



# Press Release

March 14, 2017  
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**FOR IMMEDIATE RELEASE**

## **Brain Health Expo Coming to Naval Hospital Camp Pendleton** By NHCP Public Affairs

**BRAIN INJURY AWARENESS MONTH**

**350,000+ ACTIVE-DUTY SERVICES MEMBERS**  
HAVE BEEN DIAGNOSED WITH TRAUMATIC BRAIN INJURY SINCE 2000

SOURCE: [HTTPS://DVVIC.DCOE.MIL/FILES/RESOURCES/DVBIC\\_TBI-AWARENESS\\_FACTSHEET\\_V1.0\\_2015-05-12.PDF](https://dvbic.dcoe.mil/files/resources/dvbic_tbi_awareness_factsheet_v1.0_2015-05-12.pdf)

**MILD TBI, ALSO KNOWN AS A CONCUSSION**  
IS THE LEADING TYPE OF TBI WITHIN THE MILITARY COMMUNITY

**THOSE AT RISK FOR EXPERIENCING A CONCUSSION IN THE MILITARY**  
GENERALLY, MEN WHO ARE **18-24** ARE AT THE GREATEST RISK FOR CONCUSSION

**RECOVERING FROM CONCUSSION**  
WITH TIME AND REST, MOST PEOPLE WILL RECOVER WITHIN **7 TO 10 DAYS**

**THINK AHEAD**

In recognition of March as Brain Injury Awareness Month, Naval Hospital Camp Pendleton is hosting the 2017 West Coast Warrior, Veteran, and Family Member Brain Health Expo March 22, 2017, from 8 a.m. to 12 p.m. This first-time event is organized by the Camp Pendleton Defense and Veterans Brain Injury Center (DVVIC), in coordination with the NHCP Concussion Care Clinic to benefit military members, veterans and family members.

Approximately 50 exhibitors will have tables and displays set up in the hospital's Medal of Honor Mall between the parking garage and the hospital. Topics will cover a wide variety of

brain subjects, to include: protecting your brain from injury; optimum performance sleep techniques; nutrition for brain health; cognitive performance enhancement; youth and sports injuries; and returning to duty after TBI, just to name a few.

More information about TBI can be found at [https://www.defense.gov/News/Special-Reports/0317\\_biam](https://www.defense.gov/News/Special-Reports/0317_biam) or by contacting Clint Pearman, Certified Brain Injury Specialist, with the Camp Pendleton DVBIC, at [Clinton.D.Pearman.ctr@mail.mil](mailto:Clinton.D.Pearman.ctr@mail.mil) or call (760) 763-1693.

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