



# News Release

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## ***Complementary Alternative Medicine Approach to Women Veteran Pain Management initiative approved for FY2015 Funding***

NEW ORLEANS - Southeast Louisiana Veterans Health Care System received \$19,600 to fund an initiative designed to help women Veterans manage pain through yoga.

The Department of Veterans Affairs Women's Health Service awarded the grant, which will be used to produce a yoga instruction DVD and purchase yoga equipment for women Veterans seeking pain management in primary care clinics and also in the home environment.

"There is a growing body of evidence that supports the benefits of yoga for pain management, especially in the Veteran population," said Karen Slaton, SLVHCS psychologist and registered yoga instructor. "Studies have shown women Veterans in recent military conflicts are more likely than their male counterparts to come to VA with more pain and mental health issues," she said.

"With the increased number of women Veterans seeking care, it is important to have this gender-specific treatment available," said Chaquetta Johnson, Women Veterans Program manager.

"The grant will also help us increase awareness of yoga as a viable pain management option for women Veterans and increase access to yoga instruction for all women Veterans throughout our health care system," Johnson explained.

"The SLVHCS Women Veterans Program is honored to receive this grant from Veterans Health Administration Women's Health Services," said Johnson. "Current research has shown yoga is great exercise to reduce stress and improve overall mental health. We are excited to provide this innovative tool for complementary alternative medicine to our women veteran population."

For more information about Southeast Louisiana Veterans Health Care System, visit <http://www.neworleans.va.gov>, go to Facebook at [www.facebook.com/VANewOrleans](http://www.facebook.com/VANewOrleans) or follow us on Twitter at [www.twitter.com/vaneworleans](http://www.twitter.com/vaneworleans).

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