



## Contra Costa County

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### **NEWS RELEASE: Veterans and Doctors Share Experiences and Expertise on Traumatic Brain Injury in February's Veterans' Voices Show *Live, Local TV Show Airing Monday, February 19<sup>th</sup>, at 7:00 p.m.***

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Contact: Chris Verdugo, 925-313-1182  
[Chris.Verdugo@contracostatv.org](mailto:Chris.Verdugo@contracostatv.org)

It can start with a concussive blast from an improvised explosive device (IED), a collision between two military vehicles, or a direct blow to the head. The end result can be what's known as TBI: traumatic brain injury. It impacts more veterans than you might think. At Veterans' Voices, we believe it's time to unmask some of the myths and mysteries about TBI.

During the [February episode](#) of Veterans' Voices, we're going to introduce you to veterans directly affected by combat injuries resulting in TBI, as well as doctors who have the specialized experience in treating them. We'll also interview Chris Nowinski, a former professional wrestler, author, and co-founder of the [Concussion Legacy Foundation](#).

You'll find out the symptoms, the signs and the new research relating to TBI, and come away with practical advice if you or a loved one could be suffering from this type of injury. We'll also take a frank look at the less visible effects, everything from how TBI can play with emotions, to how symptoms may overlap with conditions like Post-Traumatic Stress Disorder (PTSD).

Join us for an important discussion of a topic that shouldn't be written off as just another war injury. We'll be live with our show on Monday, February 19, 2018, at 7:00 p.m.

And as always, we welcome your participation before, during and after the show. During the show, you can always email, call us at 925-313-1170, chat or text us with your questions or comments.

We will be broadcasting [live online](#), on [Facebook](#) and on Contra Costa Television, CCTV.

Veterans' Voices is a joint production of the Contra Costa County Veterans Service Office and Contra Costa Television (CCTV.) It is underwritten by a grant from the California Department of Veterans Affairs. CCTV can be found on Comcast Channel 27, Astound Channel 32 and AT&T U-Verse Channel 99 throughout Contra Costa County. Catch prior shows or watch the show live online by visiting: <http://www.contracostatv.org/veteransvoices>.

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