

## Erin's weight loss was a sign of stress

**Erin:** I started having issues when I was in Iraq. It was getting toward the second half of our, I'd say actually three-quarters of the way through our tour in '07, actually it was in June of '07. I got sick while I was over there. I was down to 98 pounds. I lost a lot of weight and they didn't know why. The stress was just getting to me. They sent me to a Combat Stress Clinic in Baghdad where I spent a week there. You learn ways to deal with stress and you got to talk to a counselor or a social worker or a psychologist and then you also saw a medical doctor and a psychiatrist. And they just evaluated you for your symptoms that you went to the Clinic with and tried to return you to duty, and those that couldn't go back with their units, some people were sent back to the States. So, I got to spend my last two months in a safer area so I can maybe try to let my guard down a little bit and try to get some weight put on before I got back to the States. I gained it all back and then some eventually.



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