

## Links for Health Benefits and Services

South Texas Veterans Health Care System  
[www.southtexas.va.gov](http://www.southtexas.va.gov)

Central Texas Veterans Health Care System  
[www.centraltexas.va.gov/freedom.asp](http://www.centraltexas.va.gov/freedom.asp)

VA Texas Valley Coastal Bend Healthcare System  
<http://www.texasvalley.va.gov/>

Tricare  
[www.tricare.mil/mybenefit](http://www.tricare.mil/mybenefit)

Vet Centers  
[www.vetcenter.va.gov](http://www.vetcenter.va.gov)

Benefits and Compensation  
[www.transitionassistanceprogram.com](http://www.transitionassistanceprogram.com)

Social Security Benefits  
[www.socialsecurity.gov/woundedwarriors](http://www.socialsecurity.gov/woundedwarriors)

Defense Centers of Excellence for Psychological Health & Traumatic Brain Disorder  
[www.dcoe.health.mil](http://www.dcoe.health.mil)

National Resource Directory (NRD)  
[www.nationalresourcedirectory.org](http://www.nationalresourcedirectory.org)

National Association of Epilepsy Centers (NAEC)  
[www.naecepilepsy.org](http://www.naecepilepsy.org)

National Institute of Neurological Disorders & Stroke  
[www.ninds.nih.gov/disorders/epilepsy/epilepsy.htm](http://www.ninds.nih.gov/disorders/epilepsy/epilepsy.htm)

Medline Plus/Epilepsy  
[www.nlm.nih.gov/medlineplus/epilepsy.html](http://www.nlm.nih.gov/medlineplus/epilepsy.html)

Centers for Disease Control and Prevention (CDC)  
[www.cdc.gov/epilepsy](http://www.cdc.gov/epilepsy)

Defense and Veterans Brain Injury Center (DVBIC)  
[www.dvbic.com](http://www.dvbic.com)

Epilepsy Foundation Central & South Texas  
[www.epilepsyfoundation.org/local/efcst/veterans.cfm](http://www.epilepsyfoundation.org/local/efcst/veterans.cfm)

Funding is provided through the Epilepsy Foundation's Cooperative Agreement with the Center for Disease Control and Prevention No. 5U58DP000606-05.

## Veterans Outreach Trainings

The Veterans Outreach Program's "TBI & Epilepsy" awareness campaign is a systematic approach to advocating, and educating Veterans and their families, healthcare providers, and Veteran serving organizations about the correlations between TBI & Epilepsy.

The following presentations are available:

- \* An Introduction to Epilepsy & Seizures
- \* Traumatic Brain Injury & Epilepsy
- \* Impact of Epilepsy
- \* Supporting Our Veterans in Rural Communities: A Training for Healthcare Providers

To schedule a training contact us at  
(210) 653-5353, (888) 606-5353  
[staff@efcst.org](mailto:staff@efcst.org)



**EPILEPSY  
FOUNDATION®**

CENTRAL & SOUTH TEXAS

*Not another moment lost to seizures™*



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## Veterans Outreach Program



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## THE VETERAN OUTREACH PROGRAM WILL:

- \* Increase public awareness of the correlation between epilepsy and Traumatic Brain Injury (TBI)
- \* This project will promote the facilitation of screening for TBI in veterans
- \* Improve access to medical and psychological health benefits through partnerships with the Veterans Health Care System in Central and South Texas.

## INCIDENCE OF POST TRAUMATIC EPILEPSY IN THE MILITARY

**1.64 million** Soldiers have served in Operation Iraqi Freedom (OIF) and Operation Enduring Freedom (OEF)



**320,000** of these Soldiers (19.5 percent) will experience TBI



Between 15-34 percent of TBI patients have PTE, and active-duty military rates can be as high as **53 percent**



Therefore, between **48,000-169,600** Soldiers serving in OIF/OEF are expected to develop PTE.

## WHAT IS (TBI) TRAUMATIC BRAIN INJURY?

A traumatic brain injury occurs when a person's brain is physically injured, usually by a sudden force. With military members, this is often the result of a concussive blast or explosion. It can also be caused by falls, motor vehicle accidents, assaults, or any sudden blow to the head. Because the damage is internal, there may be no visible head wound. The Centers for Disease Control estimates that 1.4 million TBIs occur every year in the US, with about 6% resulting in long term disability.

## ARE THERE DIFFERENT LEVELS OF TBI?

Yes. There is a wide range in severity. Some people who experience TBI can recover completely without medical intervention. However in some severe cases a permanent disability may occur. Because of this, anyone who feels there is a possibility they may have TBI should be evaluated by a physician.

## WHAT ARE THE SYMPTOMS OF TBI?

Every brain injury is unique and symptoms can vary widely. Exhibiting these symptoms does not necessarily mean a person has TBI; therefore additional evaluation is necessary if symptoms have been identified.

## COMMON SYMPTOMS IMMEDIATELY AFTER INJURY

- \* Not remembering the injury
- \* Losing consciousness
- \* Being dazed or confused
- \* "Seeing Stars"

## WHY IS SCREENING FOR TBI IMPORTANT?

While serving in Operations Iraqi and Enduring Freedom, many military service members have sustained multiple injuries as a result of explosions and blasts. Injuries from improvised explosive devices, landmines and fragments account for 65% of all combat injuries. Of these injured military personnel, 60% have some degree of traumatic brain injury (TBI). TBI can also cause epilepsy and other brain disorders that are prevalent with age (CDC) Besides epilepsy and other brain disorders, TBI from explosive devices has been linked to long-term health issues such as dementia, aggression and depression (Veterans Health Administration, 2008)

## FAST FACT

"NEARLY TWO-THIRDS OF THE SOLDIERS COMING HOME FROM IRAQ HAVE BEEN DIAGNOSED WITH BRAIN INJURIES"

(WALTER REED MEDICAL CENTER)

## HOW DO I FIND OUT IF I HAVE TBI?

Only a physician can determine if you have traumatic brain injury. However a simple screening tool has been developed by the Defense and Veterans Brain Injury Center (DVBIC) to help you start the process.

The 3 question SCREENING tool has been developed to determine if you have experienced the symptoms that may indicate the need for additional evaluation. The screening tool will ask a series of "Yes" or "No" questions, and generally takes less than 5 minutes to complete.

The OUTCOMES of the DVBIC TBI Screening Tool are merely a screening to determine if REGISTERING with the VA Health Care System for an official screening is necessary. The screening tool can be found at [www.efcst.org/veterans](http://www.efcst.org/veterans) or [www.dvbic.org](http://www.dvbic.org).