



### SUFFERING IN SILENCE

Some veterans return home with injuries that are obvious to everyone.

Others may suffer silently, because their injuries are real but are

not seen by others.

### TAKE THE FIRST STEP

We take great pride in our role as advocates for Oregon's veterans, their families and survivors. Oregon has a long and well-established history of respect for those who have served our state and nation with courage, dedication and honor. If you or your loved one either served in the Persian Gulf War, or recently returned from the Global War on Terror, this information may be important to you.

Remember, as a war veteran, these are earned entitlements and in some cases, must be used within certain time limits. ODVA strongly encourages you to seek the advice and counsel of an accredited Veteran Service Officer to represent your interests before filing a claim or enrolling in the VA medical care program.

From helping veterans obtain earned medals and military awards, to filing claims for education benefits, ODVA is here with you every step of the way.

### SUICIDE PREVENTION LIFELINE

Are you, or someone you love, at risk of suicide? Who Should Call? Anyone, but especially those who feel sad, hopeless, or suicidal

- Call to speak with someone who cares
- Call if you feel you might be in danger of hurting yourself
- Call to find referrals to mental health services in your area

If you or someone you care about is in crisis, call the National Suicide Prevention Lifeline at

**1-800-273-TALK (8255)** and press 1.

Your call is free and confidential.

### POST TRAUMATIC STRESS DISORDER (PTSD)

If you are a veteran who believes you may be experiencing symptoms of PTSD, contact your local VA mental health clinic. Resources are available online from the National Center of PTSD

[www.ncptsd.va.gov](http://www.ncptsd.va.gov)

### NOTICE

This information is based on applicable federal and state laws, administrative rules, and policies of the Oregon Department of Veterans' Affairs (ODVA). The conditions and requirements described are current at the time of printing, but subject to change. If such change should take place after the pamphlet is printed, the statements in the pamphlet are not binding on the Oregon Department of Veterans' Affairs

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**OREGON DEPARTMENT OF VETERANS' AFFAIRS**  
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## Unseen Injuries Medical Information for Combat Veterans



## Veterans of the Persian Gulf War and Global War on Terror

**GULF WAR ILLNESSES**  
**POST TRAUMATIC STRESS DISORDER**  
**TRAUMATIC BRAIN INJURY**

# Reclaim your career, your life and your future

## REACHING OUT FOR HELP IS COURAGEOUS

Persian Gulf War Vets Hotline 1-800-PGW-VETS

Every VA Medical Center has a team standing ready to welcome OIF/OEF service members and help coordinate their care.  
VA Medical Care – 1-877-222-8387  
Veteran Benefits – 1-800-827-1000

### VA MEDICAL CARE

Military veterans who served in combat since November 11, 1998, including veterans of Iraq and Afghanistan, are now eligible for enhanced enrollment opportunities that provide cost free medical care from the Department of Veterans Affairs (VA) for conditions potentially related to service in the theater of combat operations for their five year post discharge period.

Contact ODVA for help in completing the application (Form 10-10EZ) for medical benefits to enroll in VA health care.



## unseen signature wounds

Multisymptom conditions exist for veterans with military service in the Southwest Asia theater of operations during the Persian Gulf War. Veterans of the Global War on Terror (GWOT) may suffer from similar illnesses. Post Traumatic Stress Disorder (PTSD) results from a veteran having experienced the trauma of combat or other life-threatening events. Traumatic Brain Injury (TBI) occurs when the head is struck with enough force to damage brain cells. An array of symptoms exist for each unseen injury.

## recognize the symptoms and begin recovery

### GULF WAR ILLNESSES

Neurological Signs and Symptoms  
Muscle and Joint Pain  
Skin problems  
Sleep Disturbances

### TRAUMATIC BRAIN INJURY

Being dazed, confused, or “seeing stars”, not remembering the injury, losing consciousness (knocked out)  
Headaches, pain, dizziness, fatigue, spasticity, seizures, and sleep disturbances.

### POST TRAUMATIC STRESS

Nightmares and Flashbacks  
Insomnia and Irritability  
Hyper-Vigilance  
Excessive Startle Response

### SCHEDULE AN APPOINTMENT

If you are a veteran who believes you may be experiencing symptoms of any of these unseen injuries, contact your local VA medical clinic.

### OREGON DEPT. OF VETERANS' AFFAIRS

SERVING VETERANS, SPOUSES, AND DEPENDENTS SINCE 1945  
www.oregon.gov/ODVA.....1-800-692-9666  
TTY .....503-373-2217

### VET CENTERS

READJUSTMENT COUNSELING PROVIDED TO COMBAT VETERANS  
www.vetcenter.va.gov .....1-866-496-8838

### U. S. DEPT. OF VETERANS AFFAIRS

MEDICAL CENTERS AND CLINICS THROUGHOUT OREGON  
www.va.gov .....1-800-827-1000  
TTY .....1-800-829-4833

### GLOBAL WAR ON TERROR VETERANS

WELCOME RETURNING SERVICEMEMBERS OF GWOT  
www.oefoif.va.gov .....1-877-222-8387

### PERSIAN GULF WAR VETERANS

INFORMATION FOR GULF WAR VETERANS AND FAMILIES  
www.va.gov/GulfWar ..... 1-800-PGW-VETS

### VOCATIONAL REHABILITATION

SERVICES FOR VETERANS WITH SERVICE-CONNECTED INJURIES  
www.vetsuccess.gov .....1-800-827-1000

### GI BILL

PROVIDES UP TO 36 MONTHS OF EDUCATION BENEFITS  
www.gibill.va.gov .....1-888-442-4551



To whom much is given, much is expected.

*"It's time we made everyone in uniform aware that the act of reaching out for help is, in fact, one of the most courageous acts and one of the first big steps to reclaiming your career, your life and your future." -- Admiral Mike Mullen, United States Navy, Chairman Joint Chiefs of Staff*