



YOU FALL. WE CATCH.



Injury and Violence Free Living for Wounded, Ill, and Injured Sailors and Marines

Resilience through prevention.

Injuries, both on- and off-duty, can threaten the health and readiness of Sailors and Marines. If you are wounded, ill, or injured, a new or aggravated existing injury could derail your recovery, prolong your return to optimal health, and increase your physical and psychological stress. Many of these new or aggravated injuries can be prevented. That's where we come in. The Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness Department offers you practical tools, educational resources, and evidence-based injury prevention strategies that help keep wounded, ill, and injured Sailors and Marines on the path to recovery and optimal health.

Awareness is prevention.

Maintaining situational awareness is important to injury prevention. This means understanding your personal situation and factors that influence your risk including:

- ▶ **Balance and coordination.** Imbalance from a wound, illness, or injury may influence how you perform daily activities. Work with a rehab specialist or physical therapist to improve balance and coordination.
- ▶ **Sleep.** You are not performing at your best when you're tired. Sailors and Marines with TBI can improve their memory with additional sleep.¹
- ▶ **Tobacco Use.** Using tobacco and products that contain nicotine can slow wound healing, increase risk of infection, lengthen hospital stays, and cause recovery time to be longer.²
- ▶ **Alcohol.** Alcohol plays a role in affecting your mind. Avoid it during recovery as it slows healing, and blurred senses will put you at risk for another injury.³

Preventing further injuries.

You can reduce your risk of injury or re-injury during and post recovery from a wound, illness, or injury by:

- ▶ Maintaining situational awareness.
- ▶ Making adjustments with your movements and exercise to account for imbalance, uneven gait, and decreased or limited strength and coordination.
- ▶ Following a standardized system of progressive exercise.
- ▶ Balancing the body's need for training and recovery.
- ▶ Getting proper nutrition, hydration, and rest.
- ▶ Using protective and medical equipment properly.
- ▶ Seeking early injury evaluation and care if you get injured.

Living violence free.

Exposure to violence can also impact your recovery and cause physical and psychological trauma.⁴ NMCPHC has the resources to promote coping and healing among victims of violence and those who witness it.

A complete resource for injury and violence free living.

NMCPHC provides you with information on how and why injuries occur, what you can do to prevent future injuries, and what resources and tools are available. Talk with your rehab specialist or health care provider to find local programs that can help you prevent further injury.

To learn how our resources and tools can help facilitate recovery and strengthen resilience, visit us at WWW.MED.NAVY.MIL/SITES/NMCPHC/WOUNDED-ILL-AND-INJURED/PAGES/HEALTH-PROMOTION.ASPX.

For more information on your local resources, contact:

¹ Bender J. Frontline Psych with Doc Bender. The Importance of Sleep. Defense Centers of Excellence. http://www.dcoe.mil/blog/11-10-18/Frontline_Psych_with_Doc_Bender_The_Importance_of_Sleep.aspx. Published October 2011. Accessed July 2015.

² Office of the Surgeon General (US); Office on Smoking and Health (US). 2004 Surgeon General's Report—The Health Consequences of Smoking. http://www.cdc.gov/tobacco/data_statistics/sgr/2004/pdfs/chapter6.pdf. Published 2004. Accessed July 2015.

³ Guo S, DiPietro LA. Factors Affecting Wound Healing. *Journal of Dental Research*. 2010;89(3):219-229. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2903966/>. Accessed July 2015.

⁴ Injury Prevention & Control: Division of Violence Prevention. Centers for Disease Control and Prevention. <http://www.cdc.gov/violenceprevention/>. Updated June 2015. Accessed July 2015.



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