



No One Left Behind



Current Research



Nutrition



Staying Active/Healthy



Veteran Spotlight

THE INIM PRESENTS

THE GULF WAR DISPATCH

NO ONE LEFT BEHIND...

Dear Gulf War Veterans,

I know these are increasingly challenging times that we are facing. Our lives have been changed in a short period of time and it can feel like things are in a disarray. Feelings of uncertainty, and at times, anxiety, are common. Who would have known that one individual sneezing, thousands of miles away, would cause a worldwide pandemic within months. Clearly, here's a moment where we see how the actions of one individual matter. We are all connected, and learning how to find a balance and well-being as a global community is pertinent to our health and everyday survival. This is one place where scientific research helps.

There are numerous reasons why people participate in research. Many individuals volunteer because they are either afflicted with an illness or volunteer as a healthy control, in order to help move science forward. Much of our understanding of various illnesses and even health, has been improved because of advances in science and technology with the willingness of individuals, like you, that take part in clinical research.

Your role as a volunteer subject in clinical research is crucial in the pursuit for understanding factors and health outcomes that will help improve the health of future generations. Without the help of patients or healthy volunteers, clinical research studies could not be accomplished. Each individual volunteer helps further science.

We are thankful for individuals like you, whose contribution through participation in our studies and donations, have allowed us to make advancements in clinical research and translational medicine.

Despite the physical distancing, we remain connected by one true cause; your health and well-being. I am confident that we will get through this time, we will return, perhaps changed forever in a positive way. We are all connected, each one of us matters, and no one is left behind.

Please consider taking part in our research efforts.

Wishing you and your family much health,

Elizabeth Balbin, Special Projects

CURRENT RESEARCH

The CMI/GWI Survey Study

In this study, we are working to get a better understanding of veterans' unexplained illnesses around the country, as well as, creating a registry for future contact. The survey asks participants if they would like to be contacted regarding future research opportunities and findings. The institute will reach out ONLY to those who agree to be contacted regarding information about studies that are available to them both locally and nationally and invitations to online seminars and events in the participant's area.

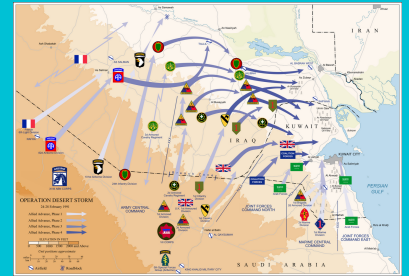
Nutraceutical Study For Gulf War Illness: Curcumin & Glutathione

Two natural supplements (Curcumin and Glutathione) have been shown to quiet inflammation. In this study, researchers will test to see which supplements, if any, are beneficial in Gulf War illness. This study is located at the Miami VA Medical Center. We are recruiting ALL Veterans with Gulf War illness between 35-70 years of age.

Gulf War Illness Women's Study

In this study, we are using microarray, a technique which measures expression levels of large numbers of genes, to help better understand and identify the likely causes of Gulf War illness. This method allows researchers to study different genes that affect how the body reacts to rest and exercise and how these differences affect the immune system, endocrine system and brain. Location: Miami VA Medical Center & University of Miami. We are recruiting women Veterans with Gulf War illness and women Gulf War-era sedentary Veterans.

Ongoing Gulf War Illness Research



CMI/GWI Survey Study



**Nutraceutical Study For
Gulf War Illness:
Curcumin & Glutathione**



**Gulf War Illness
Women's Study**

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For more information on these studies, contact us at 305-575-7648 or VHAMIAGWI@va.gov, or visit our website: <https://www.nova.edu/nim/research-studies/research-studies.html>

NUTRITION

Amanpreet Cheema, GWICTIC's Director of Research Operations and Administrative Director

Change is in your hands!

It is well established now that eating healthy helps our body fight external and internal stressors. But what is healthy eating? Does one need to go gluten free? Or do one of those well marketed diets? The answer lies in a simple phrase, 'eat food close to its natural form' and eat until you feel full. So instead of pies, go for sliced apples with pinch of cinnamon. The heat will release juices and make it sweeter without adding sugar. Instead of munching on potato chips, opt for sweet potato chips. If you are feeling braver, try zucchini chips, broccoli chips, even okra chips. The list is endless.

We also tend to eat more of what is around us, what is convenient. I know, that's what I do. The trick is to stock your pantry with foods that are 'close to their natural form'. Feel like snacking on salty snacks? Try popcorn. Research shows that we eat foods more often which are in our reach. Next time you shop, get healthy snacks and then keep the others out of reach. Laziness can help us to eat healthy and wholesome and it won't be a stretch.

Recipe for cinnamon apple slices:

1. Slice apples to desired thickness.
2. Add a pinch of cinnamon and mix.
3. Place on baking sheet and bake for 10 minutes at 350 degrees F until apples are slightly tender.
4. Remove from oven and allow time to cool. Enjoy!



Recipe for vegetable chips:

1. Thin strips of vegetables (Broccoli and Okra can be whole)
2. Drizzle olive oil and a little salt and pepper
3. Mix and bake at 355 degrees F for 10 minutes. Take them out, mix it again and bake until crispy brown.
4. Once crispy brown, remove from oven and allow chips to cool down before digging in.

Bonus: Turmeric (spice which is the source of curcumin) could be added to salty foods. Only a pinch or two is needed and it gives nice yellow color to the food and gives you antioxidants. In fact, curcumin is being evaluated in clinical trials for a variety of diseases. You can purchase it from your grocery store's spice aisle.

STAYING ACTIVE & HEALTHY DURING THE TIMES OF COVID-19

Jeffry Cournoyer, INIM Physiologist

Use those fitness trackers!

If you are one of the veterans that has generously volunteered for one of our many great research opportunities, you've been given a fitness tracker. Now is a perfect time to use it! While it is great for us researchers - and we're getting some amazing data from it - you can use it, too! Even if it's not from us, whatever fitness tracker you own, that thing is going to give you some useful data! Just remember, your activity is relative just to you. While the "common recommendation" is 10,000 steps, some will do more and some will do less. Just make sure to keep an eye on how many steps you've been doing and continue to do at least that many. If you're looking to progress even further, a great rule of thumb is to take the total amount of steps you do over 1 week and try to add 5-10% to that number. More steps = more activity, and more activity = better health!



Try not to sit for long stretches of time

Sitting still for long periods of time is tough on the body. Blood doesn't circulate as well, joints can get stiff, and your body's metabolism can actually partially shut down. It's best to get up and move around to keep everything well adjusted, especially during these long periods of being indoors.

Try some light Calisthenics!

You don't need heavy weights to keep your muscles strong! Performing slow, controlled exercise with just your body weight is a great way to keep yourself in shape. Take the sit-to-stand exercise, for example. This is where you sit tall in a chair, stand up while pushing your weight through your heels, and slowly sit back down. Doing a few repetitions of these is a simple, easy way to keep your muscles strong while you're waiting to get back into the weight room.



(PS... There will be more calisthenic exercises in future installments, so be sure to stay tuned!)

VETERAN SPOTLIGHT

Marylyn R. Harris

Gulf War Veteran

In 2019, a woman veteran was selected to deliver the Memorial Day keynote speech in Houston, Texas, the fourth largest city in the United States. This woman veteran was not a high-ranking military officer or a Medal of Honor Recipient. She is Ms. Marylyn R. Harris, a tireless veterans advocate, former Army Nurse, Gulf War veteran and social



Photo credit: <https://alaforveterans.wordpress.com/2019/07/10/texas-dual-member-devoted-to-helping-women-veterans/>

entrepreneur. During the Memorial Day Celebration at the Houston VA National Cemetery, Ms. Harris paid homage to fallen service members, veterans, Military families and shared “her story.”

Ms. Harris joined the Army (Reserves) in 1981 and was honorably discharged in 1992. She completed basic training at Ft. Jackson in South Carolina, Advanced Individual Training (AIT) at Ft. Sam in Houston, Texas, and on-the-job training at Ft. Bragg in North Carolina. Harris’ Military Occupational Specialties (MOS) include, 91B – Medic, 91P – X-Ray Specialist, and 91C - Practical Nurse. Harris served with the 312th Evacuation Hospital (N. Carolina), the 3457th MEDTNGCTR (Texas), and the 147th Evacuation Hospital (Saudi Arabia/Operation Desert Storm/Shield).

Post war, Ms. Harris experienced several personal and professional challenges common in many Military women. These include, homelessness, job loss, anger, isolation, anxiety/depression and physical illnesses. Today, Harris talks openly in media interviews about how serving during the Gulf War changed her life, <https://www.kbtx.com/content/news/Military-sexual-trauma-cases-on-the-rise-for-active-service-members-568210661.html> and on <https://maketheconnection.net>.

Ms. Harris recalls that it was over a decade, (and after many hours of individual and group counseling), before she publicly discussed her painful Gulf War experiences. In 2001, Harris was diagnosed with Post Traumatic Stress Disorder (PTSD) and Military Sexual Trauma (MST). Harris, a relentless supporter of the Vet Centers, emphasizes how critical the Vet Centers were to her healing process. After deployment, Harris continued her education and earned a bachelor’s degree in nursing at Prairie View A&M University, a master’s degree in psychiatric nursing at the University of Texas Health Science Center at Houston, and a master’s degree in business administration at the University of St. Thomas.

She launched the country’s first Women Veterans Business Center whose mission is, “to educate and empower Women Veterans (and Military Families) to start and grow ‘wealth-generating’ Veteran-Owned Businesses.” The center provides free business training, outreach events, the SBA “InnovateHER” women’s business pitch competitions and business coaching. To date, the center has outreached to over 25,000 stakeholders and supported numerous veteran-owned businesses throughout the world.

