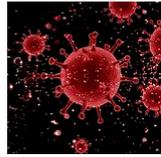




Who We Are



COVID-19 & INIM



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THE INIM PRESENTS

# THE GULF WAR DISPATCH



## WELCOME TO THE GULF WAR DISPATCH

We are excited to launch our monthly newsletter, The Gulf War Dispatch. The Gulf War Dispatch is dedicated to sharing current and upcoming research opportunities, both locally and nationally, along with invitations to conferences and events. Additionally, we will be presenting important information from nutrition and exercise to commonly asked questions and a new Veteran's spotlight. We hope you find the information interesting, useful and informative. We look forward to sharing the institute's continued efforts for advancing knowledge and care for people with Gulf War illness.

**The Gulf War Dispatch's mission is to share information both locally and nationally.**

# WHO WE ARE

The Institute for Neuro-Immune Medicine (INIM) at Nova Southeastern University strives to advance knowledge and care for people with complex neuro-inflammatory illnesses through the integration of research, clinical care and education.

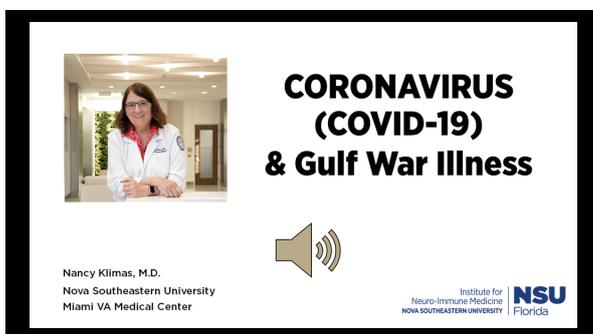
Current research focus at INIM includes Gulf War illness (GWI) as well as other chronic complex medical illness. Investigators, clinicians and educators are committed to applying scientific advances to promote efficiency, enhance patient care and improve clinical utility. This advancement is done through clinical, laboratory, computational and integrative research.

## THE INSTITUTE FOR NEURO-IMMUNE MEDICINE & COVID-19

The Institute for Neuro-Immune Medicine is taking actions to prevent and slow the spread of COVID-19, while continuing to offer care and resources to our community. Research, clinical, and laboratory operations deemed mission critical will continue to be conducted on campus.

Our priority is the safety of our research participants and clinical research staff. We will continue to monitor research operations and maintain close communications with research participants that are currently enrolled in active research studies. We will continue to recruit interested participants in studies in order to continue our efforts in advancing knowledge and care for people with complex neuro-inflammatory illnesses. Participant onsite visits will begin on June 15th.

Click on the image below to hear Dr. Klimas discussing what you should do about COVID-19, if you are a veteran with Gulf War illness!



**CORONAVIRUS (COVID-19) & Gulf War Illness**

Nancy Klimas, M.D.  
Nova Southeastern University  
Miami VA Medical Center

Institute for Neuro-Immune Medicine  
NSU Florida  
www.nova.edu/institute

## Ongoing Gulf War Illness Research



**CMI/GWI Survey Study**



**Gulf War Illness Clinical Trials and Interventions Center (GWICTIC)**



**Nutraceutical Study For Gulf War Illness: CoQ10**



For more information on these studies and more, contact us at 305-575-7648 or VHAMIAGWI@va.gov, or visit our website:

<https://www.nova.edu/nim/research-studies/research-studies>

# A GULF WAR VETERAN'S GUIDE TO STAYING ACTIVE & HEALTHY DURING THE TIMES OF COVID-19

*Jeffry Cournoyer, INIM Physiologist*

I'm sure many of you know, fears over spreading the novel coronavirus has taken over the airways, shut down many public gatherings and has caused many public officials to implore most folks to stay in their homes. But, if we're stuck inside our homes, how can we possibly stay active?

Let's take the time to discuss a few healthy habits that we can all benefit from while we're stuck inside.



## **Accumulate at least 30 minutes of exercise per day**

A few years ago, the American College of Sports Medicine changed their recommendation from 30 minutes of continuous exercise per day to 30 minutes of accumulated exercise per day. This is because “starting the engine” multiple times per day has been seen to be a great thing! So try to set a timer. Maybe once or twice per hour, stand up and do a few minutes of light exercise. Maybe it's walking back and forth in your house, doing a few squats or playing that new virtual reality headset, but whatever it is, see if you can start your “engine” more often. Believe me, it'll feel great!



## **Make sure to take care of your mental health**

Mind and body are linked in so many ways. So much so, that there is something called a psychosomatic symptom, where your mind can tell your body that there is a problem when nothing is actually wrong! It is important to exercise your mind as much, if not more, than you exercise your body. Exercise has been shown to be an excellent way of preventing symptoms of depression and anxiety, so the mind and the body can actually help each other! If you're feeling lonely, depressed or anxious during these tough times, try to find someone to talk to. Use the technology that we have available to us to FaceTime or Skype friends and loved ones and make sure to exercise those interpersonal bonds, too! Just remember, “Social Distancing” doesn't mean social isolation. Keep your friends close to your mind and your heart and you'll see the wonders that can work! Well there you go! Just remember: Stay Moving and Keep Learning!

# RESEARCH HIGHLIGHT

We are pleased to introduce the Gulf War Illness Clinical Trials and Interventions Center (GWICTIC)!

The Gulf War Illness Clinical Trials and Interventions Center (GWICTIC) is a collaborative, translational research group promoting innovative, efficient and evidence-based studies with the intent to develop treatments in Veterans with Operation Desert Storm/Desert Shield deployment related environmental exposure conditions. Gulf War Illness, or Chronic Multi-symptom Illness, refers to a group of symptoms experienced by Veterans deployed to the Persian Gulf during Operation Desert Storm/Desert Shield.

The GWICTIC is conducting several clinical trials and interventions aimed at understanding Gulf War Illness, also known as 'chronic multisymptom illness'. These clinical trials are funded by the Department of Defense (DoD) and will be conducted at NSU's Institute for Neuro-Immune Medicine, Boston University, New Jersey War Related Illness and Injury Study Center (WRIISC), and the California U.S. Department of Veterans Affairs War Related Illness and Injury Study Center (WRIISC).

**For more information**, please contact us at **954-262-2870** or **GWICTIC@nova.edu** or visit our website at [nova.edu/nim/GWICTIC/gwictic-studies](http://nova.edu/nim/GWICTIC/gwictic-studies).

## VETERAN SPOTLIGHT

Bill Watts

*Gulf War Combat Veteran*

*4th Battalion, 5th Air Defense Artillery,  
1st Cavalry Division*

Bill Watts currently resides in Doral, Florida, serving in many ways to help his fellow Veterans. He serves as a committee and subcommittee member for the RAC-GWVI and aids outreach programs at the Miami VA and Nova Southeastern University.

He serves on Senate Veteran Steering Committees and volunteers as the Director of Operations for Fishing with America's Finest, a non-profit group that works with Veterans suffering from PTSD, physical or other mental disabilities using Piscatorial (Fishing) Therapy. Additionally, he was appointed by the Mayor and Council to serve on the Doral Military Advisory Committee and chosen to be a Military Consumer Reviewer for the Gulf War Illness Research Program (GWIRP).

Mr. Watts has been honored by Congress with the Veterans Commendation Award, the Florida Senate Veterans Champion Award and recognized by Miami-Dade County and the City of Doral, Florida, for his work with Veterans on and off the water.

Being that Mr. Watts suffers from many of the Gulf War illness symptoms himself, he participates in research performed by the Miami VA Medical Center to improve the health of Gulf War Veterans who also suffer.

