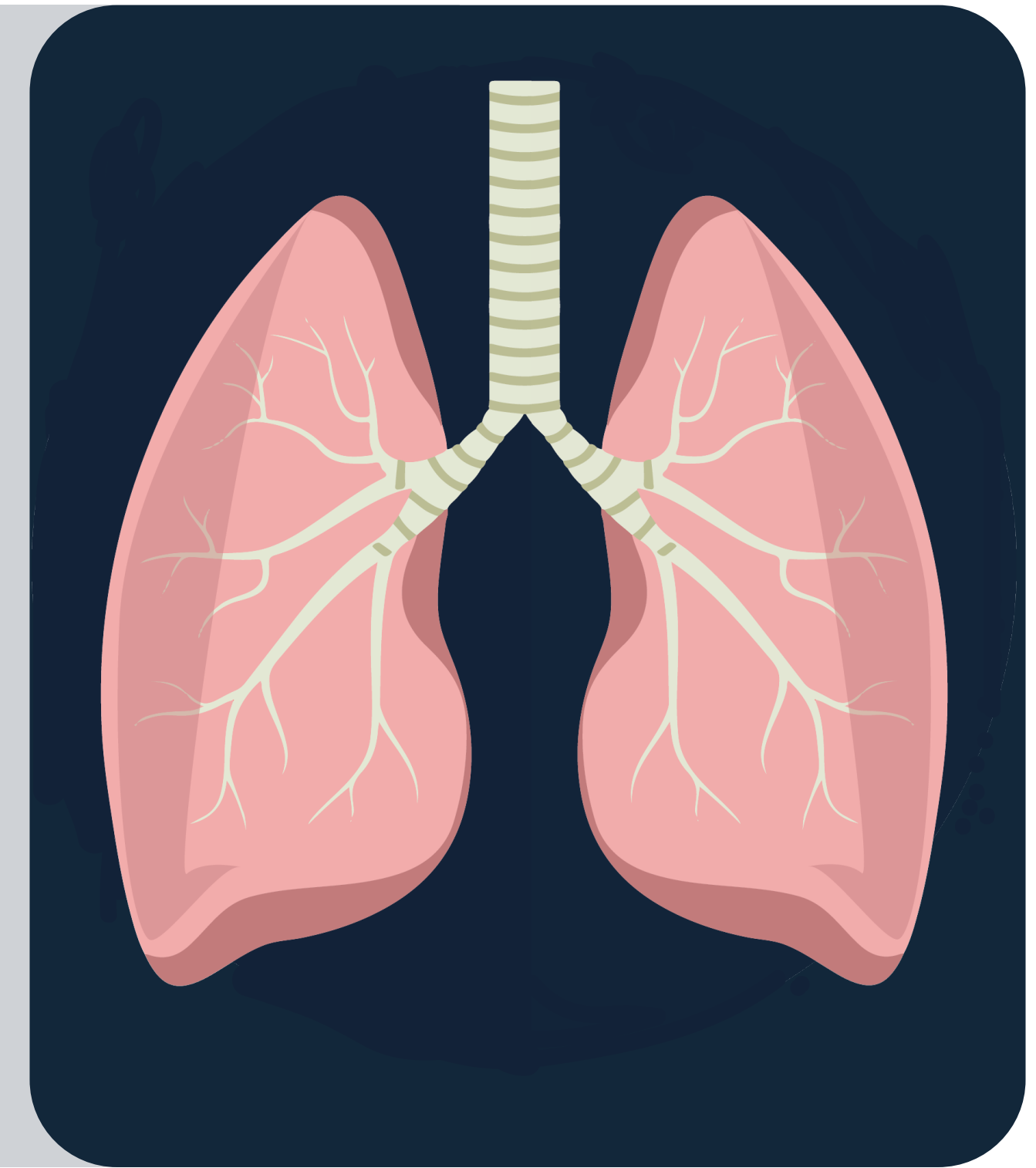





SELECT FINDINGS FROM THE MILLENNIUM COHORT STUDY PHYSICAL HEALTH RESEARCH PORTFOLIO

- Combat deployers were more likely to develop new-onset asthma and multiple somatic symptoms than non-combat deployers and non-deployers.¹
- Deployment proximity within 3 miles of documented burn pits was not associated with newly reported respiratory symptoms or respiratory diseases; continued follow-up of participants will allow further investigation of long-term associations.²



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- Both combat experience during deployment and PTSD individually increased the risks of developing new-onset hypertension and coronary heart disease, gaining weight, and developing obesity.³
 - Separation from service was associated with subsequent weight gain, although healthy behaviors such as regular exercise and sufficient sleep were identified as potential avenues for obesity prevention.⁴

- PTSD was associated with developing select autoimmune conditions (e.g., rheumatoid arthritis, inflammatory bowel diseases, lupus, and multiple sclerosis), which is suggestive of a common immune-mediated inflammatory mechanism.⁵
- Having a greater number of life stressors and prior infectious gastroenteritis were associated with Crohn's disease and ulcerative colitis.⁶

