



Surviving the Summer Heat

As the summer months approach, the rising temperatures become an aspect of life that everyone must learn to manage, especially our veterans. Whether dealing with health-related issues or simply not being accustomed to extreme heat, many veterans may find it challenging to stay comfortable and safe during this time of year. This article provides practical tips on how veterans can survive and thrive in the summer heat.

1. Stay Hydrated:

One of the most fundamental and essential measures to take in the heat is to stay adequately hydrated. Dehydration can lead to numerous health issues, including heatstroke, which can be fatal in severe cases. Drink plenty of fluids, preferably water, throughout the day. Veterans should try to avoid caffeinated drinks and alcohol as they can lead to dehydration.

2. Dress Appropriately:

Choosing the proper clothing can make a world of difference in managing summer heat. Light-colored, loose-fitting clothes made of breathable fabric like cotton are optimal for warm weather. These allow for better air circulation and reflect more sunlight than dark colors, keeping you cooler. Also, don't forget to protect your eyes and skin by wearing sunglasses and a wide-brimmed hat.

3. Understand Your Medications:

Veterans often take medications that can affect the body's ability to regulate heat or stay hydrated. Diuretics, heart and blood pressure medicines, sedatives, and antidepressants can potentially increase the risk of dehydration. If you're on such medications, discuss your increased risk in high temperatures with your healthcare provider, and take necessary precautions...

Summer can be a challenging time for veterans, but it can be managed effectively with these strategies. So, remember to take care of yourself, look out for others, and stay cool as the temperatures rise. Stay cool and enjoy the summer season safely!

Complete Blog Article is available on <http://www.theveterandoctor.com/>

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Leveraging Technology: The Role of Computers in Assisting Veterans with PTSD and TBI

Post-traumatic stress disorder (PTSD) and traumatic brain injury (TBI) are significant health issues facing many veterans returning from active duty. PTSD is a mental health condition triggered by witnessing or experiencing terrifying events, while TBI is a brain dysfunction caused by an outside force, typically a violent blow to the head. Both conditions are prevalent in veteran populations, with PTSD affecting approximately 10-20% of veterans from Iraq and Afghanistan, and TBI affecting about 20% of those deployed in these regions.

In recent years, the use of technology, particularly computers, has emerged as a promising tool for helping veterans manage the symptoms of these conditions and improve their quality of life. The advantages of using technology in healthcare settings are manifold, including increased accessibility, cost-effectiveness, and the ability to provide personalized treatment options.

Computer-Based Cognitive Behavioral Therapy (CBT)

One of the most prevalent uses of computers in treating PTSD and TBI among veterans is in facilitating cognitive behavioral therapy (CBT). CBT is a type of psychotherapy that helps patients understand and change thought patterns that lead to harmful actions or feelings. Through a process of self-discovery and guided therapeutic interventions, CBT allows individuals to recognize their triggers and develop coping strategies.

Traditionally, CBT is administered face-to-face, but computer-based CBT, or cCBT, has gained traction because of its convenience and accessibility. Veterans can access cCBT at any time, from anywhere, making it particularly useful for those in remote locations or those who may have mobility issues due to physical injuries.

A standout example of cCBT is the Department of Defense's (DoD) program, "Computerized Cognitive Behavioral Therapy (CCBT) for Depression and Anxiety." This program allows for self-directed, interactive, and personalized cognitive behavioral therapy that can be

completed at the individual's pace.

Virtual Reality Exposure Therapy

Virtual Reality Exposure Therapy (VRET) is another emerging method that employs technology to treat PTSD. This treatment involves exposing veterans to virtual environments that resemble situations that may trigger their PTSD symptoms. The aim is to help them confront and gradually desensitize their reactions to these triggers in a controlled and safe setting. The efficacy of VRET has been demonstrated in several studies, showing reductions in PTSD symptoms among veterans. Programs such as Brave mind, developed by the University of Southern California's Institute for Creative Technologies, are leading the way in implementing VRET for veterans.

Computer-Based Cognitive Rehabilitation

For veterans with TBI, cognitive rehabilitation programs can be facilitated through computer systems. These programs aim to enhance cognitive functions impaired due to the injury, such as attention, memory, and executive functions. One example is the CogSMART program (Cognitive Symptom Management and Rehabilitation Therapy), a computer-based application that helps veterans with TBI in improving their cognitive and compensatory skills. Users of the program reported improvements in quality of life and increased functionality in daily life....

In a world where technology is integral to most aspects of daily life, it is only natural that its application has permeated the healthcare sector. For veterans living with PTSD and TBI, computers offer an accessible, flexible, and effective means of receiving treatment and support. As we move forward, it's crucial to ensure these technologies are accessible to all veterans, regardless of location, economic status, or other barriers to care. Ultimately, the goal is to provide the best care possible to those who have served their countries.

Complete article is on [The Veteran Doctor Blog](http://www.theveterandoctor.com/). Please go to <http://www.theveterandoctor.com/> for this article and more.



The Therapeutic Value of Target Shooting for Veterans

In the search for therapeutic practices that cater to the unique experiences of veterans, one recreational activity stands out: target shooting. For those who have served in the military, target shooting can provide more than just an enjoyable pastime. It can be a powerful tool for healing and personal growth, offering physical and psychological benefits.

A Familiar Refuge

Target shooting can feel familiar and comforting to veterans, as it is deeply intertwined with their military training. The drill of handling firearms, aligning sights, and focusing on the target can be reminiscent of their time in service, providing a connection to their past experiences.

The Mind-Body Connection

Target shooting is a disciplined activity requiring physical control and mental focus. Veterans must synchronize their breathing and muscle movements and aim with the trigger pull to hit their target

accurately. This concentration level can be a form of moving meditation, allowing veterans to focus on the task, thereby reducing intrusive thoughts and stress levels.

Therapeutic Value for PTSD

For veterans living with post-traumatic stress disorder (PTSD), target shooting can offer unique therapeutic benefits. Although this might seem counterintuitive, given the potential for loud noises and associations with combat, many veterans find the structured and predictable environment of the shooting range to be a place of calm and control. The repetitive action of shooting, coupled with the necessity of maintaining focus, can help veterans stay grounded in the present moment, a key coping mechanism for those dealing with PTSD.

Building Confidence and Resilience

Target shooting also builds self-confidence and resilience, which can be particularly beneficial for veterans transitioning to civilian life.

The achievement of hitting a target can provide a sense of accomplishment and boost self-esteem. Plus, seeing tangible improvement over time can enhance a sense of self-efficacy and resilience.

Social Bonding and Camaraderie

Target shooting can also foster social bonds and camaraderie, reminiscent of the fellowship experienced during service. Whether engaging in recreational shooting or participating in organized competitive events, veterans can connect with peers who share similar life experiences, creating a support network to aid their post-service adjustment...

The therapeutic value of target shooting for veterans is multi-faceted, offering physical, mental, and social benefits. When practiced safely and responsibly, target shooting can be a valuable tool for the holistic well-being of veterans.

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Monthly Resource Picks



Waypoint Vets

www.waypointvets.org

Waypoint Vets is a 501(c)(3) Non-Profit Organization that facilitates unique opportunities of Camaraderie and Healing for Military Veterans across America. Our adventures combine mental and physical intensity with the stillness and beauty of nature. We strive to deliver meaningful and lasting experiences that our Veteran participants can look forward to and reflect upon. The Heartbeat of Waypoint's Mission is to Honor our Fallen by *Living*, and by taking back our Health and Happiness – *together*.



NV Outdoor Adventure Foundation

www.nvoaf.org

The Nevada Chapter of the Outdoor Adventure Foundation is a 501 (c) (3) We provide Hunting, Fishing, and outdoor adventures for veterans in need, some are wheelchair-bound caused by injury during active military service or who have lost a limb during active military service.

We also provide hunting, fishing, and outdoor adventures for children under the age of 18 and young adults under the age of 25 with cancer or another life-threatening illness.

Our Outdoor adventures include numerous Big game and Bird Hunts Including Dove, Pheasant, and Quail, Fresh and Saltwater Fishing trips, Camping and many other outdoor adventures.

Upcoming Local Events

- Branded One CrossFit-BJJ Fundamentals – Branded One CrossFit – 2055 E. Windmill Ln #125, Las Vegas, NV 89123 USA –Thursday, July 6th, 13th, 20nd, 27th, 2023 @ 8:00am – Occurs Every Thursday!
- NVOAF Fundraising Banquet – Gold Coast Hotel and Casino – 4000 W. Flamingo Rd, Las Vegas, NV 89103, USA, Saturday, July 8, 2023 @ 6:00pm – 9:00pm
- SNVCC 3rd Quarter Professional Mixer – The Rouge Room (Red Rock Resort and Casino) – 11011 W. Charleston, NV 89135, USA - Thursday, July 27, 2023 @ 5:00pm



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