

What to Do If You Believe Your Child or Grandchild's Health Has Been Affected by Toxic Exposures During Your Military Service



Veterans

- ✓ Enroll in the VA System
- ✓ Make an appointment for Agent Orange Registry Health Exam by contacting your local VA Environmental Health Coordinator. The registry evaluation is separate from VA's disability compensation process and does not confirm exposure during service.
- ✓ Obtain your full military records with the assistance of an accredited service officer.
- ✓ Make copies of your military and medical records for your children, with instructions to keep them safe and pass them along to your future generations. Your families will need your records for compensation requests.
- ✓ Talk with your children/grandchildren. Tell them where you were, what you did, and let them know of the toxic exposures are associated with your service.
- ✓ Educate your physicians. If your physicians are not in the VA system, inform them of your military service and toxic exposures; request that your military health history be included in your medical records.

Families

- ✓ Have your children or grandchildren file a claim. If you believe your child or grandchild has a health issue that may be linked to your exposure while serving in our nation's armed forces, have **them** file a claim with the assistance of an accredited Veterans Service officer. Expect these claims to be denied. The important thing is to get these kids registered in the VA system. The claims are filed on VBA Form 21-0304 and are sent to the VA Regional Office in Denver, Colorado. The children's claims are not processed with the veterans claims and do not add to the veterans' claims backlog.
- ✓ Educate your physicians. Inform them of your parent or grandparent's military service and toxic exposures; request that this military health history be included in your medical records.

- ✓ Collect and protect your full medical records and your veteran's military and health records.
- ✓ Register with Birth Defect Research for Children. Have your children and their children complete the birth defects registry at www.birthdefects.org. Headed by Betty Mekdeci, BDRC is an independent, nonprofit organization that has been tracking the health of the children and grandchildren of veterans. Telephone number: 407-895-0802.
- ✓ Share your story. To alert legislators and the media to this ongoing legacy of war, we are collecting real stories about real people. If you wish to share your family's health struggles that you believe are related to military toxic exposures, send your story via email to mporter@vva.org

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- ✓ Visit www.vva.org and www.avva.org

All Politics is Local: We need your Help.

- ✓ Contact your Senators and ask them to cosponsor S.901, the Toxic Exposure Research Act of 2015.
- ✓ Contact your Representatives and ask them to cosponsor H.R. 1769, the Toxic Exposure Research Act of 2015.