On May 14, we finished the first round of Life Aid Project testing where we began gathering preliminary data that will help with the design our full study. The preliminary Veteran group had been evaluated and treated through the traditional VA mental health model.

Our study builds on previous studies that have shown the utility of SPECT to enhance proper diagnosis when attempting to distinguish PTSD from TBI in the veteran population. We hope to conclusively show that adding SPECT to the traditional model practiced at the VA would significantly increase diagnostic accuracy and treatment effectiveness within the veteran population for other conditions as well besides PTSD and TBI while simultaneously reducing the high burden that comes from improper diagnosis and treatments.

This ultimately will translate to a significant reduction in veteran suicide rates and reduced total mental health spending (from improper diagnosis, medication/treatment trial and error, hospitalizations, disability benefits, etc.).

**Preliminary Results:**

Our first round of testing showed that:

SPECT can be applied to diagnostically separate PTSD from TBI and depression reliably in a veteran.
TBI ON SPECT: DECREASED CEREBELLUM ACTIVITY

SIGNS OF TBI ON SPECT ACTIVATION SCANS

Normal SPECT Scan

- Normal level of Activation in Cerebellum
- Normal "Active" Brain SPECT Scan
  - Most active areas are in cerebellum at back of the brain

TBI

- Decreased Activation in Cerebellum
- Increased Activation in Cerebellum
- Flattening of Frontal Pole
- Inversion of Frontal Pole

SPECT Scan

- Off-Center Anterior Cingulate
- Classic Posttraumatic Stress Disorder Scan
  - Diamond Plus pattern shows increased activity in anterior cingulate (top of diamond), basal ganglia/amygdala (middle), and thalamus (bottom) as well as right lateral temporal lobe (arrow)

PTSD ON SPECT: DIAMOND PLUS PATTERN
As a follow up to the information reported in the Georgetown Study, it was observed that Veterans who had been participating in the No Vet Alone style program for many years had healthier brains (less signs of PTSD, Depression, etc) than those new to the program. Although not a direct correlation due to test methodology, the results warrant a more formal study. (Phase II).

**Exercise: Psych patients' new natural prescription**

Veterans that were on medications who were still reporting active symptoms. Of this group, 75% had SPECT scans that suggested a different medication might be more effective.

Meanwhile, the vets that initially opposed (not taking any medications at the time of this test) to using medications (due to previous bad experiences with blind medication trials) where now more open to the idea of a targeted medication trial (by using tools such as SPECT).

Additionally, in 100% of these veterans (whether on medication or not), SPECT revealed targets for non-pharmacological therapies and need for additional testing such as group physical activity, HBOT, Scotopic Sensitivity/Irlen's Syndrome screen, volumetric MRI, sleep study, neuromodulation techniques, EMDR, beneficial supplements, etc.

**SUMMARY:**
This preliminary data strongly supports the notion that SPECT guided assessments are superior to the traditional psychiatric model currently implemented at the VA.

The traditional psychiatric treatment model is inefficient at properly diagnosing and treating a great majority of patients because it does not take into account brain systems and brain activity. Alarming veteran suicide rates have not improved despite decades of robust implementation of this traditional treatment model at the VA. SPECT is able to tap into these brain systems allowing for improved diagnostic accuracy, targeted treatments and improved outcomes.
Patient specific factors and whole health strategies are typically ignored in the traditional treatment model although they are inextricably linked to outcomes.

Previous studies have conclusively shown the utility of SPECT to enhance proper diagnosis when distinguishing PTSD from TBI in the veteran population.

LIFE AID PROJECT will expand this beyond PTSD and TBI to other neuropsychiatric conditions that negatively impact veteran suicide rates. It also seeks to account for individual patient factors which will be addressed as part of a whole-health model.

Adding SPECT to the traditional model practiced at the VA would significantly increase diagnostic accuracy and treatment effectiveness for veterans with mental health conditions while simultaneously reducing the high burden that comes from improper diagnosis and treatments. This ultimately will translate to a significant reduction in veteran suicide rates and reduced total mental health spending from improper diagnosis or medication/treatment trial and error, hospitalizations, preventable disability, etc.

This is just the tip of the iceberg and we need your support. The Life Aid Project will identify and account patient specific factors important when formulating a targeted and personalized treatment plan in each participant. We believe this approach will result in significantly improved treatment outcomes including decreased suicide rates.

**Participant Testimonial:**
In June of 2003 I came home from Iraq. Initially life was off to a good restart but slowly my life began to change and unravel over the years. Some periods better than others but it was always a struggle to thrive.

I've been blessed to receive a helping hand from John Wordin on several occasions when I was, at best, trying to claw my way out of my own mental sand pit but making little to no progress. Well, once again, John hit the nail on the head when partnered with #amenclinics to identify exactly where the brain is affected by PTSD and TBI through #Brain #spectscan. No more guessing, instead, a real diagnosis with physical evidence and undeniable evidence.

#PTSD is not real. #TBI is not real. #Toxic #exposure is not real. #Depression is not real. Take a look at the images of my brain and give that another thought.

Thank you, John Wordin, Amen Clinic and #LIFEAIDHOPE for making this possible for handful of us. Let's raise some funds and change more lives.

**From Life Aid Participants,**
I really hope your project takes off.

Another
I just want to tell you thank you. I was on the verge of committing Suicide in the past. I attempted taking my life 4 times, one was almost successful. I was always thinking about ending everything, till I came across this great organization called “NO VET ALONE”. John your organization gave me a purpose in life. Cycling is similar to combat you trained and trained till “D” day. D day is the events you hold in different states. This where your training come to play. Completing the day is like returning back home in one piece. JOHN thank you for what you are doing, from the bottom of my heart. And thank you for restoring hope, purpose and a stronger bond with my family. I have never ever found an incredible organization like NO VET ALONE!

**Another**

Just wanted to let you know I was able to get the meds that the Doctor wanted me to take after looking at my brain scan. So far I'm taking 2 of the 3 meds. One of the meds they had to special order so waiting for a phone call from pharmacy. So far I have felt a big difference in my anxiety and pain.

Thank you John for doing what you do to help our veterans with our daily struggles.

**Navy Veteran**

I just wanted to say "thank you from the bottom of my heart." for welcoming me for your cycling ride this morning. For the first time in my life as an adult, I have not had the urge to smoke any cigarettes since our beautiful ride this morning. I saw things that I thought I would never see in my life. I am so grateful to be alive at this very moment. It was so much fun. I have a long way to go for this adventure, but with faith in my higher power, and faith in the people around me. I look forward to working with you much more in the future. Thank you guys so much.

❤️  ❤️  ❤️  ❄️ Hoo-Yah.