

Defense and Veterans Brain Injury Center

*The primary operational TBI component of the
Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury*



Defense and Veterans Brain Injury Center (DVBIC) assists the DoD and VA in optimizing care of service members and veterans who have sustained a traumatic brain injury (TBI), 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
- Reserves
- Veterans

How We Serve

Care Coordination

- Connects service members with a TBI sustained during Operation Enduring Freedom (OEF) or Operation Iraqi Freedom (OIF) to healthcare 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 healthcare providers, military leadership, service members, veterans, families and civilian communities

Protecting Service Members

- Offers in-theater support to medical providers through training resources, tele-health consultations and technology
- 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

located at
Walter Reed AMC, DC

Military Medical Centers

Camp Lejeune, NC
Camp Pendleton, CA
Fort Bragg, NC
Fort Carson, CO
Fort Hood, TX
Landstuhl RMC, Germany
NMC San Diego, CA
San Antonio MMC, TX
Walter Reed AMC, DC

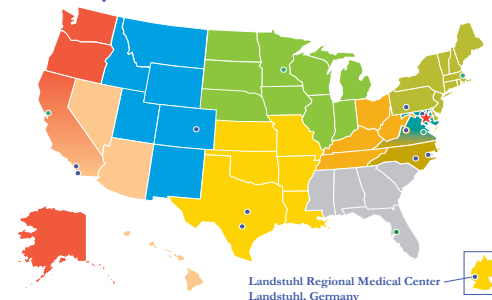
Veterans Affairs Hospitals

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

Civilian Partners

Virginia NeuroCare
DVBIC Johnstown

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



For more information or to self refer:

www.DVBIC.org or 800-870-9244

Building 1, Room B209 | 6900 Georgia Avenue, NW | Washington, DC 20307-5001



Traumatic Brain Injury (TBI)

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 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 your unit

Get checked out

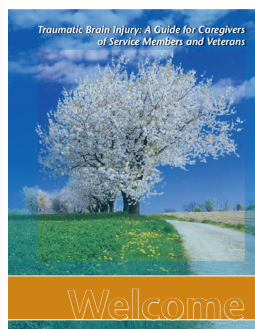
- Be honest with your provider about any symptoms

Rest

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

Return to duty

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



New 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.traumaticbraininjuryatoz.org

To learn more about TBI, visit www.DVBIC.org

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