

Medical Guidelines for Returning Iraq Veterans

- 1) Acquire all records from any military facility immediately. (Records are often lost.)
- 2) Be sure to have a complete history and physical upon returning to the states, to include
 - a) Prostate exam and hemocult examination. (For those over 50, a colonoscopy is 100% indicated. If the V.A. refuses to offer this exam, demand it. A sigmoidoscopy and barium enema is considered an alternative, but entails two procedures.)
 - b) Have a complete laboratory exam to include CBC, chem.20, psa, ua, thyroid profile, serology, HIV/AIDS, heavy metal screen, depleted uranium screen, Hepatitis screen, and stool for o&p, & culture if you have diarrhea.
 - c) Chest xray, and ekg.
 - d) PPD skin test.
- 3) Be sure that the examiner addresses any symptoms of depression or Post Traumatic Stress Disorder (PTSD).
- 4) The examiner should be aware of the diseases you may have come in contact with, ie. Leishmaniasis, Malaria, onchocerciasis, shistosomiasis, rift valley fever, sandfly fever, brucellosis, relapsing fever, tuberculosis and the diseases mentioned previously.
- 5) Acquire records of all drugs, immunizations, or chemicals you were given or came in contact with while overseas and in the military in general. Keep these records safe.
- 6) Notify your veterans' representative of any symptoms of any sort; you should be covered for the rest of your life for certain diseases.

We wish you only good health.

Sincerely, Joseph Balsamo and Beatrice Balsamo, Physician Assistants, and members of Veterans for Peace Taos.