



ILLNESSES THAT APPEAR ONE YEAR AFTER DISCHARGE: CAN I GET VA BENEFITS?

If you have certain chronic (long-lasting) conditions that first occurred within one year after your discharge from active military service, you may be eligible for VA disability compensation. Common eligible conditions include high blood pressure (hypertension), arthritis, diabetes and peptic ulcers. Compensation provides tax-free monthly payments.

Am I eligible for VA disability compensation?

You may be eligible for disability compensation if you meet the following three requirements.

All of these must be true:

- You have an illness or condition that's at least 10% disabling that appeared within one year after discharge, *and*
- The illness or condition is listed in Title 38, Code of Federal Regulation, 3.309(a), *and*
- You did not receive a dishonorable discharge.

For a complete listing of Title 38 covered illnesses, visit: [https://www.ecfr.gov/current/title-38/chapter-I/part-3/subpart-A/subject-group-ECFR39056aee4e9ff13/section-3.309#p-3.309\(a\)](https://www.ecfr.gov/current/title-38/chapter-I/part-3/subpart-A/subject-group-ECFR39056aee4e9ff13/section-3.309#p-3.309(a))

Note: If you get a disability rating, you may also be eligible for VA healthcare and other benefits.

What evidence will I need to support my claim?

Here's what you'll need to provide:

- Evidence, such as a doctor's report, indicating that your condition is at least 10% disabling *and*
- Evidence, such as a medical report with the date of your diagnosis, confirming that your condition appeared within one year after your discharge from active service.
Note: If you have a listed condition, you won't need to show the problem started during — or got worse because of — your military service. This is because the VA automatically assumes (or “presumes”) that certain conditions appearing within one year after discharge are caused by your service. The VA calls these

presumptive conditions.

Are any illnesses covered if they appear more than one year after discharge?

Yes. You may be eligible for disability compensation for the following illnesses, even if they appear more than one year after discharge:

- *Hansen's disease*, also known as leprosy, can appear within three years after discharge.
- *Tuberculosis*, an infection that attacks your lungs and sometimes other areas of your body, can appear within three years after discharge.
- *Multiple sclerosis*, a long-lasting illness that can cause numbness, weakness, and many other symptoms, can appear within seven years after discharge.
- *Amyotrophic lateral sclerosis (ALS)*, also known as Lou Gehrig's disease, can appear any time after discharge.

Get help filing a claim

At the Jan Dils Foundation, we are here to help you obtain the Veterans benefits you deserve. We respect your military service, and we're committed to assisting you with every step of the Veterans disability benefits process. Call us today at **833.534.3577** or email us at contact@JanDils-Foundation.org to schedule your free consultation.



Letter From Jan

The groundhog saw his shadow last month, so that means spring is just around the corner. I'm sure I'm not alone in looking forward to warmer weather and getting outside. But while we're all cooped up indoors, it's a good time to sit down with your favorite reading material. (I prefer books, but Kindles, magazines and websites work, too.)

Did you know that March is National Reading Month? It's celebrated in March to honor Dr. Seuss, whose birthday is March 2. Interestingly, Dr. Seuss was not a doctor at all. He was a writer and an illustrator of many very popular children's books including "The Cat in the Hat" and "How the Grinch Stole Christmas." He received the Pulitzer Prize in 1984 for his contribution to the education of America's children and their parents.

During the observance of National Reading Month, people — especially children — read a lot more in celebration, and while some people may think

this increased emphasis on reading is boring, the increased reading yields significant benefits that will continue to pay off in the future. Reading is one of the best habits to develop; it strengthens the mental muscles, helps to improve comprehension and analytical abilities, increases imagination and boosts memory.

So, if you're cooped up in the house anyway, try reading a good book and encourage your children to do the same. The benefits will last a lifetime.

And, like most of us, if you need to get out and drive: *Let's be careful out there.*

Community Corner

FAMILY INTERVENTION CRISIS CENTER SUPPLY DRIVE

In honor of Christy Roseberry, a beloved team member we lost in 2023, we held a successful supply drive in February for the Family Crisis Intervention Center, an organization that provides free and confidential services to women, men and children in our community who are victims of domestic or sexual violence. For more information on how you can help, call 304.428.2333 or visit their website at <https://fcichaven.org/>




FAMILY CRISIS INTERVENTION CENTER

24-HOUR HOTLINE: 1-800-794-2335





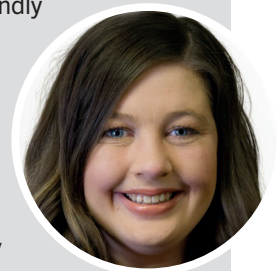
Employee Spotlight

Meet Kaydi Hoppel

Have you ever applied for a position at Jan Dils, Attorneys at Law? Then you've probably met Kaydi.

Kaydi is our friendly HR Recruiting Specialist who handles our recruiting and interview process from start to finish. If you apply for a position and are selected to move forward, she will contact you to set up a phone interview and guide you through the process.

Interested in joining our fun-loving, dedicated team? Apply TODAY!





VA UPDATES DISABILITY RATING SCHEDULE FOR DIGESTIVE SYSTEM

As of May 19, 2024, you can now get separate disability ratings for gastroesophageal reflux disease (GERD) and irritable bowel syndrome (IBS) —two common gastrointestinal conditions that can significantly impact the daily lives of Veterans. When these conditions coexist, they can exacerbate each other, leading to more severe symptoms and complications. Veterans suffering from both GERD and IBS may be eligible for separate ratings.

Veterans suffering from both GERD and IBS may be eligible for separate ratings.

Before the VA rating updates, Veterans could not receive separate ratings for GERD and IBS due to the prohibition against “pyramiding” within the digestive system’s diagnostic codes, but this has now changed.

GERD and IBS are now recognized as separate conditions with different primary conditions and affected areas. GERD primarily affects the esophagus and stomach with symptoms like acid reflux, while IBS affects the intestines and is associated with bowel habit changes and abdominal discomfort. As long as symptoms don’t pyramid in accordance with 38 CFR 4.14 (Code of Federal Regulations), you can get rated separately for GERD and IBS.

DC 7206, gastroesophageal reflux disease (GERD), explained

DC (Diagnostic Code) 7206, GERD is a chronic digestive disorder where stomach acid or bile irritates the food pipe lining. Symptoms include heartburn, regurgitation of food or sour liquid, chest pain, difficulty swallowing, chronic cough, laryngitis, and disrupted sleep, among others.

The new VA disability ratings for GERD under DC 7206 range from 0% to 80% with breaks at 10%, 30% and 50%, depending on the frequency, severity and duration of symptoms and how those symptoms negatively impact your work, life and social functioning.

DC 7319, irritable bowel syndrome (IBS), explained

DC 7319, IBS is a chronic functional gastrointestinal disorder characterized

Continues on back page >>



CHICKEN DIVAN

This yummy recipe is from **Jess Hacker** – VA Operations Manager.



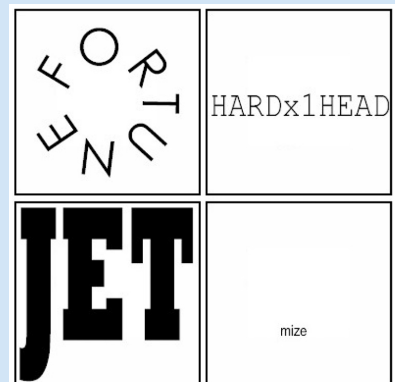
INGREDIENTS

- | | |
|--------------------------------|---|
| 3 cups broccoli (1 bag frozen) | 1 tsp. lemon juice |
| 1 stick butter | 2 chicken breasts, cut into bite-sized pieces |
| Garlic salt, to taste | 2 jars Ragu cheese sauce |
| 1 cup mayonnaise | 1 tsp. curry |
| ¼ cup dried onion | 2 cans cream of mushroom soup |
| 2 cups hot water | 2 cups rice |

DIRECTIONS: Preheat oven to 350 degrees. Melt butter. Mix all ingredients in a bowl, then pour into a large, greased baking dish. Bake for 45 minutes or until brown and bubbly.

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. Wheel of Fortune 2. Hard times ahead 3. Jumbo Jet 4. Minimize

MARCH 2025

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 inside article >>

by abdominal pain and altered bowel habits. Symptoms include abdominal pain or cramping, bloating, gas, and diarrhea or constipation (or both), among others.

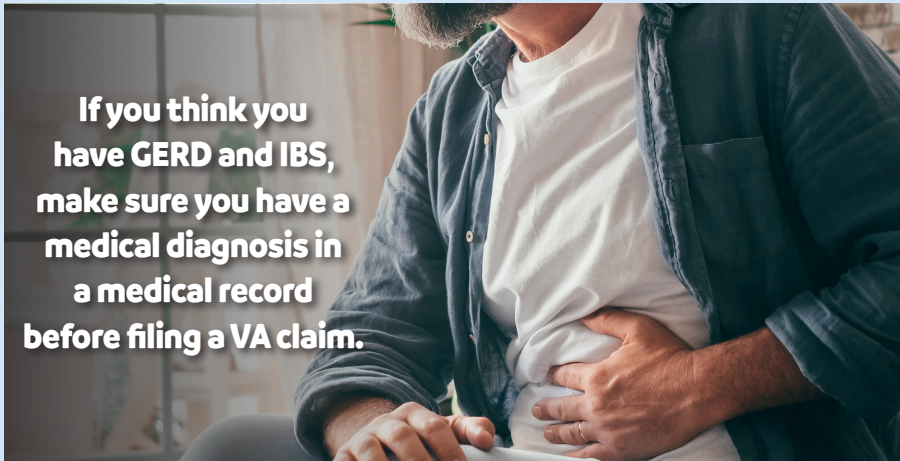
The new VA ratings for IBS under DC 7319 range from 10% to 30% with a break at 20% depending on the frequency, severity and duration of symptoms and how those symptoms negatively impact your work, life, and social functioning.

So, I can get a VA rating for GERD and IBS?

Yes. Veterans can get separate VA ratings for both GERD and IBS under the new DC7206 and DC 7319, respectively. For example, you could get a VA rating for GERD at 50% under DC 7206 for esophageal stricture with acid reflux and a VA rating for IBS at 20% under DC 7319.

If you think you have GERD and IBS, make sure you have a medical diagnosis in a medical record before filing a VA claim. This can be in the form of service treatment records, VA medical records, or private medical records. Our VA Disability team at the Jan Dils Foundation can help you file

the proper paperwork for your claim or appeal and walk you through the process. Call us today at **833.534.3577** or email us at **contact@JanDilsFoundation.org** to schedule your free consultation. You served your country, now let us serve you.



If you think you have GERD and IBS, make sure you have a medical diagnosis in a medical record before filing a VA claim.

Source: <https://vaclaimsinsider.com/can-i-get-va-disability-for-both-gerd-and-ibs/>