



# *Department of Veterans Affairs*

## ***Drew A. Helmer, MD, MS***

***Director, New Jersey War Related Illness and Injury Study Center***

Dr. Helmer is an expert in post-deployment health, the impact of combat deployment on the health and well-being of military service members. He has been the Director of the War Related Illness and Injury Study Center (WRIISC) at the VA-New Jersey Health Care System and Associate Professor of Medicine at Rutgers University-New Jersey Medical School since December 2011.

Dr. Helmer obtained his medical degree at Columbia University College of Physicians and Surgeons and his Masters of Science in Health Policy and Management at the Columbia University School of Public Health. Trained as a general internist, from 2001-2007, Dr. Helmer was the medical director at the WRIISC and a VA Health Services Research & Development Career Development

Awardee while at VA-NJ Health Care System. From 2007-2011, Dr. Helmer worked at the Michael E. DeBakey VA Medical Center in Houston, TX, where he was the lead clinician for Post-Deployment Health in Houston and for the South Central Veterans Integrated Service Network, Associate Director of Research for PrimeCare, and Assistant Director of the Neurorehabilitation: Neurons to Networks VA Rehabilitation Research and Development Traumatic Brain Injury Research Center of Excellence.

In addition to caring for Veterans and educating providers about post-deployment health, Dr. Helmer studies healthcare utilization and outcomes important to deployed Veterans including chronic pain, exposure concerns, depression and suicidal ideation, mild traumatic brain injury, and sexual health concerns. He has published more than 50 peer-reviewed articles and a book for a lay audience on these topics.

