

# Commander's Call Topics



March 28, 2013

*"If we have a deep understanding of our center and our purpose, we can review and recommit to it frequently."*

Stephen R. Covey (1932-2012)  
American Author

*There's help for Traumatic Brain Injury (TBI) victims [here.](#)*

## Brain Injuries Do Not Discriminate

**M**arch is Traumatic Brain Injury (TBI) Awareness Month, calling attention to the fact that TBI is a serious health problem. Every year, at least 1.7 million TBIs occur contributing to a substantial number of deaths and cases of permanent disability.

Maj. (Dr.) Laura Baugh is a neurologist with the Air Force Medical Support Agency who says service members now recognize the events that cause brain injuries and the symptoms that indicate those injuries.

Air Force medical officials try to keep TBI patients in the care of their primary physicians, at home and with their families, Baugh said. The Air Force's Echo pilot program uses technology to bring the TBI team's expertise to the service members and their providers. Statistics show, though, that 84 percent of TBI injuries occur at home, rather than during deployment.

According to the Centers for Disease Control and Prevention (CDC), Traumatic Brain Injury is caused by a bump, blow or jolt to the head, or by a penetrating head injury that disrupts the normal function of the brain. The effects range from mild (a brief change in mental status or consciousness) to severe (an extended period of

unconsciousness or amnesia after the injury), and may cause a wide range of functional changes to thinking, sensation, language and emotion. TBI can also trigger epilepsy and increase the risk for conditions like Alzheimer's disease, Parkinson's disease and other brain disorders. Repeated TBIs have a cumulative effect.

Falls cause 32.5 percent of TBIs, resulting in half of the TBIs among children aged 0 to 14 years and 61 percent of all TBIs among adults aged 65 years and older.

Among all age groups, motor vehicle crashes and traffic-related incidents were the second leading cause of TBI (17.3 percent) and resulted in the largest percentage (31.8 percent) of TBI-related deaths.

Recently, sports brain injuries have received greater attention. Concussion occurs not only when the head receives a bump or blow but can also result from a blow to the body that causes the head to move back and forth rapidly. Even a mild bump or jolt can be serious.

Any change in an athlete's behavior, thinking or physical functioning is indicative that he/she has suffered a concussion. Observable indicators are: appearing dazed, stunned or confused; forgetting instructions; moving clumsily; answering questions

*(Continued on p. 3)*

### ► TRENDING ...

*"While we have no recent excess infrastructure capacity analysis from which to draw, our capacity analysis from 2004 suggested that 24 percent of Air Force basing infrastructure was excess to our mission needs" -- Kathleen I. Ferguson, acting assistant secretary of the Air Force for installations, environment and logistics, speaking about [DOD plans to close additional bases and installations](#) in the U.S. and abroad.*

### ► CURRENT ISSUES

[B-2 bombers conduct extended deterrence mission to South Korea](#)

U.S. Strategic Command officials sent two B-2 Spirit bombers for a long-duration, round-trip training mission from Whiteman Air Force Base, Mo., to South Korea March 28 as part of the ongoing bilateral Foal Eagle training exercise.

## ► RESOURCES

### *AF.mil*

<http://www.af.mil>

### *Airman magazine*

<http://www.airmanonline.af.mil>

### *Air Force Outreach*

<http://www.afoutreach.af.mil>

### *Military OneSource*

<http://militaryonesource.af.mil>

### *Military HOMEFRONT*

<http://www.militaryhomefront.dod>

### *Air Force Personnel Center*

<https://mypers.af.mil>

<http://www.afpc.af.mil>

### *Air Reserve Personnel Center*

<http://www.arpc.afrc.af.mil>

### *Department of Defense News*

<http://www.defense.gov>

### *Department of Veteran Affairs*

<http://www.va.gov>

### *TRICARE*

<http://www.tricare.mil>

### *U.S. Government Website*

<http://www.firstgov.gov/>

### *Employment Opportunities*

[www.usajobs.com](http://www.usajobs.com)

[www.nafjobs.org](http://www.nafjobs.org)

### *Air Force Association Scholarships*

<http://www.afa.org/aef/aid/scholars.asp>

### *Air Force Safety Center*

[www.afsec.af.mil](http://www.afsec.af.mil)

## ► THIS WEEK IN AIR FORCE HISTORY

**March 28, 1935** - Dr. Robert Goddard launched the first rocket with gyroscopic controls to a height of 4,800 feet and a distance of 13,000 feet. It reached 550 mph.

**March 29, 1923** - At Dayton, three FAI records were established. First, Lt. A. Pearson flew a Verville Sperry R-3 at 167.77 mph more than 500 kilometers for one speed record. Next, Lieutenants Harold R. Harris and Ralph Lockwood flew a DH-4L with a Liberty 400 HP engine at 127.42 mph for the 1,000-kilometer (620-mile) record. Third, Lt. Russell L. Maughan flew a Curtiss

### [Clarke officially assumes responsibilities as Air Guard director](#)

Lt. Gen. Stanley E. Clarke III assumed the duties and responsibilities of director, Air National Guard in a ceremony here March 22 at the Air National Guard Readiness Center.

## ► PERSONNEL ISSUES

### [Developmental education application windows open](#)

Eligible active duty officers and civilians are now able to apply for intermediate and senior developmental education opportunities, Air Force Personnel Center officials announced.

### [Squadron, group command application process underway](#)

Development teams from various Air Force specialties will convene between May and September to consider eligible officers for 2014 squadron command, deputy maintenance and deputy mission support group commander positions, Air Force Personnel Center officials said

### [DOD looks at funding's effect on personnel programs](#)

Defense Department officials are looking at the recently signed continuing resolution that funds the government for the rest of the fiscal year to discern how the legislation affects personnel and programs, Pentagon Press Secretary George Little said March 27.

## ► FAMILY, HEALTH AND SAFETY

### [Not too soon for spouse's job hunt before moving](#)

As service members start to receive their orders for summer moves, it's time for working spouses to update resumes, start networking for job opportunities and contact career counselors at their new locations, a Pentagon official recommends.

## ► ENVIRONMENT, SPACE AND TECHNOLOGY

### [Cyber Vision 2025: AF missions at risk in cyberspace](#)

A recently released year-long study on cyberspace highlighted that missions are at risk from "malicious insiders, insecure supply chains and increasingly sophisticated adversaries as well as growing systems interdependencies."

R-6 at 236.587 mph for a record over a straightaway course.

**March 30, 1963** - SAC accepted its first Titan II launch facility, which was at Davis-Monthan AFB.

**March 31, 1951** - The 3rd ARS used the H-19 to retrieve 18 UN personnel from behind enemy lines, the first use of this type helicopter in a special operations mission.

**April 1, 1942** - Air Corps Proving Ground became Proving Ground Command with its main base at Eglin Field.

**April 2, 1959** - NASA selected Air Force Captains L. Gordon Cooper, Jr., Virgil I. "Gus" Grissom, and Donald K. "Deke" Slayton; Navy Lt Cmdrs Walter M. Shirra, Jr., and Alan B. Shepard, Jr., and Lt M. Scott Carpenter; and Marine Lt Col John H. Glenn, Jr., as the Project Mercury Astronauts.

**April 3, 1939** - President Franklin D. Roosevelt signed Public Law 18, or the National Defense Act of 1940. In that act, Congress authorized the Air Corps to expand to 48,000 personnel and 6,000 airplanes with a \$300 million budget. It also authorized the training of black pilots.

*Brain Injuries (continued from p. 1)*

slowly; losing consciousness; inability to remember events prior to or after the hit or fall, or is unsure of the game, score or opponents.

Concurrently, the athlete may be experiencing symptoms such as a headache or pressure in his/her head, nausea and vomiting, balance problems or dizziness, double or blurry vision, sensitivity to light or sound, feeling sluggish or hazy, concentration and memory problems, confusion or just “does not feel right.” Any of these symptoms indicates a possible concussion, and they may not be experienced until hours or days after the injury.

Sport- and recreation-related TBIs increased by 60 percent over the last decade among persons 10 to 19 years old. In recent years, the National Football League (NFL) and the National Collegiate Athletic Association (NCAA) have focused on head injuries, their cause, their prevention and their treatment.

If there is a silver lining to the problems associated with TBIs it's that discoveries made in preventing and treating the cause and aftermath of the injury translate to the battlefield. Symptoms and observable indicators are the same in war zones as they are on the playing field. Integrative medicine that treats the whole person with a combination of traditional medications and more new-age therapies, which have been so helpful in relieving some of the long-term discomforts associated with TBI, are becoming more acceptable in military culture that tends to downplay personal injury if it's not an open wound.

Operation Iraqi Freedom and Operation Enduring Freedom have returned seven people for each one that was fatally wounded. In WWII, the mortality rate was 50 percent. The current rate of wartime survival, combined with new technologies of prevention and treatment of TBIs, hold renewed hope for all sufferers of TBI.

Martha J. Lockwood  
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For more information on Air Force heritage,  
visit <http://www.airforcehistory.af.mil>.

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