Brain vs Mind; TBI vs PTSD

In military veterans and first responders by
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What is your **brain** versus your **mind**? Your brain is a physical organ made up of nerve cells, astrocytes, blood vessels with a blood brain barrier and unique metabolic environments. Your mind is the complex set of mental processes that allows you to think, feel, perceive remember and imagine: it includes both conscious and unconscious processes. Then what is **TBI** versus **PTSD**? Traumatic Brain Injury or TBI is brain injury (a result of multiple concussions/blasts) that is caused by an outside force such as a blast or blunt trauma. PTSD (Post Traumatic Stress Disorder) is the designation for a group of symptoms that represent brain injury.

What are the symptoms that lead to diagnosis of PTSD? Visual disturbance. Cognitive processing difficulties. Negative and unstable emotions including anxiety, depression, irritability, rage and suicidality. Sleep disturbances including nightmares and night terrors. Dizziness. Recognize these symptoms? These symptoms are all symptoms consistent with TBI.

Receiving a diagnosis is dependent on what **kind of testing** is done and what **kind of doctor** is making the diagnosis. When a **neurologist** evaluates a combat veteran using sophisticated brain imaging (like a Brain MRI – DTI – NQ) the **brain injury** is identified. A brain injury is a wound that needs to be healed. When a **psychologist / psychiatrist or other practitioner** evaluates a combat veteran and discusses their **symptoms**, they are diagnosed with PTSD. PTSD symptoms are treated with medications and talk therapies. Evaluating the causal pathology of the symptoms leads to different treatments. Medicating symptoms never results in healing the brain injury. Hyperbaric Oxygen Therapy (HBOT) is the only treatment that has ever been shown to heal a brain injury condition. **HBOT** supports the ability of the brain to heal itself, as it is designed to do. **Brain health is mental health.**