

TBI

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physical and mental rest facilitates the brain in healing more efficiently.

Signs and symptoms of a traumatic brain injury may include headache (most common symptom), dizziness or balance problems, visual disturbance or sensitivity to light, ringing in the ears, slowed thinking, difficulty finding words, poor concentration, memory problems, anxiety, depression, irritability, mood swings, fatigue and sleep disturbance.

These symptoms may become apparent at the time of or shortly after the brain injury or may intensify over the following few weeks or months. Phipps said he can't stress enough the importance of early evaluation and treatment as these tend to improve prognosis.

Some reasons given for not reporting head injuries in a timely manner are "pride," wanting to complete the mission, wanting to complete the game and remain a part of the team, lack of medical insurance or just thinking symptoms will go away. Since traumatic brain injury can occur anytime and to anyone, it is important for us as individuals, leaders, parents and friends to be vigilant and look after each other.

Doing so may result in the injured person returning to full duty, returning to school sooner or sports events earlier prevent job loss, Family stress and or prevent life-long disabilities. Always follow your health care

provider's advice and return to work when cleared medically. Remember, no two people are alike, their symptoms may be different and their treatment may be different. Don't base the degree of your injury or recovery on the experiences of any other person.

According to Phipps, mild traumatic brain injury also referred to as mTBI is normally what is seen when soldiers return from a combat deployment and process here at Camp Shelby Joint Forces Training Center. He also stated that concussions occur in a garrison setting as a result of training accidents, motor vehicle accidents and other accidents while soldiers are on rest and relaxation status.

More serious traumatic brain injuries are first addressed at local emergency departments. Phipps said Soldiers stationed at Camp Shelby should seek medical care through their emergency department with follow up through their primary care provider if they have suffered a head injury. After treatment, Soldiers should follow up with TBI / Behavioral Health in building 1408 at Camp Shelby to assist with military related medical issues.

"All mobilizing and demobilizing soldiers will be screened by a health care provider and if there is a history of traumatic brain injury, they will be referred for further evaluation to determine the need for further medical care," said Phipps. "The screening process is a routine part of the mobilization, reverse mobilization process,

periodic health assessment and for soldiers stationed at Camp Shelby."

While we can't always prevent traumatic brain injuries, there are some things we can do to help protect ourselves. Things that may help prevent brain injuries include but are not limited to: wearing seat belts, wearing protective gear to include helmets while working, riding bikes or during sports. Correcting safety hazards which may cause falls may also prevent head injuries.

It should be noted that if you are currently recovering from a head injury and for varying reasons you sustain another head injury, prognosis is likely to be significantly worsened. Again, remember protect your strongest weapon, your HEAD.

Other activities during National Brain Injury Month sponsored by Medical Task Force Shelby include:

- Placing TBI "HEADS" posters at various common areas on Camp Shelby;
- TBI awareness banner display;
- Open House for Medical Task Force Shelby staff hosted by Behavioral Health – TBI, Bldg. 1408 March 8;
- Guest speaker, University of Southern Mississippi Sports Medicine Department at 10 a.m. in Bldg. 1406 March 13 ;
- Medical Task Force Shelby TBI trivia contest March 19;
- HEADS cards to be handed out at the Post Exchange 11 a.m.-1 p.m. March 4 and 29
- March 2013 there will be a variety of interactive displays located in the Behavioral Health – TBI Bldg. (1408)

Taxes

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noticed a slight decrease in the amount you bring home. The holiday lasted two years, and this increased percentage will help continue funding to the Social Security system.

The wage ceiling on which Social Security is taxed has been increased to \$113,700. Medicare tax is unlimited, but if you earn more than \$200,000 an additional 0.9 percent will be withheld. Congress patched the Alternative Minimum tax and adjusted it for inflation, which will keep taxes lower for the 60 million Americans that would have been affected.

While Congress did take a scalpel to some tax deductions others were left untouched and extended through 2013:

1. Discharge of qualified principal residence exclusion. Filers going through a foreclosure or short sale who may have had loan forgiveness should look into this as it will exclude most, if not all, of the forgiven amount from taxable income.
2. Educators may continue to deduct \$250 in related job expenses as an adjustment to income.
3. Mortgage insurance premiums may be deducted as mortgage interest.
4. The deduction for state and local sales taxes may still be taken.
5. The \$1,000 Child Tax Credit, the enhanced Earned Income Tax Credit, and the enhanced American Opportunity Tax Credit will all be extended through 2017.
6. Tuition costs may be deducted as an adjustment to income.
7. IRA-to-charity exclusion from taxable income remains including a special provision that allows transfers made in January 2013 to be treated as made in 2012.

Beginning on Jan. 1, the standard mileage rates for the use of a car (also vans, pickups or panel trucks) will be 56.5 cents per mile for business miles driven, 24 cents per mile driven for medical or moving purposes, and 14 cents per mile driven in service of charitable organizations. For further information, contact your tax advisor.



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