



DEFENSE *and* VETERANS BRAIN INJURY CENTER

July 2009

Dear Friends of DVBIC:

Each year, at least 1.4 million Americans sustain traumatic brain injury (TBI). To increase awareness and provide education, the Defense and Veterans Brain Injury Center (DVBIC) has released a 29-minute documentary, *Understanding Traumatic Brain Injury*.

This documentary features the lives of military service members and their families. These individuals have had serious injuries and are at various points in their recovery.

General Colin L. Powell, US Army (Ret) introduces the documentary. He notes that while individuals in the military may return with serious injuries like TBIs, anyone can sustain a head injury from a car accident, sports injury or fall. TBI can be classified as mild, moderate and severe. The good news is that we are learning more about the brain and its ability to heal. With proper treatment, rehabilitation and support, TBI survivors can enjoy rich, productive lives.

Understanding Traumatic Brain Injury was developed by experts from various government, academic and non-profit agencies. Because the documentary offers both facts and personal perspectives, it is an excellent starting point for all kinds of discussion. Therefore, we invite you to share the documentary with others and talk together about what you have seen. You may plan a screening using the following materials:

- Documentary on DVD: *Understanding Traumatic Brain Injury*
- *Traumatic Brain Injury Awareness and Prevention* fact sheet
- *Group Leader's Planning Guide*
- 11 x 17 inch screening poster

All of the printed materials are available in pdf format on our website, www.dvbic.org on the "Understanding TBI" page. These materials may be reproduced without any changes for educational purposes. Please note that some scenes in the documentary might be inappropriate for young or very sensitive viewers.

Thank you for your interest in TBI. Together, we will support service members and veterans affected by TBI. In addition, we can raise public awareness of TBI and help prevent future brain injuries.

Best regards,

COL Michael S Jaffee, MD, MC, USAF, FS
National Director, DVBIC

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