



## ARE YOU A VETERAN WITH BOTH SLEEP APNEA AND MIGRAINES?

**S**leep apnea and migraine headaches can be connected, as each of these conditions can worsen the other. The American Migraine Foundation estimates that people suffering from migraines are two to eight times more likely to suffer from sleep disorders as well.

In other words, if you are a Veteran with migraine attacks, you may also be experiencing sleep apnea. If that's the case, you can get VA disability benefits for both.

### Sleep Apnea

Sleep apnea is a sleep disorder in which your breathing stops and starts regularly, accompanied by loud snoring; you may still feel tired when you wake up.

There are three main types of sleep apnea:

- Obstructive sleep apnea (OSA), in which your throat muscle blocks air from reaching your lungs. This is the most common type of sleep apnea.
- Central sleep apnea (CSA), which results from incorrect signals supplied by the brain, causing miscommunication with the muscles that control your breathing.
- Complex sleep apnea, which occurs when you receive treatment for OSA, and it converts to CSA. This is also known as treatment-emergent central sleep apnea.

**Sleep apnea and migraines  
can be linked, as people with  
migraines are more likely to  
experience sleep disorders.**

### Migraines

Migraines are debilitating headaches with throbbing pain on one or more sides of your head, often making you sensitive to light and sound — and, in some cases, causing nausea and vomiting.

Studies suggest that one in every 15 men suffers from migraines, and the number is even higher for the other gender, as one in every five women can be affected by this condition.

### The connection between sleep apnea and migraines

Sleep apnea and migraines can be linked, as people with migraines are more likely to experience sleep disorders. Sleep loss or oversleeping can trigger headaches, worsening your

*Continues on back page >>*



## Letter From Jan

March is truly a treacherous month. One day, a warm breeze is blowing the daffodils; the next day, it snows. But I have it on good authority that spring is just around the corner. Hang in there.

One of the many issues with which we assist Veterans is PTSD. In recent years, the VA has recognized connections between military sexual trauma and the onset of PTSD.

Analyses have revealed MST is more strongly associated with PTSD than other pre-military or post-military traumas. And women with MST have the greatest odds of developing PTSD.

While it used to be difficult to obtain benefits for PTSD resulting from MST, it's now entirely possible to get a 100% VA rating for PTSD caused by MST. While the situation has improved, it's still important to have a solid strategy. When filing your claim for MST, be sure you have the following:

- Current diagnosis of PTSD from a medical provider
- Evidence of an in-service event
- Personal statements written by you

with credible supporting evidence (use VA form 21-4138)

- Buddy letters describing the PTSD symptoms related to MST (use VA form 21-10210)
- Statement in Support of Claim for Service Connection for PTSD secondary to personal assault (use VA form 21-0781a)
- A Nexus letter connecting your diagnosis to your military service

Feeling overwhelmed? We're here to help. We love our Veterans and want you to get the benefits you have earned and deserve. Don't suffer in silence. *Call us today.*

## Recreational Spotlight

### PARKERSBURG VETERANS RESOURCE FAIR

Join us Friday, March 29, at the Parkersburg Vietnam Veterans Day and Resource Fair — where a lineup of vendors will be on hand with information about benefits and resources for Veterans, including disability claims, education, employment, healthcare and more. Doors open at 9 a.m., with the Welcome Home Ceremony starting at 10 a.m., and the Resource Fair and Lunch starting at 11 a.m. The event will be held



at the West Virginia Army National Guard Armory, 1500 Blizzard Drive in Parkersburg.

## Employee Spotlight

### Billie Garrett

If you've ever visited our Parkersburg office, you've likely been greeted with Billie Garrett's contagious smile and stunning sense of fashion.

One of our receptionists, Billie has been with the firm for more than 4 years. Last year

alone, we answered more than 111,000 calls, and Billie was an integral part of making sure each one was handled with skill and compassion.

Billie also made her acting debut in our 2023 holiday skit, in which "Santa" visited the firm. She is always willing to participate in the firm's projects, and her good humor keeps our in-office team members smiling and laughing.

*We appreciate you, Billie!*



## COMMUNITYCORNER

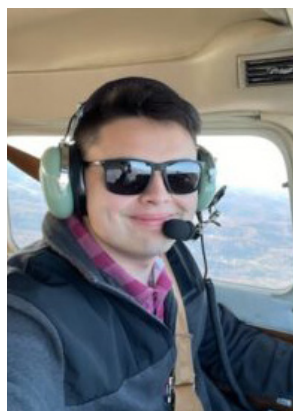
### DEVAN BOYLES: JAN DILS FOUNDATION SCHOLARSHIP WINNER

Congratulations to Devan Boyles, one of our Jan Dils Foundation Scholarship winners.

Devan is currently completing his aviation certifications at Fairmont State University to fulfill his goal of becoming a helicopter and airline pilot. Inspired by his grandfather's military service, Devan always thought he wanted to join the military — but what sealed the deal was observing his older brother's experience in the West Virginia Army National Guard and

attending his graduation.

We're honored to present Devan with a Jan Dils Foundation Scholarship and can't wait to see him achieve great things. (Don't worry, Devan, you've already made us proud.)





## MILITARY SEXUAL TRAUMA: AM I ELIGIBLE FOR DISABILITY?

**V**A uses the term “military sexual trauma” (MST) to refer to sexual assault or threatening sexual harassment experienced during military service. MST includes any sexual activity during military service in which you are involved against your will or when you are unable to say no. For example:

- Being pressured or coerced into sexual activities — for example, being threatened with consequences if you refuse to cooperate
- Sexual contact or activities occurring without your consent — for example, while you were asleep or intoxicated
- Being overpowered or physically forced to have sex
- Being touched or grabbed in a sexual way that made you uncomfortable, including during “hazing”
- Comments about your body or sexual activities that you found threatening

- Unwanted sexual advances that you found threatening

If you have experienced MST, you are far from alone. The scope of military sexual trauma is still not fully understood, but it's clearer than ever that it's a widespread issue, affecting hundreds of thousands of Veterans. Anyone can experience MST, regardless of gender; however, the frequency is higher among female than male Veterans.

### How Military Sexual Trauma Can Affect You

If you've been subjected to MST, your experience:

- Disturbing memories or nightmares
- Inability to feel safe
- Feelings of depression or numbness
- Problems with anger, irritability, or other strong emotions
- Issues with sleep

- Physical health problems

You may also experience:

- Difficulties with attention, concentration and memory
- Problems with alcohol or other drugs
- Difficulties with relationships

### Is There a Military Sexual Trauma VA Disability Rating?

There is no VA rating specifically for MST. That being the case, some may assume they have no chance of getting the benefits they need.

*Fortunately, this isn't true.* The VA doesn't recognize MST itself as a ratable condition, but you can receive compensation for conditions such as PTSD, depression or anxiety that result from it. Claims for conditions caused by MST are common and more accepted than ever before.

Don't let the lack of an official MST VA rating — or shame or fear — stop you from getting the help you need. MST can be extremely debilitating, and we strongly encourage you to first seek medical attention, and then pursue the highest level of benefit you earned while you recover and heal.

We can help. Our compassionate VA disability team will listen to your story and help you get the disability rating and compensation you deserve. Call us today at **833.534.3577** or email us at **contact@JanDilsFoundation.org**. You served your country, now let us serve you.

Sources: <https://www.mentalhealth.va.gov/msthome/index.asp> / <https://vaclaimsinsider.com/military-sexual-trauma/>



## GRANDMA HOPPEL'S ITALIAN CHICKEN PASTA TOSS

Grandma Hoppel is our Recruiting Specialist **Kaydi Hoppel's** late grandmother. The family put together a little book to preserve her favorite recipes.



### INGREDIENTS

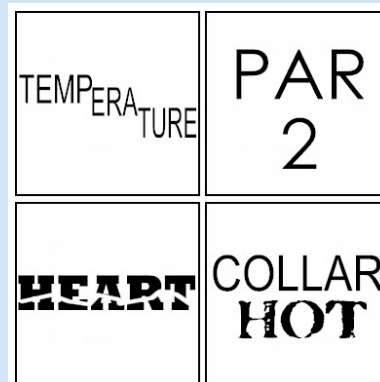
6 oz. uncooked bowtie pasta (about 2½ cups, cooked)  
2 plum tomatoes  
1 small onion  
1 medium zucchini  
1 small yellow or red bell pepper

2 tsp. olive oil  
2 garlic gloves, pressed  
½ cup frozen peas  
8 oz. boneless, skinless chicken breasts  
1 tsp. Italian seasoning  
1 tsp. salt  
Grated fresh Parmesan cheese (optional)

**DIRECTIONS:** Cook pasta according to package directions; drain and keep warm. Meanwhile, dice tomatoes and onion. Slice zucchini into ½-inch-thick pieces. Cut bell pepper into thin strips. Slice chicken crosswise into ½-inch strips. Heat oil in skillet over medium-high heat 1-3 minutes or until shimmering. Press garlic into skillet. Add chicken. Cook and stir 4-5 minutes or until chicken is no longer pink. Add onion, zucchini, bell pepper, peas, Italian seasoning and salt; cook 2 minutes. Add tomatoes and cook 1-2 minutes, stirring gently until heated through. Remove skillet from heat and stir in pasta. Top with Parmesan cheese, if desired.

## It's Game Time

What's a Bamboozable? A bamboozable is a saying/phrase that is made up of a display of words, in an interesting way. The object is to try to figure out the well-known saying, person, place, or thing that each bamboozable is meant to represent.



Answers: 1. Falling Temperature 2. Two Under Par 3. Broken Heart 4. Hot Under the Collar



**MARCH 2024**

P.O. Box 112  
Parkersburg, WV 26102

**PERSONAL INJURY | VETERANS DISABILITY | SOCIAL SECURITY DISABILITY**

Want to keep up with all the latest news or get to know us better? Like us on Facebook!



Connect with us on our social networks!



*Continued from front article >>*

migraines. Moreover, people with sleep apnea often experience morning headaches, which can be worse for people with migraines.

While these two conditions may not be directly linked, each can make the other worse, and you may be able to receive VA disability benefits for both disorders.

### **Combining VA sleep apnea and migraines claims**

When you have multiple medical conditions and claim VA disability benefits for them at the same time, it can be classified as a combined claim. By making a proper combined claim with relevant evidence, you can receive increased VA benefits.

The combination of sleep apnea and migraines can make your life miserable, leaving you unable to work and

**By making a proper combined claim with relevant evidence, you can receive increased VA benefits.**

fully participate in life. Talk to the experienced VA disability team at Jan Dils, Attorneys at Law. Call us today at **833.534.3577** or email us at [contact@JanDilsFoundation.org](mailto:contact@JanDilsFoundation.org) for a free consultation.

