



# Fort Riley Public Health Department

## "Protecting the Health of Our Community"

Public Health Newsletter  
April 2026

### Brain Injury Awareness

The Irwin Army Community Hospital Rehabilitation Department supports the mission of providing high-quality, individualized, and evidence-based patient-centered care for service members who sustained a brain injury.

Physical and Speech therapy services are available to help service members in managing their symptoms, optimize recovery, promote independence, and improve their quality of life.

To learn more about our services, please call us at **785-239-7964.**

- Contact Us:**
- Caldwell Clinic:  
7665 Normandy Drive  
785-239-7323  
785-239-7042
  - Environmental Health:  
785-239-7516
  - Industrial Hygiene:  
785-239-4054
  - Occupational Health:  
785-239-3592
  - Public Health Nursing:  
785-239-7323
  - AFWC:  
785-239-9355
  - Army Hearing Program:  
785-239-3549



<https://health.mil/News/In-the-Spotlight/Be-a-Brain-Warrior?page=2>

**BRAIN INJURY AWARENESS**

BE A BRAIN WARRIOR  
PROTECT • TREAT • OPTIMIZE

A traumatic brain injury—or TBI—is a blow or jolt to the head that disrupts the normal function of the brain. The severity of the TBI is determined at the time of the injury and may be classified as: mild, moderate, severe, or penetrating.

- MORE THAN 509K TBIs REPORTED SINCE 2000 BY U.S. SERVICE MEMBERS\*
- 81.9% CATEGORIZED AS MILD TBI, ALSO KNOWN AS CONCUSSION
- ONLY 16.9% TBIs OCCUR IN THE DEPLOYED SETTING\*

**WHAT TYPES OF ACTIVITIES CAN LEAD TO A TBI?**

- Military Training Exercises
- Sports and Recreational Activities
- Motor Vehicle Collisions

**HOW CAN I BE A BRAIN WARRIOR?**

PROTECT	TREAT	OPTIMIZE
<ul style="list-style-type: none"> <li>Wear a helmet</li> <li>Practice safe driving techniques</li> <li>Be aware of your surroundings</li> <li>Check out <a href="https://health.mil/SAFE">health.mil/SAFE</a> for more safety tips</li> </ul>	<ul style="list-style-type: none"> <li>See your health care provider as soon as you experience a potentially concussive event</li> <li>Learn to recognize signs and symptoms of TBI, including headaches, trouble sleeping, and blurred or double vision</li> <li>Check out <a href="https://health.mil/TBIFastSheets">health.mil/TBIFastSheets</a> for more information</li> </ul>	<ul style="list-style-type: none"> <li>Learn how to advocate for a loved one with TBI while ensuring your own emotional and physical health</li> <li>Ask your medical provider to explain the steps on your recovery journey and how to safely return to duty</li> <li>Check out <a href="https://health.mil/TBIPatientResources">health.mil/TBIPatientResources</a> for more information</li> </ul>

#BrainInjuryAwareness #BeABrainWarrior | [health.mil/BIA](https://health.mil/BIA) |

**Concussion Signs**

Concussion can present in a number of ways. This infographic describes common issues people experience after a concussion.

**Physical:** Headache, Dizziness, Fatigue, Post-traumatic amnesia – can't recall injury, Sensitivity to light/noise, Neck/looking worse after sleep, Sleep

**Cognitive:** Difficulty learning new information, Can't keep up with conversations, Foot like in a "fog" – can't think clearly, Word finding problems, Slowed reaction times

**Emotional:** More emotional than usual, Sad, Changes in personality, Anxious, Easily irritated, Alone/irritable, Sleep cycle disturbed, Trouble falling asleep, Sleeping more, Sleep not as deep

Toll-Free: 1-800-444-6443  
National Brain Injury Information Center

- Future Health Observances**
- ★ May – Skin Cancer Awareness month
  - ★ June – National Safety Month
  - ★ July – National Immunization Awareness Month

<https://health.mil/News/Infographics/2025/01/16/Brain-Injury-Awareness-Month-2025> Infographic

**Check out the upcoming Public Health Community Outreach Events:**

April- Kid's Fest with CYSS (Month of the Military Child) 4/29/2026 1200-1500

June- Family Fun and Fit Day 6/5/2026 0900-1200



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## RETHINK YOUR DRINK

For drinkers and non-drinkers alike, it might not be clear what counts as excessive drinking. Use this resource to better understand your drinking habits and help you make healthier choices.

### How Strong is Your Drink?

The Dietary Guidelines for Americans recommends consuming alcohol in moderation—up to one drink per day for women and up to two drinks per day for men. However, serving sizes can be deceptive. Do you know how many U.S. standard drinks are in your favorite alcoholic beverage?



A 21-oz Ballpark Souvenir Cup of Beer  
**1.8 Drinks**



A 6-oz Gin & Tonic  
**1.6 Drinks**



A 25-oz Bottle of Wine  
**5 Drinks**

### Impact on Your Health

Excessive alcohol use could impact your mission readiness: it may hurt your relationships, impair decision-making, and cause you to put yourself or others in danger. Chronic excessive drinking may also lead to physical and psychological health concerns like:

- Anxiety
- Depression
- Liver disease
- High blood pressure
- Cancer
- Digestive problems
- Heart disease
- Sleep problems

### Checklist to Seek Care

Continued excessive drinking can put you at risk for alcohol use disorder. The following are symptoms that could signal the start of a drinking problem. If any of the below signs apply to you, reach out for support. In the past year, have you:

- Had times when you ended up drinking more or longer than you intended?
- More than once wanted to cut down or stop drinking but couldn't?
- Spent a lot of time drinking?
- Given up or cut back on important activities in order to drink?
- Had to drink much more than you once did to get the effect you want?
- Continued to drink even though it was causing trouble with your family or friends?
- Had withdrawal symptoms, such as trouble sleeping, shakiness, nausea or sweating?

## SEEK CARE

if you have questions or concerns about your drinking. Take the first step and talk with your health care provider for information and resources on responsible drinking and options for quitting.

## WANT MORE RESOURCES?

### Psychological Health Resource Center

Call/Chat with a health resource consultant 24/7 for assistance accessing care at 866-966-1020 or health.mil/PHRC.

### Military Crisis Line

In the U.S., call 988 then press 1 or text 838255. For OCONUS calling options and online chat accessible from anywhere in the world, visit militarycrisisline.net.

### Connect with Us on Social Media

Facebook: @realwarriors  
Instagram: @realwarriorscampaign



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## Future Health Observances

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<https://www.salutetolife.org/learn-more>

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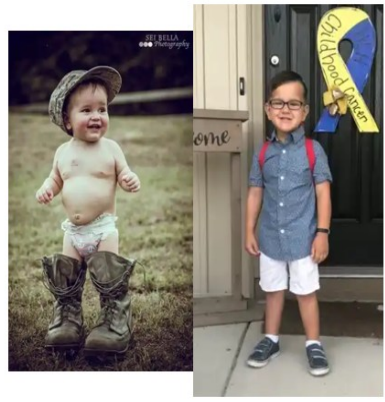
C.W. BILL YOUNG  
DEPARTMENT OF DEFENSE  
MARROW DONOR PROGRAM

## What is Salute to Life?

## Patient Success

- Official name is Department of Defense (DoD) Marrow Donor Program / Salute to Life
- Established by Public Law 101-302 in 1990
- Facilitates Marrow and Peripheral Blood Stem Cell Donations
- Cooperates with more than 50 other nations

If YOU could save a life, RIGHT NOW, would you?



Blaze is thriving today. His parents wrote us: “We would not have our son here today if it were not for his donors. They gave him a second and a third chance at life.”

## WHY?

- 500 DoD Families Diagnosed Annually
- 18,000 Americans Diagnosed Annually
- Every 6 minutes someone loses their battle to blood cancers

## Common Devastating Myths

- I cannot donate blood, so I must not be able to donate Bone Marrow/Stem Cells. **FALSE**
- I have an injury, so I cannot donate. **FALSE**
- I am deployed, so I cannot donate. **FALSE**
- They will crack my femur to get my marrow. **FALSE**
- It is excruciatingly painful. **FALSE**
- I will get sick/injured and have lifelong issues. **FALSE**
- They do not use anesthesia. **FALSE**
- If I decide not to follow through, the recipient can just find another match. **FALSE**
- Service members have been brought out of austere environments to donate and have been returned to combat zones afterwards. **TRUE**

## Who Can Donate?

- Active Duty, National Guard, Reserve, DoD Civilians, Dependents, DoD Retirees, and Coast Guard
- 18 years and older (Spouses, Adult Children)
- Between the ages of 18 to 60 (inactive on 61<sup>st</sup> birthday)
- In Good General Health
- Inability to donate blood does not disqualify a member from registering

## Who Cannot Donate?

- HIV+
- Hepatitis B or C
- Heart Disease
- Kidney or Liver Disease
- Autoimmune Disorders
- Bleeding Disorders

## Questions or want to Donate

**Please stop by and visit with Public Health Nursing**

17 April 2026 09:00-15:00 @ IACH EBD Bay 3rd Floor

22 April 2026 09:00-12:00 @ IACH Lab

650 Huebner Rd-Fort Riley

**Or you can call: (785) 239-7323**