



# DEFENSE AND VETERANS BRAIN INJURY CENTER



Defense and Veterans Brain Injury Center (DVBIC) assists the DoD and VA in optimizing care of service members and veterans with traumatic brain injuries (TBIs) at home and in the deployed setting, through state-of-the-art clinical care, innovative research, care coordination, and educational tools and resources.

## DVBIC serves

- Active Duty Military
- National Guard
- Reserve
- Veterans

## How We Serve

### Care Coordination

- Connects service members with a TBI sustained during Operation Enduring Freedom (OEF), Operation Iraqi Freedom (OIF) or Operation New Dawn (OND) to health care and resources
- Follows service members for two years or until symptoms resolve
- Assists service members during transitions from DoD to VA and civilian life

### Education

- Provides educational materials on awareness, prevention, diagnosis, treatment and management of TBI
- Provides education and training for health care providers, military leadership, service members, veterans, families and civilian communities

### Protecting Service Members

- Offers in-theater support to medical providers through training resources and email consultation
- Collects and analyzes data that enhance TBI care and treatment

### Clinical Care

- Provides assistance at medical sites for TBI-related evaluation, diagnosis, treatment and follow-up care

### Research

- Conducts research to better understand, assess, prevent and treat TBI

## DVBIC Network

### DVBIC Headquarters

- Silver Spring, MD

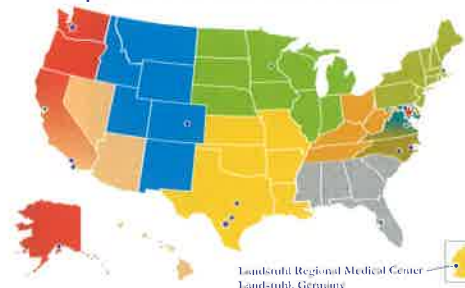
### Military Medical Centers

- Walter Reed National Military Medical Center, MD
- San Antonio Military Medical Center, TX
- NMC San Diego, CA
- Camp Lejeune, NC
- Camp Pendleton, CA
- Fort Belvoir, VA
- Fort Bragg, NC
- Fort Carson, CO
- Fort Hood, TX
- Joint Base Elmendorf-Richardson, AK
- Landstuhl Regional Medical Center, Germany

### Veterans Affairs Hospitals

- Richmond, VA
- Tampa, FL
- Minneapolis, MN
- Palo Alto, CA
- Boston, MA

To find a point of contact in your region, please visit the DVBIC website.



For more information:  
**[www.DVBIC.org](http://www.DVBIC.org)**

## What Is TBI?

- A blow or jolt to the head that disrupts the function of the brain
- Not all blows or jolts to the head result in a TBI
- Severity of the TBI is determined at the time of injury and may be classified as:
  - mild
  - moderate
  - severe
  - penetrating

## Common Causes of TBI in the Military

Blast exposures  
Bullets or fragments  
Falls  
Motor vehicle accidents  
Other (blunt objects)

## Common Symptoms of Mild TBI

### Physical

Headache  
Sleep disturbances  
Dizziness  
Balance problems  
Nausea/vomiting  
Fatigue  
Visual disturbances  
Light sensitivity  
Ringing in ears

### Cognitive (Thinking)

Slowed thinking  
Poor concentration  
Memory problems  
Difficulty finding words

### Emotional

Anxiety  
Depression  
Irritability  
Mood swings

## Mild TBI/Concussion

### Did you know?

- Concussion is another word for a mild TBI (mTBI).
- Concussion is the most common form of TBI in the military population.
- Concussion results from a head injury that briefly knocks you out or makes you feel dazed, confused or “see stars.”

### After concussion

- Symptoms typically improve within hours to days and resolve within weeks.
- The term *mild TBI* describes the injury, not necessarily the number or severity of symptoms.
- Even if you’ve had more than one concussion, **full recovery is expected**.
  - Each time you sustain an additional concussion, your recovery may take longer.

## Help Yourself Recover More Quickly

### Report the incident

- Protect yourself and/or your unit.

### Get checked out

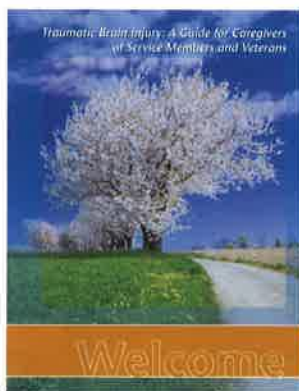
- Be honest with your provider about any symptoms.

### Rest

- Avoid physical exertion (heavy lifting, exercising, etc.).
- Avoid mental exertion (writing reports, activities requiring intense concentration, etc.).

### Return to duty

- Most people can expect to recover fully and return to duty.
- Your health provider will determine when it’s safe for you to return to duty.



## Resource for Moderate and Severe TBI

### *Traumatic Brain Injury: A Guide for Caregivers of Service Members and Veterans*

Module 1: Introduction to TBI  
Module 2: Understanding Effects of TBI and What You Can Do to Help  
Module 3: Becoming a Family Caregiver for a Service Member/Veteran with TBI  
Module 4: Navigating Services and Benefits  
To download, visit [www.DVBIC.org](http://www.DVBIC.org)