



# ATTENTION VETERANS



**Traumatic Brain Injury (TBI)** has become the “signature wound” of the wars in Iraq Afghanistan. Being close to an explosion can result in a TBI. When an IED explodes or a blast occurs, a wave of intense over-pressurization is created; this force impacts the body’s surface and internal organs and can result in a brain injury. Military personnel can also sustain a brain injury as a result of a blow to the head, a gunshot wound, or a vehicular accident or roll over. Thousands of other military personnel have suffered similar wounds during Viet Nam, Korea and WW II.

While some symptoms may be immediate, others may take weeks, months or years to appear. Contact your physician if you have experienced any of the following:

## Physical Challenges

Balance, Mobility  
Motor Coordination  
Persistent Headaches  
Fatigue or Weakness  
Sensory Loss  
Seizures  
Sexual Dysfunction  
Hearing/Vision  
Impairment

## Behavior Challenges

Depression  
Anxiety, Stress  
Aggression  
Missing Social Cues  
Frustration, Mood Swings  
Difficulty Relating  
Reduced Self-Esteem  
Lack of Emotional Control

## Cognitive Challenges

Memory  
Problem Solving, Sequencing  
Decision Making, Judgment  
Processing Speed  
Attention, Concentration  
Initiation  
Speech, Language  
Planning, Organization

**For additional information and assistance contact:**



[www.biaia.org](http://www.biaia.org) 1-855-444-6443



**Brain Injury  
Alliance**

I O W A

www.biaia.org 1-855-444-6443



**Veterans Affairs Suicide Hotline**  
**(800) 273-TALK / (800) 273-8255 (press 1)**  
<http://tinyurl.com/c39uten>



**U. S. Department of Veterans Affairs**  
**(800) 827-1000**  
[www.va.gov](http://www.va.gov)



**Iowa Department of Veterans Affairs**  
**(800) 838-4692**  
[www.iowava.org](http://www.iowava.org)



**Defense and Veterans Brain Injury Center**  
**(800) 870-9244**  
[www. info@dvbic.org](http://www.info@dvbic.org)