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Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation
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If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

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Unique Health Risks

Environmental Exposures

Asbestos	Ionizing & Non-Ionizing Radiation
Burn Pit Smoke	Jet Fuel
Contaminated water	Lead
(benzene, trichloroethylene, vinyl chloride)	Nerve Agents
Endemic Diseases	Particulate Matter
Hexavalent Chromium	Pesticides
	TCDD & other dioxins

Operation Enduring Freedom, Operation Iraqi Freedom, Operation New Dawn (OEF/OIF/OND)

Animal Bites/Rabies	Mental Health Issues
Combined Penetrating	Multi-Drug Resistant Acinetobacter
Blunt Trauma	Reproductive Health Issues
Burn Injuries (Blast Injuries)	Spinal Cord Injury
Dermatologic Issues	Traumatic Amputation
Embedded Fragments (shrapnel)	Traumatic Brain Injury
Leishmaniasis	Vision Loss

Gulf War

Chemical or Biological Agents
Depleted Uranium (DU)
Dermatologic Issues
Immunizations
Infectious Diseases (i.e., Leishmaniasis)
Oil Well Fires
Reproductive Health Issues

Vietnam

Agent Orange Exposure	Hepatitis C
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Cold War

Nuclear Weapons Testing (Atomic Veterans)

WWII/Korea

Agent Orange Exposure
Cold Injury
Chemical Warfare Agent Experiments
Exposure to Nuclear Weapons (Including Testing or Cleanup)

Military Health History

POCKET CARD FOR CLINICIANS

Answers to the questions inside this card...

...will provide you with information helpful in understanding patients' medical problems and concerns, and in establishing rapport and therapeutic partnerships with military service members and Veterans. Answers may also provide a basis for timely referral to specialized medical resources.

Office of Academic Affiliations

www.va.gov/oa/pocketcard/

Office of Public Health

www.publichealth.va.gov

War-Related Illness and Injury Study Center

www.warrelatedillness.va.gov

Veterans Health Initiative Independent Study Courses

www.publichealth.va.gov/vethealthinitiative/

Information for Veterans: Compensation and Pension Benefits

www.vba.va.gov/bln/21



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Office of Academic Affiliations
VETERANS HEALTH ADMINISTRATION

Ask these questions of military service members and all Veterans

General Questions

- Tell me about your military experience.
- When and where do you/did you serve?
- What do you/did you do while in the service?
- How has military service affected you?

If your patient answers "Yes" to any of the following questions, ask:

"Can you tell me more about that?"

- Did you see combat, enemy fire, or casualties?
- Were you or a buddy wounded, injured, or hospitalized?
- Did you ever become ill while you were in the service?
- Were you a prisoner of war?

Compensation & Benefits

- Do you have a service-connected condition?
- Would you like assistance in filing for compensation for injuries/illnesses related to your service?

Call VBA at 1-800-827-1000

Sexual Harassment, Assault, and Trauma

- Have you ever experienced physical, emotional, or sexual harassment or trauma?
- Is this past experience causing you problems now?
- Do you want a referral?

Exposure Concerns

What... were you exposed to?

Chemical (pollution, solvents, etc.)

Biological (infectious disease)

Physical (radiation, heat, vibration, noise, etc.)

precautions were taken? (Avoidance, PPE, Treatment)

How... long was the exposure?

concerned are you about the exposure?

Where... were you exposed?

When... were you exposed?

Who... else may have been affected? Unit name, etc.

Hepatitis C Virus (HCV) Infection

- Have you ever had a blood transfusion?
- Have you ever injected drugs such as heroin or cocaine?

Living Situation

- Where do you live? • Is your housing safe?
- Are you in any danger of losing your housing?
- Do you need assistance in caring for dependents?

Stress Reactions/Adjustment Problems

In your life, have you ever had an experience so horrible, frightening, or upsetting that, in the past month you...

- Have had nightmares about it or thought about it when you did not want to?
- Tried hard not to think about it or went out of your way to avoid situations that reminded you of it?
- Were constantly on guard, watchful, or easily startled?
- Felt numb or detached from others, activities, or your surroundings?

Tell your patient about VA's



Gateway to Veteran
Health Benefits and Services

Personal Health Journal
Online Rx refill

VA benefits & resources
Manage your health

www.myhealth.va.gov