	7/4/2025 2:33	Not being asked where the veteran isâ€¦ ðŸ™ƒf
kimberk7051	0	7/4/2025 2:41	ðŸ™ƒœðŸ™ƒa
seyahmountain	0	7/4/2025 2:43	I wish that I didn't have to be out sourced to community care for 80% of my health care. get more female programs and doctors in the VA
lilred2569	0	7/4/2025 2:47	that my issues/ concerns arnt a problem. blood work was normal so "im ok"

flippinncrazy	4	7/4/2025 2:50	Had to go outside the VA for menopause care. VA ran tests, said "nope, not menopause". Couldn't take the menopause symptoms anymore, paid out of pocket, absolutely was in menopause. VA does provide the medication, but I don't see them for my women's health anymore, I pay out of pocket. (Not to mention worst gynecologist exam I've ever had was from the VA "woman's health clinic" that they only had once a month with rotating doctors!no continuity of care.)
jk_nyx_tokki	0	7/4/2025 2:53	Trigger Warning: I, My friend un-alived herself in a VA parking lot due to not getting the care she needed due to SA. We do NOT have enough support.
evernight83	0	7/4/2025 2:56	I am incredibly sick and tired of the PHARMACISTS having the right to say no to prescriptions my doctor finds necessary; as well as why they have access to my records when they aren't my direct provider! I don't want a lot of meds, but some are necessary to a point I have to pay to see medical providers outside the VA and get the prescriptions filled OUTSIDE the VA! I'm not asking for a lot, just stop the madness of giving unneeded meds and start giving the needed ones!
mommawestx3	0	7/4/2025 2:57	I was assigned a doctor who was also administrator, her hours were only mornings 2 days a week. So I couldn't get in with her and pay for medical myself and get things done.
wanderjen	32	7/4/2025 3:00	Dedicated Women's Health spaces for our care to feel safe. Lots of us experienced MST so going to appts can bring up issues. Help us feel safe at VA!
hollybricker24	0	7/4/2025 3:00	Getting bloodwork to check my hormones instead they say I'm depressed and prescribe antidepressants when in smdepth bloodwork could identify
mamabearcorby	0	7/4/2025 3:00	They refuse to actually test anything! I have had to beg to get tested to try and figure out whats wrong and just receive eye rolls, told to lose weight (but the move program wouldnt help me), and stop saying my issues are anxiety!ðŸ¥°

dawnkurzatkowski	0	7/4/2025 3:00	we are the veteran, and our issues/problems are real, and we've been dealing with them.they don't go away.
pinkfox360	0	7/4/2025 3:01	I need my appoints addressed in a timely manner. It once took me 2 years just to get an appointment for my back that I have a rating for, the doctor they sent me to just gave a prescription to ibuprofen. What! I have to bulging disk!
_11janedoe11	0	7/4/2025 3:04	Im tired of meds and referrals. But I also learned to use my local PMC for the best care. I use the same insurance for both.
rarag1982	0	7/4/2025 3:05	Lack of female providers, pain is different than men, long wait times for help. No help with menopause
kellya.hernandez	0	7/4/2025 3:06	I need bilateral knee replacement, I can barely get around and care for myself at 39 years old, but my pain is brushed off and treated like itâ€™s not real. My husband goes in and they treat his pain without question. Iâ€™m 100% disabled Combat Vet and because Iâ€™m female Iâ€™m not treated the same as my male counterparts.
ninjaboo56	4	7/4/2025 3:08	Not all clinics or hospitals have mammogram machines or womenâ€™s clinics or programs.
mrs.baconmt	2	7/4/2025 3:08	Diastasis recti and hernias. Was told by a surgeon that never saw me I just had diastasis recti and no hernia. I had 3 hernias. Will continue to get more until I pay out of pocket for my diastasis recti repair.
lenaprice1234	0	7/4/2025 3:09	ptsd treatment for women
framboise_42	0	7/4/2025 3:11	PCOS? that muscular pain in you left hip is of course due to an ovarian cyst. My off-base GYN was baffled by the male PA's idiocy
framboise_42	0	7/4/2025 3:13	pregnant? ok, your severe back and hip pain which makes it so you can't walk or sleep will be addressed after you give birth because the unborn child matters more than you as the service member

nimphadoradeatheater	0	7/4/2025 3:13	How about the fact that I messed my back up in basic training and had to go home but I can't claim to be a veteran because I didn't graduate basic training. And I can't get the care I need cuz I can't afford it. I have crushed bulging and herniated discs
n.chante1	0	7/4/2025 3:15	They focus solely on boobs and crotch as women's care. Women Veterans need drs who understand how medications will be affect us differently from the men- there aren't enough women seen by my doctors for thrm to be experienced in how women's bodies are different from men's - beyond boobs and reproduction.
framboise_42	0	7/4/2025 3:15	15 years to have SVT dx'd...they kept telling me it was anxiety. When the cardiologist saw the heart rate monitor jump to the 300s without prompting, his face was terrified
pinkladyjenna	0	7/4/2025 3:16	Why are female vets cut off from pain meds when our male counterparts are not?
buttacream06	1	7/4/2025 3:17	Not enough support for perimenopause/ menopause issues or finding root cause of autoimmune conditions.
the.superior.northpeach	0	7/4/2025 3:19	no one calls me back when i need help and they keep pushing pap smears when I say no.
lala71165	0	7/4/2025 3:22	I am actually having pretty good care at the VA in Cape Coral Florida. I am going out in the community to deal with my mental health. I just didn't want to take a pills everyday
aimeebrown1402	0	7/4/2025 3:25	Chronic pain and no rating because it's in my head.
yarncore	0	7/4/2025 3:26	misdiagnoses, generally having symptoms written off, being told to eat better, sleep more, etc as the solution rather than taking my concerns seriously. prescribing medication that exacerbates other conditions (anti depressants contributing to heightened symptoms of anxiety)
amandagarrettwall	0	7/4/2025 3:29	Continuity of care for Mental Health
flyonthewall29	4	7/4/2025 3:32	After 2 Iraq deployments, my menstrual cycle went crazy and started causing other issues. VA denied all women's health claims and refuses to acknowledge

amiecraig	0	7/4/2025 3:32	complications due to pregnancy and childbirth. my epidural was done incorrectly and has caused back pain with debilitating spasms monthly. I was pushed aside and threatened with UCMJ for "disobeying an order" because I wanted to go home after childbirth and didn't want to stay for 5days because of high blood pressure. they didn't give me a chance to push and looked at me as a way to teaching tool and not a person. I felt I had no voice
dree333universally	0	7/4/2025 3:34	We are strong, and we have a societal responsibility to hold that strength, so we don't always know know how to talk about our pain.
karliemastrogee	0	7/4/2025 3:37	The fact that I have told numerous providers for years about the pain in my spine with documentation about the damage for them to tell me itâ€™s not service related when I literally fell off a cargo net and consistently was required to carry toolboxes that weighed over half my body weight.
memphislady	0	7/4/2025 3:37	I'm sick of being fat shamed by VA doctors when it was the VA that put me on steroids for years which aided my weight gain.
mrs.amelia_bedilia	0	7/4/2025 3:41	Sexual assault should not be brushed under the rug!
savanahadams3	1	7/4/2025 3:41	Safe place for female veterans from men coming into the womenâ€™s clinic. Improvement of after care and treatment for DV and the physical effects afterwards from the damage caused by the physical abuse. My face was shattered and now my face is lopsided and I canâ€™t get it fixed but a man who wants to be a woman can get drugs to transition and get a boob job
samfu3	0	7/4/2025 3:42	There is so much to unpack, that finding a starting place is hard. From dismissal of symptoms to the zoo we have to navigate. Combat veterans have it worse in a lot of aspects.
marnie0567	0	7/4/2025 3:44	The length of time to get a mammogram. 7 months supposedly first available
bigmamajil_	0	7/4/2025 3:44	I hurt! Physically, mentally and emotionally. Iâ€™m not making it up and I donâ€™t want pills.. I want to be heard and acknowledged!

genxtism	0	7/4/2025 3:45	Talk about how much harder it is for a female vet to get rated for PTSD than a male. My husband had a 15 min video call and got diagnosed. I've been applying since 2015 and can't get seen by a doc.
kimcheedealer	3	7/4/2025 3:46	When I came back from deployment with crippling migraines VA brushed it off and didn't take it serious. They tried to tell me I'm depressed from adjusting back into society. Long story short, my civilian primary care found out that my hormones were out of wack and I have thyroid issues. I had to advocate for myself to get an IUD and educate VA doctors on current research. Why am I doing their jobs? I have a list of things why I have an issue with VA. I had to argue with them why I wasn't a MALE. It was their error and they wanted me to send my birth certificate to provide it. I asked what male goes to the OBGYN, then it was fixed.
ret2023	1	7/4/2025 3:52	Combat nurse, 3 tours, lost civilians and friends. Took vet center to be taken seriously about PTSD. 5 years to get taken seriously at VA for PTSD
jaylope79	0	7/4/2025 3:52	Child care in the VA or a nursery for an hour or 2 in order to attend appointments. I had to bring my 9 month old to my orthopedic appointment and I couldn't even fit the stroller in the room it was so awkward so I had to hold her while trying to do my exam for my back which included bending over and laying down.
adayinthelifeofjamie	0	7/4/2025 3:54	I just retired (army) 3 months ago and so far only had 1 Va appt to establish care. My next one to finish that appt is at the end of the month- with blood work so no real update on my end. Im in the Ft Campbell area for VA care
thereal_supergirl	0	7/4/2025 3:56	I shouldn't need a consult from my primary care to see Women's Health (GYN). I should just be able to schedule an appt with them. Men don't need a consult for sexual dysfunction concerns. So why don't we have more access to women's health providers??
1tjpeach1	0	7/4/2025 3:56	Community Care mental health providers - having the ability to have a consistent SINGLE source to talk to.

elizabethj319	5	7/4/2025 3:57	Getting ignored because "you didn't deploy" like my efforts at home were as good if better than those who deployed before me
barrackbunny_	0	7/4/2025 3:58	Lack of support for ptsd for us that have gone through mst! I don't need meds I need a knowledgeable person to speak to or a group of women who can share and help each other.
warriorforwomen	0	7/4/2025 3:59	We need HRT care
auntieairmi	0	7/4/2025 4:00	I need them to listen, no it's not my weight, no more pills, please give back extended hours.
seychiita10	0	7/4/2025 4:04	I'm a 24 year old (i look younger) and I get treated that I'm not "old enough" to get treated for the disabilities that I have and want to constantly right me off like my pain is "normal".
jadeslayervibes	0	7/4/2025 4:10	HORMONAL CARE & TREATMENT
helenkotek	0	7/4/2025 4:12	Doctors with better understanding of women's G.I./gut issues. They just prescribe omeprazole and say it'll fix everything. Would love more holistic approaches to healthcare also.
e.e.brantley.1	0	7/4/2025 4:16	Care for women, I'm not a male, please stop treating my symptoms as such. Ivf, iui, should be for us not males with fertility issues, no perimopause, menopause care.
samanthalovette2011	26	7/4/2025 4:17	(1) Not being addressed as the person who served. My husband never served but gets addressed as the veteran when he goes to the VA with me. (2) The attitude when calling to check on status of things. Then it takes 2 weeks to track down the doctor to get answers. I get that the portal can be quicker, but I like to ask follow up questions on the spot. (3) I'd rather treat my issues without a bunch of pills. The VA doesn't approach any natural routes just pushing pills. (4) The doctors treat you as a number rushing through appointments and don't explain things. I'm left to play Dr. Google then they tell you you're wrong but can't follow up on how.

spanishblueeyes	0	7/4/2025 4:19	Access the care, need more female providers, empathetic and patient centered training for male providers as our symptoms or pain is real and to not make us feel like itâ€™s all in our heads or something else.
sarge.t	0	7/4/2025 4:21	Losing your reproductive organs due to exposure to fuel and being deployed in the Middle East is service connected.
sarah_allen20	0	7/4/2025 4:23	Found a mass, and was told that it was just a sore ligament. Took 6 months to find out that it was an incarcerated femoral hernia. Was told that I needed to see mental health, and was given a heart monitor. Had to advocate for myself, use the help of a patient care advocate, and finally was sent to see a surgeon.
aes11377	0	7/4/2025 4:27	This is amazing!!! ðŸ˜—
sstrandlund	0	7/4/2025 4:28	Never actually being taken seriously or care for. Constantly pushed to the side
bochord5	0	7/4/2025 4:28	more female doctors I'm tired of male doctors taking one look at my boobs and go oh those are the problems ðŸ˜~
doc_b449	0	7/4/2025 4:29	Doctors please listen and stop shoving medications down our throats
alyssawith2as	0	7/4/2025 4:31	Take me with you
gnarlynarwhals	0	7/4/2025 4:35	I just started my va process. felt hopeful since all they guys i know are helping me get the ball rolling, love them for that, but now idk if im going to be treated like they were and get the same results. ðŸ˜~” im so tired of having to work 2x as hard to get the same results the men around me do. being in acft mx that was my life. please ðŸ˜~
jacquelineroberts70	0	7/4/2025 4:41	On while I was active duty missed signs of an ectopic pregnancy, had to have emergency surgery to remove fallopian tube. Get sharp pains in the area every month right before my cycle and the VA told me that because there is no outer scar from the surgery that I can't have pains

pint-sized full strength	0	7/4/2025 4:56	Women's specific clinics. Before I was assigned to the women's clinic, any time I had an issue with anything between my shoulders and my hips (breasts, uterus, etc) I could see my PCP visibly shudder. I brought up concerns about breast issues and it was brushed off. A year later I was diagnosed with stage 0 breast cancer.
melissalakay	0	7/4/2025 4:57	It's been since February that I've been dealing with not being able to hear out of my ears I finally get seen in August at the ENT this is ridiculous
angelinaevelynquiles	0	7/4/2025 5:09	my old female VA primary ignored 2 medical conditions for years that both required surgery to fix. not everything is anxiety. anxiety can make conditions worse but it's not the sole problem
kimberlysradydulan	0	7/4/2025 5:15	When I was hospitalized there were no female socks, gowns, all braces are too big for females. Everything is only in male sizes!
rhondaheartsfreedom	0	7/4/2025 5:26	@rhinda89
rhondaheartsfreedom	0	7/4/2025 5:26	@gaylarodgers
emergencyboot	0	7/4/2025 5:34	How i have a low V.A. rating but can barely walk sometimes. Most of my claims have been "not service related."
rhondaheartsfreedom	1	7/4/2025 5:43	Thank you for speaking for us!!
chucklz8	1	7/4/2025 5:45	Can we get some doctors at the VA that didn't graduate last in their class? That actually care about their jobs?
victorybelle81	0	7/4/2025 5:51	Can therapists who are for post-911 veterans please realize women were there too & our issues matter too. Especially female therapists who seem to only realize or feel male service members matter more & that female service members went through things too!
okiedawn	0	7/4/2025 5:56	More. Fucking. Female. Providers. Providers that won't tell me that my chronic pain from my combat deployment isn't their problem to address or solve.

victorybelle81	0	7/4/2025 5:57	A huge thing. VA's realizing women do serve. We serve in combat, combat zones, hazardous jobs, high stress jobs. Some still act as though women who serve only serve in jobs where they are not in harms way, no hazards, no combat, no war zones. It seems crazy but training to realize that isn't the case. In 2025 how are they unaware? I've been to 5 diff VA's. Same outcome.
manda_marie_17	0	7/4/2025 6:04	Weight loss is the biggest issue and more gyno female doctors!
blue_sage_cottage	10	7/4/2025 6:08	IBS and Endometriosis are two distinctly different diagnoses.
roselillian_	2	7/4/2025 6:08	The difficulty women face in healthcare is not because women are inherently harder to treat, it's because the system was built without them in mind. Improving care for women means updating research, addressing bias, increasing access, and listening to patients' voices more deeply and consistently.
yoterryo	0	7/4/2025 6:11	Mental health, post menopause and MST are real for female veterans and often we seek help only after caring for our families. Take our health as seriously as you do Erectile dysfunction, and educate and adopt more forward thinking female providers
katethegreat1984	0	7/4/2025 6:14	The pharmacy call to get started on birth control feels like a riot act. Do you want me to get pregnant?
rox.shep	0	7/4/2025 6:16	I was diagnosed breast cancer. needed assistance and tried to turn to VA. to only be told I need an intake appt which is a month out. and no guarantee to be given assistance. « my appt is currently pushed out another month. no outreach or assistance as if now.
dawnguerrero123	0	7/4/2025 6:20	we need massage therapy to be covered...I've done physical therapy, gone through acupuncture and chiropractors ...I do not want to take muscle relaxers or any meds... massage is the only thing that will relax my muscles to where the pain goes away for a while
unicorn120387	1	7/4/2025 6:28	please address my overall issues instead of sending me doctor to doctor for each symptom. there is something bigger causing this but none of the doctors communicate or look at the bigger picture.

miss_cat406	0	7/4/2025 6:31	Healthcare sucks providers. Youâ€™re always changing. They never know your background. It feels like a waste of time.
donna.vf22	0	7/4/2025 6:37	Be able to self refer to womenâ€™s health instead of needing to get a referral from my primary care doctor first
maryammahfeli	0	7/4/2025 6:38	we need more appointments available i had to wait 8 m9nth to see nutritionistØœ we need cure for our issues not painkillerØœ we need help with mental issues not bunch of medications
soycynthiii	0	7/4/2025 6:47	Safer therapists!! I used to feel so safe with my therapist, then pulled my notes and realized he was judging me HARD especially towards my MST and anything related. I havenâ€™t had the courage to speak to anyone since.
allshapezyoga	0	7/4/2025 6:52	Move program is not designed with women hormones. More alternative methods are needed.
allshapezyoga	8	7/4/2025 6:54	Not being proactive on mammograms or Pap smears when they are needed. Being told that post hysterectomy no more checks are needed no help for pelvic floor pain and therapy
cecyxena	0	7/4/2025 7:03	We need more female veteran therapists
sara_only_account	0	7/4/2025 7:08	I'm an older female. in less than 10 years, I may not able to drive the 1.5 or 4 hours one way to the VA clinics, and the few female providers in my town said they will never take me because of defaulted VA payments .
naygrant08	0	7/4/2025 7:18	I have only been retired for three days and haven't experienced anything myself yet, but I have heard a lot of horrible stories. I am still navigating my way around. Good luck, and thank you.
spec4packmule	0	7/4/2025 7:21	Being called a pain med addict but not getting any help with pain. Pain is not the problem being in pain every day for 20 yrs is the problem. Sexual assault victims. Civilians treat us like crap at the VA. CIVILIANS WORKING AT THE VA DO NOT CARE CAUSE THEY CANT GET FIRED! HIRE ONLY VETS.
leticarios342	0	7/4/2025 7:23	More MST women therapist

jennshonuff	0	7/4/2025 7:32	I have to take my husband with me in order for my PCP to take my symptoms (that I'm downplaying) seriously. Also being told that my POTS was just anxiety, or that I couldn't possibly have hEDS. I went to specialists on my own dime in order to get these diagnoses.
ohhdemonicaaa	0	7/4/2025 7:40	I've fired two male pcps, both were very dismissive and one was also really disrespectful, I've dealt with chronic pain for over 4 years now with no real answers, told test results are normal when they're marked out of range and have had to seek multiple kinds of care outside the va, out of pocket. I'd be not alive if I didn't get EMDR and ketamine therapies on my own that the va denied me to get. I've been patronized by MH providers, sent to a dietician 3 times for being "overweight" at 170lbs, did 3 circuits of CBT, failed 6 different antidepressant trials, told I didn't have PCOS when the US imaging stated "MULT BIL OV CYSTS". I'm mf tired and can't believe I still go, I don't have other care since I don't work (100% SC P&T) ðŸ«©
sunflower0322	0	7/4/2025 8:06	Having OB docs instead of referring out to other docs that are crap
koalama79	0	7/4/2025 8:28	We as women need the resources to have the correct specialists for female health. I have stopped VA healthcare due to my PCP was also my gyno and they scheduled my pap as a telehealth appointment.
dddddeeeessssss	0	7/4/2025 8:31	Lack of leadership understanding ptsd from mst
docqueen420	0	7/4/2025 9:43	Olivia in Martinsburg malpractice the uterus out of my body
brandywhiddon76	1	7/4/2025 9:48	Mental health- inconsistent providers. No one wants to open Pandora's box several times a year and deal with the spiral of pulling those memories up.
serendipitousbehavior	0	7/4/2025 9:48	I need community care more available, I live in a rural area, but because its exactly an hour away, I have to drive to the VA for everything, ruining my options for work, cuz I have so many Dr's appointments. and travel pay got so cut im broke from traveling so much.

probably_doing_it_wrong	0	7/4/2025 9:52	ED is considered a horrible disability but FSD isnâ€™t even acknowledged
joythomas02	0	7/4/2025 9:55	1 how they treat you after surgery.Csection and they never give me vitamins and tryed to help heal the scars.2if you are a little overweight,they dont want to treat any problems you have,and just push blood sugar pills.when you have reactions like hair loss they do nothing.
randomuser93822	0	7/4/2025 10:11	Lack of help for autoimmune issues or chronic diseases women deal with. Asked to see an ENT for MCAS testing. ENT didnâ€™t know what MCAS was. Anxiety is a SYMPTOM not a full diagnosis for everything. I stopped going for help due to lack of it. I just deal with it.
denisemar00	0	7/4/2025 10:22	The disregard for female veterans in general. As if we are non existent, as if our issues donâ€™t matter at all. Invisibility
jena_w	0	7/4/2025 10:23	Female Vet from Oklahoma - we have 1 oncologist that covers 2 VAâ€™s (all of eastern Oklahoma) and all types of cancer. I asked for a specialist and was denied. 1 oncologist can not treat all cancers. They need to open up community care for cancer and female medical issues - the VA clinics and hospitals just donâ€™t have the experience to treat these yet.
nyliyaahh	0	7/4/2025 10:26	My therapist belittled me, told me that my problems and symptoms were nothing compared to her other clients, ONLY talked about her other clients and so much more. Very inappropriate. Iâ€™ve had great therapist up until the VA. In addition, men harassing me every time I go to a damn appointment at that facility.
koreanhope7	0	7/4/2025 10:53	My frustration is pain management. They say that they are non opiod route which is fine. I had arthroscopy hip surgery that cost \$95,000. I have an option to get PRP injection (using your own blood and pulling platelets) but they will not cover it (\$500) and has better success. I would rather get PRP injections for superficial tear than getting a steriod injection.
jenuse	0	7/4/2025 11:05	HORMONE THERAPY HELP!! No More meds, more female providers and more womenâ€™s clinics.

sailor_jenny	0	7/4/2025 11:30	no help for female s3xual disorder (caused by MST and hysterectomy) ðŸ• hurts my relationship with my husband
kc_ak99508	0	7/4/2025 11:33	Dedicated women's health clinics, I'm fortunate because the VA im at does have one but it is very small. we need a focus on training female providers and focus on issues like perimenopause and MST women's mental health that is often ignored
holisticveteranswellness	2	7/4/2025 11:34	Lack of holistic, smart, integrative approaches to the perimenopause and menopause community.
lexindoggos	0	7/4/2025 11:51	The VA continuously misdiagnoses female veterans with anxiety instead of ADD/ADHD. Why? Because they base their diagnosis from research of symptoms in male patients.
ambermc811	0	7/4/2025 11:53	As a female veteran of a certian age, there are no perimenopause/menopause specialists. Just couldnâ€™t get answers. Had to go outside and pay out of pocket to get help.
joleneferreira420	0	7/4/2025 11:54	Pain is real not in my head. When I stand up for myself its not me being rude its calling advocating
kristin_the counselor	0	7/4/2025 11:56	10 years ago, the VA told me I couldnâ€™t get my tubes tied without â€œmy husbandâ€™s consentâ€! Now, Iâ€™m 40 and getting a hysterectomy, through a female provider at the VA. More female providers!!!
mamastrickland65	0	7/4/2025 11:56	I have
bookishanie	0	7/4/2025 11:59	I get no female reproductive health.
paulmcdthenp	0	7/4/2025 12:00	I am a veteran and a C&P examiner. I can help with some amazing nexus letters backed with medical literature.
m144206	0	7/4/2025 12:07	My care was actually great but physically Iâ€™m actually pretty healthy. My qualm is that after the cuts, my mental health care was delayed. I know thatâ€™s not gender based, but please donâ€™t let them forget that we need more job fillings in the VA!
country_gal_48	0	7/4/2025 12:17	Mental health physicians that understand the female psyche and understand how they process PTSD and other mental health issues differently!

ladymarine_1977	12	7/4/2025 12:22	Ya, I need someone to ask why men can get ED pills and testosterone, but I can't get any type of hormone replacement therapy at all. But also, there is a significant issue when it comes to testing and actually letting people know the results of said tests. I had an ovarian cyst that was large enough it needed to be surgically removed in 2016. I was not told about those results and apparently they just waited and let it rupture. My nephrologist asked about it 3 yrs later and that's when I found out it should have been removed by them. This is an ongoing problem at the VA. Sending people for MRIs or such and then just dropping the ball when it's time to report findings.
pagank9	0	7/4/2025 12:22	Better screening of our blood work. Women have way more things to look at than men.
_skadooshhit	0	7/4/2025 12:26	My infertility was ignored my entire career I was never able to have a child I even had miscarriage with iui due to operating forklift. Then when I got out I filed it VA claim they denied my claim and marked my DnC as an abortion. So no disability for my infertility cause from deployments.
butterbeanjeans	0	7/4/2025 12:26	That everyone thinks they need to know your PTSD with S.A. Story. Like why do people keep asking this?! I am literally seeing a therapist and you are not IT! (Every provider)
bdwebb1978	0	7/4/2025 12:35	1. Address menopause and the non-care or no information. 2. More homeopathic remedies, for example no stains for cholesterol use niacin or vitamin B3. 3. NO MORE MAMMOGRAMS, only ultrasounds.
twocanshnazy	2	7/4/2025 12:37	Hormone therapy, my husband was sent to a civilian endocrinologist, I was told I dont need that even though I've had a total hysterectomy
thattinyfemaleoperator	0	7/4/2025 12:39	I was declined four times, and they said you didn't get hurt on duty when I did! I gave up because it's pointless to keep trying with the va they don't care about us

susandickerson885	0	7/4/2025 12:42	Counselors blowing off my trauma of sexual assault and the red tape I am dealing with becise the military blew my claims off and didnâ€™t document it my assault was real and not made up
mini_one525	0	7/4/2025 12:46	Adenomyosis and perimenopause symptoms showing up in my early 30â€™s and miscarriage issues
corineloegering	0	7/4/2025 12:49	My doctors donâ€™t talk and I have multiple issues that compounded create one big issue. So they are essentially spot treating and not actually resolving anything. And they donâ€™t listen whatsoever
1stresponder_trw	0	7/4/2025 12:55	Testify for WHAT? It will fall on deaf ears and is pre formative.
albieaurtistic	0	7/4/2025 13:01	Absolute dismissal of pain. 10yrs begging for a hysterectomy that solved pelvic pain. Zero treatment for chronic pain for 20 yrs now.
dragoneer1969	0	7/4/2025 13:08	Why is it that the VA does not supply prosthetics for women. I have continuously received male shoulder braces that donâ€™t fit a woman just gave up after 3 surgeries.
dibunnyg	0	7/4/2025 13:12	Iâ€™m a Vietnam era Air Force vet. Iâ€™ve been advocating for sexual abuse care for female vets. It wasnâ€™t until I came to the Richmond VA and got help,for sexual abuse and ptsd that I got some help through their mental health clinic. It wasnâ€™t until fantastic. They were wonderful. But now,with the cuts, itâ€™s going to,get worse for women and men!
bmcmilli	0	7/4/2025 13:13	The fact men can get a percentage for ED and endometriosis is declined. I have to advocate so much for myself to get my symptoms maybe treated.
angie_mom_k	1	7/4/2025 13:21	No mammogram option in VA. Always fee basis out to community.
beautyboyer	0	7/4/2025 13:22	we need docs to stop putting bandaids on things that need to be solved . We need our docs to believe us when we say something is wrong . Tylonal and ibprofen is not the answer for everyoneâ€™s problems.

hattiefradette	0	7/4/2025 13:22	The doctors at the VA are so used to treating old men that I™ve had so many of them telling me œœwell I don™t really know how to treat a young woman so I know right from the get go that I™m not getting very good care
im_the_veteran	0	7/4/2025 13:31	I want the Advisory Committee on Women Veterans to meet regularly again. The committee has not met in about 8 months. They are our voice as well.
im_the_veteran	0	7/4/2025 13:32	More female providers. Women veteran peer groups. More women that are accredited to submit VA Claims.
im_the_veteran	0	7/4/2025 13:38	Resume the agreement with DOD to study how toxic exposure may have affected perimenopause, menopause, and post menopause
mum_needs_a_break	0	7/4/2025 13:41	I think one of the biggest issues that the VA has, is throwing medication at a problem without fixing the root cause. We are receiving medication to treat the symptom that causes more symptoms and more medications. It would be nice to have answers, or even better, someone who doesn™t just treat us like another number.
puppylaw1	0	7/4/2025 13:46	Same as alot of other women, perimenopause, menopause, hormone issues, and weight gain. I'm never heard, I'm just told it's either normal or they won't prescribe anything to help with these issue. Go get 'em girl!!!!
lora_collins	0	7/4/2025 13:49	Why why why will they not do hormone testing and ACTUALLY have providers that know how and what to look for literally had my provider tell me oh your testosterone is 4 so you™re normal women don™t need testosterone. so I pay an outside provider for my thyroid and hormones because they are all wayyyyyy out of whack and have been told for years they™re normal. So many issues could be managed with better more knowledgeable providers and them approving replacement therapy for women. I have a lot more but that™s my biggest issue

therron1969	0	7/4/2025 13:52	Lack of Female understanding of our needs as we age. specifically: peri menopause and menopause, breast care: mammograms, reduction and cancer treatments. Hysterectomy, vaginal prolapse treatment, MST treatment. As female Veterans we have to fight to get help, we have research and beg every day for the same care Men are given.
2ooohg	0	7/4/2025 13:54	How being a rape victim is not a VA disability.
swannie5	0	7/4/2025 14:12	Menopause care and female providers for mental health (MST)
jessbg02	0	7/4/2025 14:35	STOP CHANGING PROVIDERS! MY ER DR can't FIX AND IS CLUELESS ON MY HORMONAL ISSUES.
cmchristiansen05	0	7/4/2025 14:36	Currently going through perimenopause and want GYNs in the VA to be certified menopause specialists on all the hormone treatments available!
conzster	0	7/4/2025 14:47	More female physicians or at least physicians that understand that women's bodies are different than men's and experience conditions differently. (ie symptoms of a heart attack in men vs women present differently)
helenacadi	0	7/4/2025 14:57	We filled the same positions as males, were exposed to the same chemicals and hazards, yet not taken seriously when filing claims with the VBA

ashlyn.85	0	7/4/2025 15:12	I had complained for years about constant fatigue. They did basic tests and told me nothing was wrong. I gained weight and couldn't get it off- told I was eating wrong and lazy. I worked out 2 times a day and had a personal trainer, I knew what I was doing. I finally paid out of pocket to go to The wellness way to get my hormones checked. They were so low they couldn't believe that I could function. I asked my VA provider to help and was told that they don't deal with this type of stuff. Also, when I was active, it took 6 years for them to give me an MRI for hip pain. I ended up having surgery bc my tendon was hanging on by a thread, but it took my 5th NON Army physical therapist to get me an MRI. I also have severe tendinitis in my ankle and they told me I was malingering and basically ignored every time I went in for it. It took me being on deployment with the Airforce to get a diagnosis and some help for it. In my VA rating, they combined it with my hip for a 10% rating. I can barely exercise anymore or do any physical sports that I grew up playing. I wake up in constant pain. They limit chiropractic care. I need to go at least every other week to keep my hips level but I'm only allowed 5 visits in 6 months! Make sense of that.
lizararroyo	0	7/4/2025 15:13	Woman vets need to have more community care as a mother of 4 I can't travel 20 mins due to traffic even id VA is 8 miles. I need to go to doc like chiropractic- physical therapy in my community it easy quick have 4 kids I can't travel and wait for chiro 1 -2 hours
lizararroyo	0	7/4/2025 15:14	Vets females need to feel safe at VA EO in NJ male vets stare, make sexual remarks to females terrible
livin_that_workmomlife	0	7/4/2025 15:21	Treatment for endometriosis and endocrinologist for things hormone related. As a female veteran with PCOS so many providers are clueless!!
tinksandmomma	0	7/4/2025 15:21	@The Caffeinated Chicken
sarah.jo.79	0	7/4/2025 15:23	To be taken seriously when I have a medical complaint. Also if I want to see a GYN for my woman's exams I should have that right. Not the NP in the primary care clinic.

majesstic.jess	0	7/4/2025 15:31	More educated male doctors need to be in the VA. I'm currently pregnant and my male doctor has told me false information regarding women's health.
gigimarie1080	0	7/4/2025 15:34	At the Jesse Brown VA, they dont have a mammogram machine, it's very inconvenient
meagan_leah1	0	7/4/2025 15:40	Constantly asked for my sponsor's information even when I inform them I am the veteran. Then informed by male Doctors that I need to be on meds instead of letting me have a therapist. They believe drugging us will silence us. It took me 4 years to get a female pcp who actually cares about me and even with her sending referrals the va stops them from going through.
butterfly_petals	0	7/4/2025 15:43	I know it's been stated but the medications. My pain meds keep me in a constant state of haze or sleeping. I shouldn't have to choose between spending time with my kids or being pain free and asleep. Just because my pain subsides during small period of treatment doesn't mean I'm fixed it means it found relief until it doesn't anymore it's not in my head and it's not because I'm not doing the stretches and exercises.
tatertotz5	0	7/4/2025 15:57	Having appointments years away then they cancel/ having to explain my ptsd every time I go/ being pushed birth control that makes me fat & depressed
emmalu1314	0	7/4/2025 16:11	Getting treated like my MST didn't cause my PTSD
classyngritty	0	7/4/2025 16:17	How about male veterans assuming we don't belong there or anklets vA appt feels more like a meat market. Let alone the Dr's never taking us seriously.
anita033039	0	7/4/2025 16:23	Possibly creating a va area for the women vets. It gets tiring getting gawked at everytime I step in to the va. Medication cause more harm then something natural like cbd or thc. The counselors especially some of the women look at us when in therapy and make it seem like they don't believe me when I talk about my ptsd. I try to avoid the va at all cost because of the uncomfot I feel. .

dawnsquared	1	7/4/2025 16:31	The only way you can see an OBGYN is if something is wrong. Thereâ€™s no way to get regular check ups.
dawnsquared	0	7/4/2025 16:32	It took having to go to medical 4 times before they let me get a referral to an OB
imsomebodyprobably	0	7/4/2025 16:35	As a female veteran, I am tired of being an afterthought in a system built for men. Military sexual trauma is treated like a footnote, PTSD is only respected if it came from an IED, and the answer to our pain is too often more pillsâ€”while weâ€™re left isolated, unseen, and unheard. Iâ€™ve been suicidal and the VAâ€™s answer was to send me monthly letters with a crisis line number, as if a phone call could replace real connection. Iâ€™ve sat topless for an EKG, door wide open, glasses taken away so I couldnâ€™t even see, and when I spoke up, male veterans mocked me: â€˜How else are they supposed to get your EKG? Through your shirt?â€™ This is the reality for women who served. We need female providers. We need peer support groups. We need spaces to heal and rebuild with other women who understandâ€”because we are not just spouses, we are veterans, and itâ€™s time the VA treated us like it. Iâ€™m also tired of being asked where my husband is at the appointment that is for me. I joined in 2020.
dashanichols307	0	7/4/2025 16:37	accountability and follow up. I should not have to do all the footwork for my care especially in the middle of my care. the ability to use civilian mental health care instead of the VA.
user5450547097290	1	7/4/2025 16:44	Once your assigned a provider you have to stay with that one even for emergency appointments. I need to be seen asap not in months will one provider.
lynzeelea	0	7/4/2025 16:57	If only it was for service members! Iâ€™ve got stories for days on that. But Iâ€™m a Vet now.

beswift66	0	7/4/2025 17:01	I can't tell you how many practitioners just sit at their computers and talk about my labs while lecturing me about my cholesterol, etc. But don't bother examine me, listen to me regarding my injury and basically tell me I'm either a hypochondriac or drug seeker. I can't tell you how many male veterans I know who aren't nearly as injured as I am and they get treated like they lost a limb when they have a hangnail! The double standard is very real and really condescending, insulting and infuriating!
thumper0507	0	7/4/2025 17:09	I'm tired of being gaslight
hundeltk	0	7/4/2025 17:17	Help with imbalanced hormones and autoimmune issues!
maryjohnson1376	0	7/4/2025 17:18	Military Sexual Trauma, homelessness
soul_shine	1	7/4/2025 17:21	address pre/menopause & mental health
ladyvetnjax	0	7/4/2025 17:25	Support HR 740 ðŸ†ðŸ†,
nstydei	0	7/4/2025 17:25	Them being able to provide (or deny) care depending on sex, religion, ethnicity, and marriage status??? Is a NO NO.
shelby_leigh08	0	7/4/2025 17:26	The VA closed our women's health office a little over 2 years ago so that it could be just another GP office so we have no dedicated facilities for women's health/reproductive healthcare. It took me over a year to get my new birth control after they passed the heartbeat ban because of lack of access to women's healthcare.
texas_mom25	0	7/4/2025 17:35	Male veterans are offered pain relief more often than female veterans. We're told to suck it up while the men get red carpet treatment.
cubsgirl50	0	7/4/2025 18:20	sizing! I finally just bought my own CPAP mask and sleep boot. men's small doesn't just equal all women!
cubsgirl50	0	7/4/2025 18:24	this is kind of for all vets but... accurate and detailed notes. not everyone that uses the VA is 100% disabled and fighting for workman's comp and or disability with trash notes can have massive financial implications
thesaltyveteran	1	7/4/2025 18:26	MST is the biggest thing we aren't heard enough

angelleyez38	1	7/4/2025 18:39	I asked one clinic if I could go there. They said they didn't have female doctors. Why does that matter? I know it doesn't have a women's clinic but I hate driving an hour when I can drive 20 min to a clinic with no women. I don't need a woman doctor.
sunsetsessential	0	7/4/2025 18:58	I was told by a contracted provider that I was lying about being sexually assaulted. I was denied a PTSD rating the first time because of that provider
equitableadvocate	0	7/4/2025 18:59	Access to care (womens health), diminishing there service â€œ youâ€™re a female that didnt happen to youâ€, getting appropriate treatment for SC and illnesses not just â€œits anxietyâ€.
mscrzyred841	0	7/4/2025 19:00	getting the same VA ratings the men get
arrington_fire	0	7/4/2025 19:00	hormone replacement therapy! my wife pays out of pocket because the VA thinks as long as her levels fall in range that she is fine. bottom of the range is NOT optimal!!!
jessmt63	0	7/4/2025 19:11	anxiety
januaryturner	0	7/4/2025 19:21	Womenâ€™s health issues are distinct from males.
jonileeee	0	7/4/2025 19:29	I'm not a veteran, my daughter is currently serving and she's not even able to get proper fitted gear. Her feet are a size 3 and was issued too big boots that resulted in injuries straight away in basic. She can't get a properly fitted helmet for her MOS and her MOS deals with things that go boom, these are just examples
chasingweatherandwifi	0	7/4/2025 19:32	I have to prove my injuries to receive care. Didnâ€™t I already do that? Iâ€™m 100% P&T
anjellykuh_909	0	7/4/2025 19:42	I had an amazing female primary care DR in Modesto Ca VA Clinic. she never dismissed anything. iâ€™m in Long Beach VA now, mentally prepping for back n forth bs ..
andrean144	0	7/4/2025 19:51	having pain brushed aside, while being able to hear the same doctor give the male veteran pain meds.
tesahcapers806	0	7/4/2025 20:04	Why do they not care about us

bmannings098	0	7/4/2025 20:16	The VA does not offer pain medication during IUD insertion. It HURTS, I don't care what anyone says. Women especially with MST struggle with getting them. We're tense, uncomfortable making the insertion more painful. My nurse practitioner disagreed with it, and there was nothing she could do.
italianprincess36	1	7/4/2025 20:17	Having to go to your primary care doctor to get a referral to the OBGYN!! Like what?!?
audrey.lotz	0	7/4/2025 20:23	Why it takes so long in between mental health appointments! I've had 2 different therapist. In an expand of 5 months. And Ive been waiting over a month for an appointment! Ive called the crisis line. Even called to say when my next appt and I want to check myself into a mental hospital. Still waiting!!! ðŸ¥°
catladyyogi	1	7/4/2025 20:28	Perimenopause symptoms and gynecological care.
perilous_play	0	7/4/2025 20:31	Alternative, preventative health practices. Nobody wants to be getting a hysterectomy when fibroids can be dealt with before having a major surgery.
jnurse38	0	7/4/2025 21:14	Having to travel an hour for help. It should be reduced to 30 mins and more community care.
imitatingdid	0	7/4/2025 21:18	my va psychiatrist of 5 yrs wanted me to show him my boobs during my telehealth appts and I was promised community care after I reported him cuz I aint trust anyone but my therapist anymore but they canceled my community care and terminated my therapy ðŸ™„, am tryna get community care back so I can try and manage my conditions but I haven't heard a peep from em - western ny
greenmothmolotov	0	7/4/2025 21:34	mst and support of reporting
kay_1070	0	7/4/2025 21:39	When your primary caregiver makes a major mistake in your records and refuses to fix it and forces you to go through weeks two months finding the right department within the VA to force the records change.
aprilanderson203	0	7/4/2025 21:41	pls discuss that WE DONT REQUIRE A GYNO AS OUR PCM! I had to wait 2.5 years to get another PCM after mine quit because of that stupid requirement.

aeon572	0	7/4/2025 21:58	I need them to take MST more seriously, I've been through so many providers who make light of this, I finally got lucky with my current provider, but up to a year ago, with my last provider, he refused to refer me to a woman OB/GYN because he "can do woman exams" too.
b.morg	0	7/4/2025 22:25	Them not accepting endometriosis!! I won't even see another VA doc and say a word about my endo pain bc it's all in my head
reneemiser	0	7/4/2025 22:32	I am just now getting to the VA because I have been so scared. Got out of the AF in 2017 and literally just enrolled in the VA on Tuesday (7/1).
monicadeanforcongress	0	7/4/2025 22:46	Please tell them we have to keep our Womens clinic and we need childcare options for when we have appointments because we're not allowed to take them with us. Also tell them we need more clinics and rural areas.
me.shell.e	1	7/4/2025 22:48	We constantly get misdiagnosed - they won't diagnose with PTSD, they diagnose as fatigue!
loganngoodson	0	7/4/2025 22:52	My injuries from my SA's in the army, are being left untreated. Multiple autoimmune diseases from stress, also left untreated. I have had to use my own private insurance to get care.
brandyunfred	0	7/4/2025 22:55	please talk about claims for female issues they keep getting denied. Uterine bleeding, miscarriages ectomy a lot of claims examiners don't understand female issues.
marissamcnealy	0	7/4/2025 23:02	I fought for 6 years for specialized gyn care outside of the va knowing I have PCOS and endometriosis. I was told I was too young to have either. 6 years later I have both and had an incomplete surgery from the va bc no one was specialized in endo surgery. Have to go back for another but the va won't let me see a specialist
cherylsteevens	0	7/4/2025 23:07	ill go with you
toriboone3	0	7/4/2025 23:18	The lack of continuity of care. I would LOVE to go see the same Dr for more than six months. and STOP asking if our husband served

aprikyankee	0	7/4/2025 23:28	Iâ€™m overweight so everything else is irrelevant. Thyroid disorder just sitting there in the corner laughing itâ€™s ass off.
ezrathomas5	0	7/4/2025 23:38	No help going through peri and menopause!! Only being told eat less than you burn and more exercise! Itâ€™s just anxiety ðŸ™„
tammyearley168	0	7/4/2025 23:39	ðŸ™„ðŸ™„ðŸ™„
teannamarie.willi	0	7/4/2025 23:55	I am interested in enhancing your playform. Iâ€™m a female veteran residing in the Virgin Islands, and we currently struggle with having a GYN on island or an outside provider accepting the VA insurance.
laurab33547	0	7/5/2025 1:00	I donâ€™t want to be STUCK in the womenâ€™s clinic. Iâ€™m at Tampa VA and the waiting room is allowed to be loud, nasty and noisy.
penaplatoon5	0	7/5/2025 1:01	Female MC Vet. Would love to talk about more community care options for older women that are going through menopause
shaylala_86	0	7/5/2025 1:28	I was enrolled into a womenâ€™s health primary care group that has all women health care providers. I sat there for 2 hours getting to know my pcp, literally talking about every little thing in my service connected issues. Just found out that pcp is no longer mines and will have to go through this process again with someone else. That shit is re-traumatizing having to constantly talk about my issues over and over again.
kkarver	0	7/5/2025 1:40	Cuts to my local VA took out my mental health person and now Iâ€™m back at the bottom of the list to get a new one. Jumping through hoops to get refills without a dr.
gunnergal	0	7/5/2025 2:28	more care options closer to home. why do I have to travel to my areas main hub to find a doc for female wellness? ie 2 plus hours away when there is an office 45 min away?
shortbus1964	0	7/5/2025 3:02	Females vets need a safe place to go when they have an issue, perf a woman rep.

kels_for_you	0	7/5/2025 3:09	I was SAâ€™d three times during service. Iâ€™ve been trying to file my disability claim for two years and they keep shuffling me around. Every time the year comes around they drop my file , or canâ€™t find it or- â€œthey got so backed up sorryâ€
amdevore24	0	7/5/2025 3:13	being questioned that "im the veteran" , and male providers not wanting to address women's issues or prescribing contraceptives.
lilbitybodiee	0	7/5/2025 3:52	they equate pain to malingering most of the time .
vrc_34	0	7/5/2025 4:01	They are trying to say everything is cause from my pregnancy not cause the navy.
ashleysassley	1	7/5/2025 4:08	The â€œmoveâ€ program is a joke and should not be something we have to deal with when we have PCOS.(I know how to freaking workout) When GLP1 treatment has shown its effectiveness in helping the symptoms and should be covered immediately if spoke to our primary about it.
heathens_siren	0	7/5/2025 4:15	my husband and I are both Veterans, he gets more in depth care than I do. I sit in on his appointments as he needs me there, I am always alone and never feel heard.
sherease_why	0	7/5/2025 4:37	separation of issues....treat the whole person not just the hip pain today and GI next appt and migraines next appt and so on. I have one body treat as if it's all connected
user2283748345457	0	7/5/2025 4:39	VA is holding onto outdated notions that HRT is dangerous. Women have to fight to get healthcare for perimenopause and menopause
user6974492237940	0	7/5/2025 4:46	Some of the female nurse practitioners jab the Pap smear and make you bleed I left a message with the nurses no call back. She asked me how many men I slept with. Way to be professional. No mental health appointment. No refill on meds filled by active duty docs so your thrown out the street with nothing
jwandsonhogdogs	0	7/5/2025 5:06	@Krista
hotheadartistry	0	7/5/2025 6:20	I won't even try to go see them about menopause, I've already been told it's useless.
m5love14	0	7/5/2025 6:50	Not being able to get perimenopause careâ€ hormones replacement.

carimiller76	0	7/5/2025 7:10	Iâ€™m a female veteran and two things: we need more mental health counselors available. We also need more womenâ€™s healthcare specifically gynecology and hormones.
og2311usmc	0	7/5/2025 11:24	I canâ€™t get into talk therapy- but my meds are mailed directly to my house. I donâ€™t want more meds I want to feel sane again.
sritter_trainersstudio	0	7/5/2025 11:44	Compounding pharmaceutical. Still have to pay civilian doctor out of pocket \$2000 yearly
nothere4ns	0	7/5/2025 11:58	Not being notified when assigned BH doc no longer assigned and not given the option to follow or maintain via tele-health.
msleah80	0	7/5/2025 12:41	All VA systems should talk, Iâ€™ve moved twice since retiring and have had to relive my combat experiences and the things Iâ€™ve been through with my mental health. For some reason both MH offices say they canâ€™t see the previous doctors MH notes. As a woman veteran with combat PTSD, Anxiety and Depression, reliving those moments are devastating! We women go through enough as it is, please just read the previous notes and letâ€™s go from there!
sallygraves6	0	7/5/2025 13:16	Why does it take over a week to get a medication refilled? Let alone have a portal or phone message returned? And no more nurses that degrade us and call us liars because know our own bodies.
kate8262011	0	7/5/2025 13:21	Most if not all women veterans have been sexually harassed, molested or raped. Going into a VA facility where mostly men are is not something that is possible for many of us.
kate8262011	0	7/5/2025 13:23	We need more mental health providers that specialize in mst.
carb_o_vore	0	7/5/2025 13:27	Hi there! I was active and got out 19 years ago. Brutally SAâ€™d. JUST rated at 70%. I canâ€™t even function most days but ok. Iâ€™ll fumble through 70%. Thank you for doing this âœ“,âœ“
semper.fight_her	3	7/5/2025 13:38	Womenâ€™s health is not menâ€™s health. Period. We need our own facilities and doctors.
outofspite90	0	7/5/2025 14:04	It's more triggering to try to get women's healthcare services than it was to BE in the military. None of the providers care, they are built for men not women.

bequietmeg	0	7/5/2025 14:25	I have had to change psychiatrists 6 times. That is 6 times that I have had to brief new doctors, relive my trauma OVER and OVER, and lose any headway made towards healing. I'm 43. I've given up at this point.
lindseyc36	0	7/5/2025 14:31	My PCM never listens to my concerns and wastes my time. Waited for a renewal referral to keep my migraine treatment on track. I had to reschedule my appt 3 times which caused more pain.
madiday10	0	7/5/2025 14:56	There is little to no support for pregnant veterans.. yes I'm 26. Yes I'm a combat veteran. Yes I'm just starting my family. The VA is outsourcing my OB care which means I had a pregnancy blood test confirmation at like 5 weeks pregnant and then nothingâ€¦ crickets for over a month on end having no idea who to call if something abnormal comes up, no confirmation that I am safe and healthy. They can't even assign me a doctor to call in the case of an emergency. They mailed me some prenatal vitamins and I've heard nothing for over a month. No appointments in place, nothing.
the1stephy	0	7/5/2025 15:24	I can't get the care I need for GYN at my local gyn at the VA and have to travel all the way to Orlando VA for pelvic floor injections for pelvic pain. Travel is not reimbursed and no one in community care that accepts VA does it. I have to pay out of pocket for HRT. Also MST and back pay to service date.
nicholewomenvetsglamping	0	7/5/2025 17:01	Stop malpractice surgery so women Vets. Give proper care.
dcrutch69	0	7/5/2025 17:47	I get treated worse than my husband veteran. Also I am never listened to about my symptoms or issues.
exitwoundsjewelry	0	7/5/2025 18:00	The fact that we are starting menopause early and thyroid issues seems to be a pattern in our generations female veterans. For yrs I begged for hormone testing and for yrs they pushed pills and therapists, followed by shoving to the back of the line. Now im paying out of pocket for HRT on 100% VA disability because I chose to prioritize my health instead of sit stagnant while waiting for the VA to get their sht together.

tiffleigh_	0	7/5/2025 18:15	Sexual assault and records being withheld by good old boy system causing future issues with Va claims
krista.8404	0	7/5/2025 18:41	I can't get appts or community care. Men get it all. All I do is fight.
electannmarietorres	0	7/5/2025 19:09	A better medical and dental system for our female vets. They need to be trained in the fact that "we female Vets" served in combat operations like our counterparts and it affected us in a different manner. We need to be seen and heard as WOMEN COMBAT VETERANS!!
invisible_gen_x	0	7/5/2025 19:35	No gyn in Utah, it's all out sourced. That means a long wait, months.
mybluushade	0	7/5/2025 19:37	as a veteran feeling passed off over and over and them telling me my peri n menopause symptoms are normal. but I'm getting worse and In n out of hospital .
huntersav1996	0	7/5/2025 19:42	PCOS and endometriosis specialists or doctors who know how to help care for these!!
impossiblegirl0241	0	7/5/2025 19:55	Hormone replacement therapy for women
desertstarrzz	0	7/5/2025 20:13	Definitely perimenopause, gyn care, them listening to us with pain issues, finding the root cause of my pain and being able to get better mental health support. Thank you.
marcimetcalf4	0	7/5/2025 20:24	we need to hold on to more woman veteran providers. as a medic retired army veteran. i want nothing more then to take care of my fellow veterans. however unskilled civils try to push out high performers ie veterans
alottomoscato	0	7/5/2025 21:05	21 year veteran, K9 bomb handler that went to Iraq 3 times and Afghanistan once. Constantly fighting to keep my 100, while male counterparts have 100 P&T for same deployments and less injuries.
ct_wanderlust	0	7/5/2025 21:08	I was seen for migraines and they gave me nearly unlimited amounts of opioids. I don't think it is isolated to female vets. I also have concerns about my health concerns not being taken seriously because I was not combat arms.

dooniegoonies	0	7/5/2025 21:11	Putting me in group therapy for violent sexual abuse sounded like a great idea until I showed up and was in a room full of angry male veterans talking about wanting to punch and hurt people. Also my only option in Fort Johnson, Louisiana area was a male therapist. I gave it a chance and went to 3 sessions but my anxiety went through the roof
shield_ofsisters	0	7/5/2025 21:26	Mst resources
dooniegoonies	0	7/5/2025 21:31	With my spouse still active duty we move every couple years and I have to go over all my trauma EVERY TIME to my new providers at a new VA. Why doesn't everything transfer? Like notes and history. It's gut wrenching feeling like I have to keep proving why I need help
firetopntx	0	7/5/2025 21:53	Non combat ptsd for
firetopntx	1	7/5/2025 21:55	Non combat related ptsd from sexism, hazing, refusing to participate pro qo things then being hazed.
naturenerdphotographs	0	7/5/2025 22:45	So far I've received a 10% rating for my double mastectomy for scars and they delayed the decision on anything else. My boobs aren't gonna grow back ðŸ˜•â€”â€”â€”
orangeblossomfabrics	0	7/5/2025 23:13	Let's talk about how even the women's clinic is not designed for women's. Ours has a men's bathroom & a "neutral" bathroom, but not a women's bathroom? Like can we make that make sense? I don't need a pregnancy test every time I walk on property. I don't need to do the move program again to get help with perimenopause. I already exercise, I watch what I eat. So frustrating!
bevkash	0	7/5/2025 23:17	I may be female but I am a veteran too!!!

gillyweed0126	0	7/5/2025 23:29	I got out in September off a medboard. I've received no help on any of my mental or physical issues until recently after my doctor submitted referrals three times. They're reevaluating my percentage saying I'm in remission for my mental health when I have just not been seen due to lost referrals on the VAs part and the people on the phone are rude as hell. My mental health and ptsd claims are directly due to the navy. They think being out is enough help apparently.
mightyj0e.y0ung	0	7/6/2025 0:32	@jade
amberl_5	0	7/6/2025 0:41	Years ago I dealt with a high heart rate. It kept happening I kept going to the ER. Finally they put in a consult with cardio and do you know what he told me? He said it was anxiety. Well it started again in April with a sustained heart rate over 200 for over a hour. By the time I got to the ER it had stopped. They put in a referral for cardio with no appointment until August. We'll a month ago it happened again my heart rate was 175 when I got to the ER they couldn't get it down and had to stop my heart. At that point cardio was able to get me in the next week and within a week of that I was having a heart procedure to have the bad pathway destroyed. I truly believe if I was a man their first instinct would not have been anxiety and this issue could have been fixed years ago.
david.facing.forward	0	7/6/2025 0:43	women getting assaulted or injured during BCT or AIT and not getting uncharacterized discharged which limits VA benefits.
kaufimiller	0	7/6/2025 0:43	I am an 18 y vet. also a CHW, ILS and MTFSPS
jfig70	0	7/6/2025 0:48	They have a women's center at the VA, which is nice. But it's not adequately staffed with primary care PHYSICIANS or OB/GYNs. It's mostly NPs and PAs who will just pass you on to another provider.
dana_dane_yo	0	7/6/2025 1:08	Women Vets need access (maybe community care) to HRT MEDS AND BLOODWORK. I was told by my VA (female) Dr that I just needed to lose weight and eat less. Went outside of VA at my own cost and HRT was 100% effective for mental, weight, energy, etc.

itzj43l0	0	7/6/2025 1:27	More natural / holistic routes for addressing certain issues vs pushing meds (that end up causing even more issues over time)
lisatuckerjones	0	7/6/2025 1:32	Iâ€™m gonna need you to call and talk to my mama- sheâ€™s 84- was given honorable discharge when she became PREGNANT -needless to say- she sued the govt-won and now women can be pregnant and be in the military. Obviously this was years ago! But sheâ€™s a warrior for sure!
mariaortega_95	0	7/6/2025 1:35	Had an emergency c section at JBLM had severe abdominal pain till this day for the last five years only after 4 years of going to the er, constant doctor visits, being told it's just your cyst once you start your period the pain will go away. Only to be told after 4 years and finally getting an mri that my c section scar was never closed internally. All I can get is birth control and not even birth control that has iron it because it's not covered. Also scheduling a surgery a year out to fix that c section error. The lack of care for pain is sad.
juliaocsl81	0	7/6/2025 1:45	If you need someone (a 100% vet) with you as moral support, let me know. I'm an atty in DC & can sit behind you in support.
ginaherrellhead	0	7/6/2025 1:47	When in an appointment, people barging in w/o knocking. 3 times in one appt at Dermatology, only a paper gown on.
meshelle_mabelle	0	7/6/2025 1:52	Making IVF available for mental health issues and not just physical issues.
trish6793	0	7/6/2025 1:52	Let's start with parking at the VA. Two men were waved through in front of me to park. The security guard stepped out to stop me, stating firmly, the parking was for veterans only.
tayluv1972	2	7/6/2025 1:55	Please Please Please touch on PTSD/MST and service connection this should be automatic 100% when proven through C&P. I feel we given the run around and struggle daily with something tragic that was unwarranted ðŸ˜©. Thanks and good Luck ðŸŸ°
kristaalexander2	0	7/6/2025 1:55	Anxiety
toabsforlife	0	7/6/2025 2:12	No MST groups, more female providers, zero female specific clinics nationwide. Orlando VAMC has one and itâ€™s incredible

kirsti1013	0	7/6/2025 2:12	Hi, I've been in appeal courts since October for a claim I made on my back/knees because they refused to even give me an appointment and ruled it as not service related even tho I spent 17 years in the army. I just don't even understand how I can't even get an appointment
witchbythemoon	0	7/6/2025 2:16	Female veterans do not have access to hormone replacement therapy while in perimenopause. I have almost zero testosterone and cannot get testosterone from them! Or progesterone! Veterans need HRT health
chloemerrill7	0	7/6/2025 2:18	More spaces for women's health
bugadventures87	0	7/6/2025 2:22	Female vet here! More mental health care for women especially female mental health providers, MST specific support, and how about not jumping straight to antidepressants for mental health. I need therapy more than once every 3 months.
magblue0322	0	7/6/2025 2:32	The lack of English speaking doctors.
sharbearinsc	0	7/6/2025 2:36	All I see is nurse practitioners. No one listens. Can't see dermatology or orthopedics unless you are on deathbed.
lindsaylee09	0	7/6/2025 2:41	Dedicated women's health!!!!!! I was going thru psychosis with a IUD and they couldn't help me. I went to planned parenthood.
bluelady1ers	0	7/6/2025 2:46	I was having a miscarriage went to west LA VA medical center at night they didn't even know were to put me since their not use to having women there. They ended up putting me like in a storage room and the nurse had to apologize,she also warned me about the restroom condition because they wanted me to do a urine test. I had to wait there for an hour so they could come that would no what to do. Worst experience ever
thee_wildcat	0	7/6/2025 2:46	I had an OBGYN tell me I couldn't have my tubes tied without my husband's approval.
kaymich318	0	7/6/2025 2:49	Female related disability compensation

cmatz2	0	7/6/2025 2:49	<p>how about being discharged at 18 with no exit anything, pregnant, diagnosed with migranes, and given no references or referrals on how to get care and being told you have no benefits because your discharge is "At the convenience of the Navy"</p> <p>The don't have any of my medical records and I have never been able to do anything to alter my discharge. The literally cut my active duty ID into pieces and threw it in the trash and saw me to the gate.</p>
jgladybug25	0	7/6/2025 2:56	<p>Weâ€™re not just tired because weâ€™re moms, we have sleep apnea which absolutely effects us for ever. Pelvic floor therapyâ€¦.. we abuse our bodies to fit in and the repercussions are lifelong. I also am SO tired of hearing about how menâ€™s pain gets further diagnostic tests and weâ€™re just told itâ€™s normal.</p>
mightmoe25	0	7/6/2025 3:03	<p>Lack of mammogram services, delays in appointments to see DRS especially females DRS.</p>
thoughtsbyjlou	0	7/6/2025 3:08	<p>Perimenopause care. Actual specific testing before just handing out pills to see what hormones are needing what.</p>
lilidh70	0	7/6/2025 3:12	<p>Stop sending me to PT when I ask about reassessing my disability rating.</p>
hannahstoup	0	7/6/2025 3:18	<p>Female providers in mental health!!!!</p>
old_school_veteran	0	7/6/2025 3:49	<p>No real female care, men docs with no clue!</p>
old_school_veteran	0	7/6/2025 3:50	<p>Iâ€™m not a man, pain is real not in my head!</p>
mikwil1219	0	7/6/2025 3:51	<p>Expand womenâ€™s health. It shouldnâ€™t take 2 months for a new patient appt</p>
lorrinlogan	0	7/6/2025 3:57	<p>not letting us get our hormones checked and getting us to a doctor to help with an autoimmune disorder because we know something is wrong rather than telling us we are depressed when in fact we are oppressed by our medical system!</p>
ellied825	0	7/6/2025 4:34	<p>The gaslighting from the providers.</p>
adrimiller32	0	7/6/2025 4:35	<p>My pain is â€œall in my headâ€ womenâ€™s health is a joke was told by one provider I needed a full hysterectomy then after recovery period told by follow up provider it wasnâ€™t needed and now Iâ€™m just making things up</p>

sabrinaslونim	0	7/6/2025 4:41	WHY DO GENDER CONFUSED PEOPLE GET HORMONES BUT A WOMAN SUFFERING WITH PERIMENOPAUSE CAN'T GET THE SAME TREATMENT?!!!!
kristamarie143	0	7/6/2025 5:20	New follower and would love to DM you if possible also a nurse
veteranagainsttyranny	0	7/6/2025 5:30	why we need a consult, or "permission" to gp the Womems Clinic
riggs6396	0	7/6/2025 5:35	Missed a mental health counseling appointment by 15 minutes, they told me I wouldn't be seen that day, to reschedule months later. I was having a hard day, called the suicide holiness, got voicemail, left a voicemail...still waiting for them to call me back...that was in 2008ish.. So yea, more mental health staff would be good I think.
camarks53	0	7/6/2025 5:54	providers at Every facility so you don't drive 8 hrs to get a mammogram, see a gyn, etc, cardiology department staff that comprehend male/female heart attacks present differently, Drs that believe you when you say something hurts, a doctor with the balls to give you what you need for migraines without redoing 30 yrs of scans/tests/& bs.
tessiebu	0	7/6/2025 6:43	Mental health. I'm a Vet and an LPC. We are not represented or supported. They feel alone and ignored. Not a direct sentence sorry. ðŸ˜Ž. Just my daily experience ðŸ™ TM ☐
anastasia24498	0	7/6/2025 7:24	fighting for 6 years to have my injuries acknowledged only to have to still cover my surgeries myself with an outside Dr because they wouldn't acknowledge the accountability despite all the documents that said otherwise
abigailhyser	0	7/6/2025 10:13	Why do I have to fight to prove I was graped but a man doesnâ€™ TM t have to prove he has ED and why is that service connected
rebeccadurnell2	1	7/6/2025 10:41	My pain and/or neurological pain isn't a psych issue.
rebeccadurnell2	0	7/6/2025 10:43	When I call to schedule a psych intake the receptionist who's not trained in trauma shouldn't ask if I have MST.
rebeccadurnell2	0	7/6/2025 10:45	Offer supplements for testosterone replacement therapy not just pellets or injections. The release rate of pellets for testosterone are unpredictable.

rebeccadurnell2	0	7/6/2025 10:49	Addiction medications aren't pain management medications they're not even FDA approved for pain.
spyderb0t	0	7/6/2025 10:52	Doctors identifying issues on x-rays, MRI's, labs etc. but not discussing with the patient. I read notes about an incidental finding, asked the Dr. about it and they said "well, it's your responsibility to do your own research". Like, ma'am/sir. I did not go to medical school.
ewincat0	0	7/6/2025 10:56	Outsourcing/not having OB care/ no postpartum care/ being told to not go to a VA hospital bc they don't have the capacity to care for pregnant ppl (they asked me to get yearly fasted labs while bfing a newborn like be fr)
speedmonkey606	0	7/6/2025 10:56	believing us when we say we are in pain
rebeccadurnell2	0	7/6/2025 11:08	Providers putting whatever they want in your chart just because you dont agree with them. Saw a pain management doc who wanted to put me on a med I can't take because of allergies. He told me I'm not allergic to the medication but that I'm just addicted to the previous med I was on. After telling him I wouldn't take the med he was offering multiple times he put that I was a drug addict in my chart & sent me a script of 30 bottles of narcan the instructions for it said use daily for overdose. I've never overdosed or misused my meds just because I won't take a medication I'm allergic to doesn't mean you get to put whatever you want in my chart.
normazieglerx3	0	7/6/2025 12:51	Ty for doing this . As a combat veteran why do I get the same PTSD rating as men when I also have mst? I have testimonial letters from high ranking bb to attest to what happened to me. Also why when I talk about female sexual arousal issues I'm told it's nothing then I ask for a hormonal test due to link of issues from exposure from stuff overseas and I'm denied.
womanveteran	0	7/6/2025 13:15	spend 33 years in Army & really need a women's support group to help me transition to civilian life
staycrag	0	7/6/2025 13:43	Caregivers. We have to fight harder for any care than our male counterparts. Even harder to have a caregiver approved.

staycrag	0	7/6/2025 13:45	Chronic pain doesn't need 17 meds. We need a cure!
wolf.mother4	0	7/6/2025 13:57	See comment below menopause aged women need compounded hormone therapy and more in-depth care regarding those type of symptoms. ðŸ˜˜ ðŸ˜˜ ðŸ˜˜ ðŸ˜˜ ðŸ˜˜
pixietastic1	0	7/6/2025 14:21	I've been dismissed for 10 years because of my age. women's clinic is extremely judgemental and dismissive. I also have "hysterical" in my file for crying about my pain and losing my job over not knowing why I was falling all the time. I hate the VA. The VA hates women.
pixietastic1	0	7/6/2025 14:21	I second this also
user053483906	1	7/6/2025 14:52	Being gaslit. Because I was not in combat, I am not a Veteran.
user_867_53o9	0	7/6/2025 15:08	Fighting my VA Dr to get estrogen is ridiculous! They donâ€™t care about menopause in us on top of everything else we dealt with
mandyc135	0	7/6/2025 15:15	Pills for Anxiety/Depression does NOT help repair my shoulders. Shoulders that were injured, on duty, while deployed, with LOD incident report completed. Denied disability. Migraines and ringing in the ears. Told to drink more water. Treated for PTSD but denied disability. Going around the world to obtain a Nexus letter from a civilian doctor seen almost 10 years ago for information that is already in my military records. Do NOT have anxiety/depression but dealing with the VA is getting me there.
cmontoya925	0	7/6/2025 15:43	No hospital beds for female veterans. We are referred out
91km4.m	0	7/6/2025 16:11	Thereâ€™s a large pool of us that were experimented on with new, dangerous drugs FOR YEARS while on active duty. Donâ€™t forget us ðŸ˜˜
rambling_havoc	0	7/6/2025 16:14	I need breast reduction surgery for posture correction and cancer prevention but they treat it like voluntary cosmetic surgery. Itâ€™s been 9 years trying

jodiejames69	0	7/6/2025 17:26	Mountain Home Va in Johnson City Tn. Reproductive care I had a pap done on an upside down bed pan with the drs cellphone flashlight. Also my ex husband now but we went into ER/urgent care with exact same symptoms he had an appt in 20 minutes I sat for hours. Appt times crazy because we are in a "women's clinic" even though no women's care is done.
fearlesslyfreckles	0	7/6/2025 18:07	Better mental health providers or allow us to stay with our community care providers
leahstiles982	0	7/6/2025 18:07	Eating disorder informed providers & resources
kitchensparrow	0	7/6/2025 18:22	While being abused by another service member my endometriosis pain was debilitating so I was sent to a "pain psychologist" because I shouldn't have been in as much pain as I was claiming. My doc PCSd and didn't fill out my papers saying that I had endo so I was diagnosed with chronic pelvic pain and processed out. It wasn't until afterward that my medical record was changed.
paleogyrl	0	7/6/2025 19:02	Better mental health for female veterans ♀️🇺🇸
jacquelineroachfeldman	0	7/6/2025 19:56	When I was suicidal after being sa'd, it took 20 min to get to talk to a person. Even then, they had no help to offer me. I was saved by SAPREA and they are not VA related
tinannola1820	0	7/6/2025 20:07	Ask why the Women's Clinic changes Dr's like they change their underwear🤔 Everytime I go for my appt I have to explain my issues ALL OVER AGAIN!!!
tessbby123	0	7/6/2025 21:30	Little to No VA assistance for overseas veterans!!!! I have chronic conditions that I can't receive care for, and medications I can't access!
lmbmomjd	0	7/6/2025 22:38	Not everything has to do with weight!!!! My knee not having cartilage has nothing to do with my weight. Chiropractic care is not an elective. We need more providers! We need more opportunities to outsource the community care!!!
eclecticairstsign	0	7/6/2025 23:57	@horriblestevie I would tag more female vets, but I don't know their TikTok tags

militarymommy81	0	7/6/2025 23:58	I think we should be allowed to see a primary care provider in the community
momvet8	0	7/7/2025 0:09	I sat in the waiting area in VA CLINIC and I was asked if I was waiting for my husband..öŸ~□
siobhanfitzgeral8	0	7/7/2025 0:13	Having to travel from 1 va to another for a mammogram? Female services.
britt4people	0	7/7/2025 1:22	Nearly impossible to get IVF covered because you canâ€™t claim fertility as itâ€™s thing on disability despite evidence that burn pits, toxic exposure, and ptsd all play a role. On top of that they just made it so that if you get ivf treatment privately your fertility referral gets cancelled and you lose access to all other fertility coverage.
peggyott44	0	7/7/2025 1:38	if your inpatient on the psych floor, females need to be able to wear proper clothing/bra. many of us are dealing with sexual trauma and being in there with mostly males, without a bra and those damn gowns made me feel even more anxious. shouldn't require "approval from your therapist" who's off the next 2 days.
ptish21	0	7/7/2025 1:48	We need providers that are educated in peri menopause and menopause treatment. They just treat for anxiety with pills and send you on your way.
lifeisbrutiful	0	7/7/2025 2:18	They need to implement womenâ€™s health care for those of us in our 40s & facing perimenopause/menopause. I canâ€™t even get a simple panel done & I am 47. We are post 9/11 veterans. Itâ€™s time.
kay_bella777	0	7/7/2025 2:22	Female veterans struggling with PCOS, hypothyroidism,and OSA while battling obesity, should be approved for GLP-1 prescriptions.
meganrogue817	0	7/7/2025 2:34	Fertility issues not being addressed in a timely manner because PCMs arenâ€™t willing to refer to womenâ€™s health because it affects their ego to not â€œfixâ€□ the woman in their care. It took my best friend 1,551 days to finally get a referral off base to an actual specialist.
hobomoonshine	0	7/7/2025 3:04	Dutch Test, Hormonal testing should be mandatory

freespirit72	0	7/7/2025 3:55	They will cover all of the IUI costs for woman regardless your married but if you need to do IVF you must be married or have service connection for infertility but no one will take your case because men ar the ones doing disability claims and they are uneducated or donâ€™t feel comfortable helping with them I could go on
synt887	0	7/7/2025 4:09	Hiring practitioners that specialize in hormone health specifically to address, perimenopause and menopause symptoms in female veterans
enlistedkidneyfoundation	0	7/7/2025 4:16	Maybe we could work together ðŸ’š
freespirit72	0	7/7/2025 4:33	Misdiagnosingâ€¦ gaslit for years saying my difficult monthly cycles and multiple cyst ruptures were normal female behavior and put me on all sorts of different birth controlsâ€¦ 2 years ago I was finally sent to and infertility specialist through community care. I had stage 4 endometriosis and 4 tumors removed.
andrear798	0	7/7/2025 5:30	hair loss and hormone therapy
kimberlylucas9904	0	7/7/2025 12:05	Making appointments with no daycare available!!
dogangel17	0	7/7/2025 13:04	I was rated, it was swept under the rug and I am not compensated for it.
alyssa.renae17	0	7/7/2025 16:46	I have a million complaints about healthcare but my biggest problem is being assumed as the WIFE all the time and not respected as a combat veteran!! Of all places, the VA staff should know better!
candyduff	0	7/7/2025 16:48	The VA should help vets get benefits and not fight them and attempt to deny claims.
carrieschroeder96	0	7/7/2025 18:11	The gaslighting is insane! Shoved all females veterans and female spouses into one small building with one doc available, who had no empathy or care for any of them. Reason why I quit going to the VA and purchased my own insurance.
brazilowens	0	7/7/2025 18:14	They want to treat situational anxiety with depression medicine. Constantly want to put you on daily medication. Doctors undermine our needs.

darbygrant1	0	7/7/2025 18:27	Being able to see the women's health for menopause issues without having to go through my male PCM.
thebakeroveryonder	0	7/7/2025 18:32	PTSD from MST can cause MANY health issues and should be presumptive when filing disability claims. I'm at 50% currently and have to fight to get other health issues like my hypertension linked to my service connected PTSD. I was denied bc they said I didn't have records from service. Well...I was never diagnosed with PTSD until I filed for disability at 50 and subsequently was diagnosed with hypertension. Our pain is real. We deserve to be believed.
amandav163	0	7/7/2025 19:01	I had a fillopean tube removed without my consent in 2007 and was lied to about why I "should not have children anymore."
airborneradiers	0	7/7/2025 19:46	The VA called me to schedule an appointment yesterday(JULY6) for MENTAL HEALTH. She told me the next appointment would've been SEPTEMBER 23rd!! I told her politely you're lucky I'm not on my 13th reason why cause this is absolutely ridiculous
navygirlcorpsman1	0	7/7/2025 20:22	I appreciate the chance, but why wait until it's time
dom_disordered	0	7/7/2025 21:10	Please address how quickly a lot of drs are to completely dismiss us. The latest one I went to didn't even come into the room, told me he couldn't access my MRI results and that he feels nothing is wrong. I have a spinal cord cyst and four severely herniated disc that have been confirmed by several other doctors. The medical gaslighting and unprofessionalism is disgusting.
armyskye	0	7/7/2025 22:48	At 25, I had deployed twice and had a kid. I was told by a female VA provider that I was too young to have any pain in my knees and hips and dismissed n given ibuprofen, after they told me I should stop taking it because they were worried about my stomach lining. I now have a large tear in my hip and cartilage loss in my knee from constant (weekly) pt tests
tkidaho	0	7/7/2025 23:12	Just because my performance was stellar in the military doesn't mean the awful thing didn't happen to me.

mak_attack10.28	0	7/8/2025 3:20	it took 8 years for me to get real mental health care. now its better but I'm starting to fall between the cracks again. also trial by medication will be the death of me.
trudola	0	7/8/2025 3:49	VA doesn't care about women veterans
ldyevrgrn	0	7/8/2025 4:24	Not enough female providers!
heavenshooves	0	7/8/2025 13:24	ðŸ™ ðŸ
miquelle69	0	7/8/2025 14:12	to get pain meds must take drug test for three days.. Just had brain surgery.. doctors ordering test but not looking at test.
regulargirlcooksak	0	7/8/2025 15:36	Good Luck with that.
navymary21	0	7/8/2025 15:53	The workers at the VA and the doctors need to treat women with the same respect they treat the male veterans
makingmary100	1	7/8/2025 16:52	a zero rating when male veterans with the lesser of the same line of problems are given 100% rating.
kendallfunk0	0	7/8/2025 17:02	Hormone therapy!!! Perimenopause/ menopause. I have to pay out of pocket to go to a civilian doctor to get ANY help with this
elizabethjo48	0	7/8/2025 17:24	being denied for Endometriosis due to having a C section on Active Duty
elizabethjo48	0	7/8/2025 17:25	MST groups are needed
vannahleake	0	7/8/2025 17:48	Insurance covered doulas and more options for VBAC supportive providers.
cute.as.ducks1994	0	7/8/2025 18:27	Being gaslighted for issues, especially feminine issues. Having meds shoved at us instead of getting to the root of the issue. It shouldn't take 4-5 years for us to be taken seriously.
usmcvet4027_2.0	0	7/8/2025 18:27	@womanmarine007 @Grandma Suni @Grandmatiktok @The Dog Did It @LitaðŸ– @cooper_mindset
usmcvet4027_2.0	0	7/8/2025 18:28	continuity of care is huge, especially in the female Veteran community
kygal58	0	7/8/2025 19:32	Gaslighting women- told I was having anxiety attacks but it was my gallbladder, took 5 years before someone finally did what I asked, check my gallbladder

lucelycreative	0	7/8/2025 21:02	VA claims Reps placing bias on Females veteran claims, cause we are not men therefore we don't have valid medical claims. 27 years of fighting for claims.
lastcullcatfishing	0	7/8/2025 21:36	The lack of support that the VA gives for pain medication for those suffering from traumatic brain injuries
aridie	0	7/8/2025 21:39	Pain being ignored because I'm lying.
tiggyty93	0	7/8/2025 23:31	The fact that weightloss medication isn't covered under Tricare even though it's proven to keep someone within weight standards despite hormones
pnwlover3	0	7/9/2025 0:11	Getting hit on and getting inappropriate comments, while not right, is not MST. Too
neyney_1019	0	7/9/2025 1:44	We don't need to jump through hoops to get the help that the civilian doctors would give her on the first visit.
neyney_1019	0	7/9/2025 1:45	It's frustrating having to have to explain the same thing over and over because our doctors or PA's are constantly moving
kimjones75	0	7/9/2025 1:46	Sexual Harassment is #1. I was a PFC in the Army, I had a SGT E-5 over me, and he kept asking me out, making sexual comments etc. I was nervous and scared of him. I finally reported him and the higher ups did nothing but placed him in a different work site but we were still in the same company, same platoon and same warehouse. I was so happy when I finally got my PCS Orders. Women Veterans, Women Soldiers will never get the respect they deserve. I retired as a MSG and I knew I would not let that incident stop my career but this happens daily in the Armed Forces
therapist_dog_mom	0	7/9/2025 2:12	The biggest frustration I've had is not being heard. I had to go to an outside clinic to find out my hormones were way out of whack for the VA to hear me. I ended up having an adenoma (benign tumor) on my pituitary gland.

suzannedangler	0	7/9/2025 2:13	that all my problems are because of my weight... (didn't get discharged because of my weight). ðŸ™ƒ or that I got left on chemically induced menopause 6x times longer than was a. medically approved to be and 2. necessary overall. ðŸ™ƒ ðŸ™ƒ!ðŸ™ƒ¼ðŸ™ƒ·ðŸ™ƒ¼ðŸ™ƒ—
lostgirl026	1	7/9/2025 3:21	Stop downplaying my symptoms and actually listen.
chandrafifield16	0	7/9/2025 4:04	Being told I have to go to another state to unenroll so that I can enroll in my home state! I canâ€™t do it online or on the phone. A mistake made during Covid and is still not fixed
hazethebullypit	0	7/9/2025 5:07	More obgyn surgeons. I had to wait 6 months for the surgeon to start working and he is the only one in East Orange NJ
whyyouworriedaboutme	0	7/9/2025 5:32	Stop telling me Iâ€™m fat or hormonal and listen to whatâ€™s going on and try to fix it. And stop refusing to diagnose me with problems I very clearly have because Iâ€™m at 80% and therefore get all my care through the VA and they donâ€™t want to pay for it.
brrealtyexpert	0	7/9/2025 6:17	Thank you
gunfighter_usmc	0	7/9/2025 10:50	We need specialty clinics. I am rural as hell and the womenâ€™s clinic here isnâ€™t in the CCN. I am so tired of family medicine just saying it hormones or lose weight. Iâ€™m covered for VA care but Iâ€™m gonna use my private insurance because Iâ€™m sick of being gaslit
karigielow	0	7/9/2025 15:08	PAP SMEARS NOT BEING GIVEN WHEN ASKED FOR!!! I have a family history of cervical cancer and every year when I was in civilian care I had one yearly but the first year Iâ€™m scheduled for one they refused to do it because Iâ€™m only 25. I have a 1 year old to make sure I stay healthy for.
ceciliamariepadge	0	7/9/2025 16:43	More holistic health avenues!
jessicadrazan	0	7/9/2025 18:48	not getting proper scans that's needed because it cost the VA doctors have to get permission from their boss
mzcutts	0	7/9/2025 18:50	Perimenopause assessment and treatment
ammodogs89bwife	0	7/9/2025 19:33	every appointment being about my weight. I had back pain way before I got this heavy. offer me help not a diet and ibuprofen

lifewithla.muchachita	0	7/9/2025 19:45	Providers being rude
aimeerichardson00	0	7/9/2025 20:47	Thank you for speaking for us! I am a female Veteran & I work for the VA; we have a good womenâ€™s program but we need more! More services, more programsâ€™™
kblackburn69	0	7/9/2025 22:13	I'm an older vet and we were taught that women have to basically suck it up when something is wrong so we won't be seen as weak or whining. therefore, I never sought care while active duty, thus "nothing in my file" which leads to denials for disability. I also didn't even know I was eligible for VA medical services for over 20 years post discharge
4tstew4	0	7/10/2025 0:26	The medication being shipped to my house ????? Idk if this is every VA or just mine but it takes me nearly a month to get my meds after filling the prescription
safeword_issilkies	0	7/10/2025 0:53	There are no dv resources for us. Burnout and incompetence among practitioners makes the va completely ineffective. Side effects of our medications should be covered by the VA.
r_sek	0	7/10/2025 1:00	Being small boat eng caused bleeding and infection from IUD. Not being believe went I need medical assistance becuz I am a female
sportzkat	0	7/10/2025 1:31	commenting for reach, so bummed I won't be here to attend your testimony; but would love to connect ! I do a lot in advocacy and would be happy to support your work too :) would suggest connecting with Beneath the Service they host the Women Veterans Leadership Program and could probably share your ask with alumni!
griffiths68	0	7/10/2025 1:37	Insomnia anxiety â€¦ pills pills and more pills
666ewe666	0	7/10/2025 1:46	Dismissal of symptoms, finding root causes
jl96q	0	7/10/2025 1:48	More providers. Thats an issue for everyone. I have to wait at least 6 mos to see my primary care doctor.
funwoods72	0	7/10/2025 2:24	Not being able to get in to a gyn doctor in Alabama. He is on there two days a week after 12:00. Yeah thats right. Also when Something was found in my breast, I had to wait months to get another exam to confirm the diagnosis. My mother and father died from cancer at a young age. I was pissed.

america_latina_solutions	0	7/10/2025 3:12	As I advanced in MH therapy I felt frustrated when I was told I needed to change to another provider because of the cultural difference background. That I needed to address MH in my first language.
icescream382	0	7/10/2025 3:32	Treat us like we are human. Poor experiences stop me from getting help.
cheries.dollhouse	0	7/10/2025 3:39	The VA wouldnâ€™t test for lupus unless Iâ€™m dying, although I had organ damage without clear cause other than â€œinflammationâ€. I had to go outside the VA to get a diagnosis and then they wouldnâ€™t accept the report as proof or run their own tests. Iâ€™m already 100% service connected too.
sharonmartino205	0	7/10/2025 5:09	men complain they can't get their pp up they get disability, woman complain they have no drive after service we get nothing
lauren_grace_84	0	7/10/2025 10:17	TriWest refuses to bring any board certified lactation consultants into network to support new mothers. They tell us to find someone to bill out of network and say the VA's community care contract requirements don't allow this but Optum is doing it. They also need to support NEW POSITIONS for local VAs to hire their own lactation professionals if large enough.
jessicashire707	0	7/10/2025 14:16	Pain management! My S.O is also a vet and we have some of the same injuries and he gets better pain management than I do. Also when you move to a new state your starting from scratch on your pain management. They donâ€™t care what you were doing and if it helped, you start from the beginning when you move. Took me 2 years to get relief in one state.
tiffanym_c	0	7/10/2025 14:54	More providers. We have finally after a year vacancy 1 doc for all of the female veterans in Pensacola.
ejjimenez86	0	7/10/2025 16:12	They donâ€™t take my service related eating disorders seriously and just blame my adhd and BPD. I literally developed bulimia and binge eating from the service.
just.shauna0	0	7/10/2025 17:33	Why were you only given 5 minutes? So many things that are going wrong with the VA.