



DO YOU HAVE SECONDARY CONDITIONS ASSOCIATED WITH PTSD?

Post-traumatic stress disorder (PTSD) — a psychological disorder related to trauma and stress — has received widespread attention since the recent wars in Iraq and Afghanistan began. Common symptoms of PTSD can include depression, anxiety, and sleep issues.

PTSD, however, will often cause other conditions or disabilities. If you've been diagnosed with PTSD, chances are you suffer from what are known as secondary conditions such as sleep apnea, gastroesophageal reflux disease (GERD), hypertension, migraines, irritable bowel syndrome (IBS), and erectile dysfunction. While there are others, these are the most common secondary conditions associated with PTSD.

You can receive additional VA disability compensation for each of these conditions if you show they are related to your service-connected PTSD. The first step is recognizing the symptoms of these conditions.

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Sleep Apnea

Sleep apnea is typically diagnosed via a sleep study, where professionals determine whether your breathing during sleep is stopping momentarily. Obstructive sleep apnea occurs when the upper airway becomes blocked during sleep, reducing or stopping airflow. Snoring, gasping sounds and choking are common symptoms.

GERD

GERD occurs when stomach acid flows into your esophagus, irritating its lining. GERD symptoms depend on the severity of the condition. Mild symptoms include heartburn and belching. More severe symptoms include regurgitation of food, difficulty swallowing and chest pain. Some people wake up choking on acid or food regurgitated while they are sleeping.

Hypertension

Hypertension, also known as high blood pressure, occurs when

Continues on back page >>



Letter From Jan

We are pleased to announce our new partnership with West Virginia Motor Speedway. The Jan Dils, Attorneys at Law, Veteran of the Race is a very special honor for a selected Veteran and their family at each race this season and is intended to provide them with a memorable VIP speedway

experience. Also as part of this partnership, we will renovate and modernize the ADA area of the track to make it more accessible. We are grateful for our Veterans' service and are pleased to be able to give back.

If you are a Veteran with service-connected PTSD, and other medical conditions have presented themselves within a year of your discharge, you may be eligible for disability benefits. The first thing you need to do is to see a qualified medical provider. Only they can provide you with an independent

medical opinion (IMO) to establish your secondary service connection. After that, if you need assistance submitting your application, we at JanDilsFoundation.org are always here to help.

Lastly, we hope everyone had a joyous Memorial Day weekend. It's a lot of fun for most of us, but remember the reason for the day is to honor those men and women who died while serving in the U.S. military. Thank a Veteran today.

MINDFULMATTERS

Life Got You Down? Put Away Your Cell Phone.

Be honest: How much time do you spend staring at a screen each day? For many Americans, that number clocks in at more than 10 hours, according to a 2016 Nielsen Total Audience Report. Research shows that swapping out your nightly habit of

scrolling through Facebook for time spent outside can benefit you both physically and psychologically. Being among nature has been shown to lower stress levels, improve moods and even increase your empathy. One study showed that gardens near schools even promoted cognitive development in children. In adults, green spaces promote more focused attention. Not convinced? Try it for yourself! Here are a few ideas to help you get started:

- **Take your dog for a walk**
- **Walk around your neighborhood or local park**
- **Watch an outdoor sporting event**

- **Cook out with family and friends**
- **Sit outside and listen to the night noises**



Source: <https://www.apa.org/monitor/2020/04/nurtured-nature>

Community Corner

Jan Dils Announces New Partnership with WVMS

The verdict is in! We are pleased to announce a new partnership with West Virginia Motor Speedway for the 2022 season: the Jan Dils, Attorneys at Law, Veteran of the Race.

This very special honor will support Veterans and their families by providing them with a memorable VIP speedway experience. The partnership will also build a path to a bigger and better ADA area. With the commitment of WVMS and Jan Dils, Attorneys at Law, the renovated area will be modernized in the coming season to

better accommodate those in need.

In addition, we have partnered with WVMS for the title rights to the track's caution flag and signage locations throughout the track, including the ADA area. The Jan Dils, Attorneys at Law, "caution flag" will be flown whenever a driver has been in an on-track accident. The flag may serve as a reminder that if you've been involved in an accident away from the track, that Jan Dils, Attorneys at Law, is always there to help.

Our first recipient is John Roberts, a Veteran of the

U.S. Army Reserves, who served from 2001 to 2009, including a year in Iraq. A pipefitter, he served in many different roles while in Iraq.

We would like to thank every man and woman who has served this country. They do so much to make sure we are safe at home.



DISABILITIES THAT APPEAR WITHIN ONE YEAR OF DISCHARGE



If you are a Veteran, you may be able to get disability benefits if you have signs of an illness like hypertension (high blood pressure), arthritis, diabetes, or peptic ulcers that started within a year after you were discharged from active military service. If your symptoms appear within one year after discharge – even if they weren't there while you were serving – the VA will conclude that they're related to your service.

In order to be eligible for disability benefits, you must have an illness that's at least 10% disabling that appears within one year after discharge, and you must meet both of these requirements:

- *The illness is listed in Title 38, Code of Federal Regulation, 3.309(a). This list can be found at www.law.cornell.edu/cfr/text/38/3.309.*
- *You did not receive a dishonorable discharge.*

The benefits you can expect to receive are healthcare and compensation payments. In order to receive them, you'll need to file a claim for disability compensation and submit your evidence (supporting medical documents).

The evidence will need to show that your illness:

- *Is at least 10% disabling (for example, you may submit a doctor's report showing that you're taking medicine for your high blood pressure), and*
- *Appeared within one year after you were discharged from active service (for example, you may submit a medical report that shows the date of your diagnosis).*

Your illness must meet both of the above conditions. If you have an illness listed in the above document, you won't need to show the problem started during your military service – because the VA believes that certain diseases that appear

within one year of your discharge are related to your service. These are known as "presumptive diseases."

Exceptions

The following diseases are covered, even if they appear more than one year after you separated from service:

- *Hansen's disease (a long-lasting infection that affects your skin, nerves, and mucous membranes) can appear within 3 years after discharge.*
- *Tuberculosis (an infection that attacks your lungs and sometimes other areas of your body) can appear within 3 years after discharge.*
- *Multiple sclerosis (a long-lasting illness that can cause numbness, weakness, and many other symptoms) can appear within 7 years after discharge.*
- *Amyotrophic lateral sclerosis (ALS), also known as Lou Gehrig's disease (a long-lasting illness that affects muscle control), can appear any time after discharge.*

If you are suffering from one of these conditions, don't wait. See your doctor now. And before you file your disability claim, make sure your condition is fully documented by a qualified medical professional. If you have questions or need to speak with an experienced Veterans disability attorney, contact us at JanDilsFoundation.org or give us a call at **833.534.3577**.

Source: <https://www.va.gov/disability/eligibility/illnesses-within-one-year-of-discharge/>

What's Cooking

COWBOY CAVIAR

Try this healthy dip with your favorite tortilla chips by **Jess Hacker**, VA Operations Manager and VA Training Manager.



INGREDIENTS

- 3 Roma tomatoes with seeds removed, diced
- 1/3 cup red onion, diced
- 1–15 oz. can black beans, rinsed and drained
- 1–15 oz. can black-eyed peas, rinsed and drained
- 1–15 oz. can sweet corn, drained
- 1 bell pepper, seeded and diced in small pieces
- 1 jalapeno pepper, seeded and diced in very small pieces
- 1/3 cup cilantro, finely chopped

Dressing

- 1 bottle Italian dressing
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon garlic powder

DIRECTIONS: Mix all ingredients together and serve with tortilla chips. Keeps well in the refrigerator.

It's Game Time

COMMONYMS

What's a commonym, you ask? A commonym is a group of words that have a common trait in the three words/items listed. For example, the words: A car - A tree - An elephant... they all have trunks. These will make you think!

1. Story - Fortune - Bank
2. Rough - Curtain - Fringe
3. Cows - Goats - Coconuts
4. Charities - Golfers - Computers
5. Flood - Pilot - Flash
6. Grass - Clay - Hard
7. Cross - Head - Tail
8. Taxes - Heat - Dough
9. Finger - House - War
10. Tooth - Ice - Guitar

Answers: 1. tellers 2. parts of a golf course 3. they produce milk 4. they have drives 5. lights 6. tennis court surfaces 7. winds 8. they all rise 9. pants 10. picks

JUNE 2022

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PERSONAL INJURY | VETERANS DISABILITY | SOCIAL SECURITY DISABILITY

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Continued from inside article >>

the blood's force exerted on the artery walls is too high. Recent research shows that hypertension may be aggravated by stress and anxiety, which are very common PTSD symptoms.

Migraines

A migraine is a headache of varying intensity that is sometimes associated with nausea and light-headedness. Several studies correlate the severity of PTSD with the severity of migraine and other types of headaches.

IBS

IBS is a chronic disorder affecting the large intestine. This condition affects many Veterans: In fact, as of 2020, almost 150,000 Veterans are service-connected for IBS.

Symptoms include stomach cramping, pain, diarrhea, gas and constipation.

Erectile Dysfunction

Difficulty in maintaining an erection from time to time isn't necessarily a cause for concern — but if it becomes an ongoing issue, it could be diagnosed as erectile dysfunction (ED). In addition to making sex more difficult, ED can cause stress, affect self-confidence, and contribute to relationship problems.

Secondary Service Connection

If you receive a diagnosis for any of the above conditions, you may be able to get secondary service connection related to PTSD. You must already

have service-connected PTSD to receive secondary service connection on the basis of PTSD.

The strongest evidence in secondary service connection cases comes in the form of medical opinions. Your medical professional should provide a supporting rationale for his or her opinion. Each person's situation is different, and your doctor or medical professional is best suited to determine whether your conditions are related.

If you have already established service connection to PTSD and are suffering from one of the above conditions, you may be able to prove that your condition was caused or aggravated by PTSD — but first, see your doctor. Get tested as recommended. Then contact the Veterans disability team at **JanDilsFoundation.com** or call us at **833.534.3577**. We can help guide you through the process.

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