



Defense and Veterans Brain Injury Center

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

Center Headquarters Washington, DC

Lead Sites

Walter Reed Army Medical Center
Washington, DC

Naval Medical Center San Diego
San Diego, CA

Wilford Hall Medical Center/
Brooke Army Medical Center
Lackland Air Force Base/
Fort Sam Houston, TX

James A. Haley Veterans Hospital
Tampa, FL

Minneapolis Veterans Affairs Medical Center
Minneapolis, MN

Veterans Affairs Palo Alto Health
Care System
Palo Alto, CA

Hunter McGuire Veterans Affairs
Medical Center
Richmond, VA

Lakeview Virginia NeuroCare, Inc.
Charlottesville, VA

Laurel Highlands Neuro-Rehabilitation Center
Johnstown, PA

Clinical Sites

Fort Hood, TX
Camp Lejeune, NC

Military Affiliated Sites

Evans Army Community Hospital,
Fort Carson, CO
Landstuhl Regional Medical Center,
Germany
Fort Bragg, NC
Camp Pendleton, CA

National Director

Col (s) Michael S. Jaffee, M.D.
USAF, MC, FS

OUR MISSION

The mission of the Defense and Veterans Brain Injury Center is to serve active duty military, their dependents and veterans with traumatic brain injury (TBI) through ensuring state-of-the-art medical care, innovative clinical research initiatives and educational programs.

WHO WE ARE

The Defense and Veterans Brain Injury Center is:

- A multi-site medical care, clinical research and education center
- A unique collaboration of the Department of Defense (DoD), Department of Veterans Affairs (VA) health care system and two civilian partners
- Mandated by Congress in 1991
- Funded through the Department of Defense

WHAT WE DO

- Develop and provide advanced TBI-specific evaluation, treatment and follow-up care for military personnel, their dependents and veterans with brain injury
- Conduct clinical research that defines optimal evaluation and treatment for individuals with TBI
- Develop and deliver effective educational materials for the prevention, treatment of TBI and management of its long-term effects

Call Toll Free for Information

1-800-870-9244

or Visit our Web Site: www.DVBIC.org



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What is a traumatic brain injury?

A traumatic brain injury (TBI) is a blow or jolt to the head or a penetrating head injury that disrupts the function of the brain. Not all blows or jolts to the head result in a TBI. The severity of such an injury may range from “mild”—a brief change in mental status or consciousness—to “severe,” an extended period of unconsciousness or amnesia after the injury. A TBI can result in short- or long-term problems with independent function.

What causes TBI?

The leading causes of TBI are:

- Bullets, fragments, blasts
- Falls
- Motor vehicle-traffic crashes
- Assaults

Blasts are a leading cause of TBI for active duty military personnel in war zones.

Who is at highest risk for TBI?

- Males are about 1.5 times as likely as females to sustain a TBI.
- Military duties increase the risk of sustaining a TBI.

Symptoms of mild TBI or Concussion

- Headaches
- Dizziness
- Excessive fatigue (tiredness)
- Concentration problems
- Forgetting things (memory problems)
- Irritability
- Sleep problems
- Balance problems
- Ringing in the ears
- Vision change

Recovery from TBI:

- Get plenty of sleep at night and rest during the day.
- Return to normal activities gradually, not all at once.
- Until you are better, avoid activities that can lead to a second brain injury such as contact or recreational sports. Remember to use helmets and safety belts to decrease your risk of having a second brain injury.
- Don't drink alcohol; it may slow your brain recovery and it puts you at risk of further injury.
- If it's harder to remember things, write them down.
- If you find you are losing important items, begin putting them in the same place all the time.
- If you are easily distracted or having difficulty concentrating, try doing only one thing at a time in a quiet, non-distracting environment.
- If you feel irritable, then remove yourself from the situation that's irritating you or use relaxation techniques to help manage the situation. Irritability is worse when you are tired, so rest will help.
- Be patient! Healing from a brain injury takes time.

Symptoms of mild TBI or concussion often resolve within hours to days and almost always improve over 1 – 3 months. However, if symptoms persist without improvement, medical treatment should be sought.

This fact sheet is not intended as a substitute for the medical advice of your physician. Consult your doctor regularly about matters concerning your health, particularly regarding symptoms that require diagnosis or immediate medical attention