

Recommended Websites

Here is a collection of just some of the reliable websites you can visit for health information. Many of these are directed specifically to veteran or military populations and should be useful to you in your search for information about your health. If you have questions about any of these sites or have difficulty navigating a site, please feel free to contact us at 1-800-248-8005.

Veteran Health

- **VA Medical Centers:**

www.va.gov

This is the homepage for the Department of Veterans Affairs. It provides links to VA-related issues and concerns.

- **War-Related Illness and Injury Study Centers located in East Orange, NJ, Washington, D.C., and Palo Alto, CA:**

www.wri.med.va.gov

This is the Center's web site and contains a variety of resources on general health topics and post deployment illnesses. This information is located under the "For Veterans" section of the web site. The Center provides an in-depth examination and evaluation of the health problems of veterans with debilitating symptoms that remain unexplained after thorough medical examinations by their local VA medical center.

- **Deployment Health Clinical Center Health Information Website:**

www.pdhealth.mil

PDHealth.mil has been developed by the Deployment Health Clinical Center at Walter Reed Army Medical Center as a resource for clinicians, veterans, and their families. The goal is to create a trusting partnership between military men and women, veterans, their families, and their providers to ensure the highest quality care for those who make sacrifices in the most hazardous workplaces of them all.

- **Deployment Health Family Readiness Library:**

deploymenthealthlibrary.fhp.osd.mil

This library provides Service members, families, leaders, Health Care providers, and veterans an easy way to find deployment health and family readiness information. Within this library you'll find access to fact sheets, guides, and other products on a wide variety of topics published by the services and organizations that serve you. You'll also find additional web links to other organizations and resources devoted to the health and well-being of the Service member and their family.

- **The Environmental Agents Service, Veterans Health Administration, Washington, DC:**

<http://www.va.gov/enviragents>

Coordinates programs and services for veterans regarding environmental exposures encountered during military service. This Service has primary responsibility for programs addressing health concerns of combat veterans.

- **Institute of Medicine:**

<http://www.iom.edu/CMS/3726.aspx> and <http://veterans.iom.edu>

The Institute of Medicine and the National Research Council are part of the National Academy of Sciences (NAS), a private, non-profit, self-perpetuating society of distinguished scholars engaged in scientific and engineering research. They have produced and continue to produce reports on the health and protection of deployed military forces and veterans. These reports build on the Academy's long history of addressing scientific and medical issues related to past and current military conflicts. This site provides information about the Institute of Medicine's work in this area, including summaries and recommendations from past reports, as well as explanations of chemical and biological agents, and links to ongoing projects.

- **National Center for PTSD program of the Department of Veterans Affairs:**

<http://www.ncptsd.va.gov/ncmain/index.jsp>

The National Center for Post-Traumatic Stress Disorder (PTSD) was created within the Department of Veterans Affairs in 1989, in response to a Congressional mandate to address the needs of veterans with military-related PTSD. Its mission was, and remains: To advance the clinical care and social welfare of America's veterans through research, education, and training in the science, diagnosis, and treatment of PTSD and stress-related disorders. This website is provided as an educational resource concerning PTSD and other enduring consequences of traumatic stress.

Deployment Related Concerns/Symptoms/Conditions

Chronic Pain Information

- **American Pain Foundation:**

<http://www.painfoundation.org/>

- **American Chronic Pain Association:**

<http://www.theacpa.org/>

- **National Pain Foundation:**

<http://www.nationalpainfoundation.org/default.asp>

Post-Traumatic Stress Disorder

- **National Center for PTSD:**

<http://www.ncptsd.va.gov/ncmain/index.jsp>

- **National Center for PTSD Fact Sheet- Coping with PTSD:**

http://www.ptsdsupport.net/ptsd_coping_skills.html

- **National Institute of Mental Health:**

<http://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd/index.shtml>

- **Mental Health America:**

<http://www.nmha.org/go/ptsd>

Readjustment to Civilian Life after Deployment

- **Deployment Health Library- Returning to Family Life After Deployment:**

[http://deploymenthealthlibrary.fhp.osd.mil/products/Returning%20to%20Family%20Life%20After%20Military%20Deployment%20\(234\).pdf](http://deploymenthealthlibrary.fhp.osd.mil/products/Returning%20to%20Family%20Life%20After%20Military%20Deployment%20(234).pdf)

- **National Center for PTSD - Finding a Therapist Fact Sheet:**

http://www.ncptsd.va.gov/ncmain/ncdocs/fact_shts/fs_finding_a_therapist.html

- **National Center for PTSD - Reentering the Workplace Fact Sheet:**
<http://www.centerforthestudyoftraumaticstress.org/downloads/GuardReserveReentryWorkplace.pdf>
- **National Center for PTSD – Becoming a Couple Again After Deployment Fact Sheet:**
<http://www.centerforthestudyoftraumaticstress.org/downloads/RFSMC.pdf>
- **National Center for PTSD – Reuniting with Family Members Fact Sheet:**
http://www.centerforthestudyoftraumaticstress.org/downloads/Reunion_Fact%20Sheet.pdf
- **Veterans and Families is a non-profit community service and support organization:**
<http://www.veteransandfamilies.org/home.html>
- **Iraqi War Veterans Organization:**
http://www.iraqwarveterans.org/readjustment_deployment.htm
- **Department of Veterans Affairs – Vet Centers:**
<http://www.vetcenter.va.gov/index.asp>
- **Center for the Study of Traumatic Stress:**
<http://www.centerforthestudyoftraumaticstress.org/education.courage.shtml>

War-Zone Related Stress Reactions and Health

- **National Center for PTSD –Veterans:**
http://ncptsd.kattare.com/ncmain/ncdocs/fact_shts/war_veteran.html
- **National Center for PTSD –Veterans and Families:**
http://www.ncptsd.va.gov/ncmain/ncdocs/fact_shts/war_families.html
- **New England Journal of Medicine:**
<http://content.nejm.org/cgi/content/full/351/1/75>

Traumatic Brain Injury (TBI)

- **VA Quick Guide to TBI- Patient/Family:**
<http://www1.va.gov/environagents/docs/TBI-handout-patients.pdf>
- **The Defense and Veterans Brain Injury Center:**
<http://www.birf.info/home/library/vet/vet-services.html>
- **CDC Facts about TBI:**
http://www.cdc.gov/ncipc/tbi/FactSheets/Facts_About_TBI.pdf
- **Brain Injury Resource Foundation:**
www.birf.info

Hepatitis

- **Center for Disease Control:**
<http://www.cdc.gov/ncidod/diseases/hepatitis/index.htm>
- **Hepatitis Foundation International:**
http://www.hepfi.org/pdfs/ABCs_Grid_Jan_2006.pdf

General Health Related Information:

National Institutes of Health:

<http://health.nih.gov/>

Provides a list of health topics, references for research and current studies, and links to other health related sites.

Centers for Disease Control and Prevention:

www.cdc.gov

The CDC has a web site that provides information on environmental health concerns. Environmental health at CDC strives to promote health and quality of life by preventing or controlling those diseases or deaths that result from interactions between people and their environments.

MedlinePlus:

<http://medlineplus.gov/>

Provides a searchable database on health topics and information. Sponsored by the US National Library of Medicine and the National Institutes of Health.

Healthfinder®:

<http://www.healthfinder.gov/>

Healthfinder® is an award-winning Federal Web site, developed by the U.S. Department of Health and Human Services together with other Federal agencies. Since 1997, Healthfinder® has been recognized as a key resource for finding the best government and nonprofit health and human services information on the Internet. Healthfinder® links to carefully selected information and Web sites from over 1,800 health-related organizations.