

Media Report 17 January 2020

This weeks media reports will cover and answer great questions veterans are still asking such as **Benefits Nose, Throat and Sinus Impairment and direction to Support you need, when you need it. Rehabilitation services and local Media Articles**

•Special discounts and benefits to active Canadian Armed Forces members and veterans, as well as their spouses

The list currently includes more than 80 brands conveniently broken down into 10 categories. You can also save or print the list to use as a handy reference.

- Canadian Forces (CF) Appreciation Program: The CF Appreciation Program offers discounts to all military personnel and their families. It includes a variety of discounts from major brands and businesses. Deals are being added regularly so keep yourself updated by visiting the website. Sign up for a free CF One card to be eligible for these discounts
- Black Diamond Pro: CAF members can apply for Black Diamond's Pro Purchase Program to receive special store discounts (source).
- Gerber Gear: Veterans of the CAF can sign up for the Gerber Gear Program to exclusively receive discounts and free shipping. Restrictions apply (source).
- Law Enforcement & Armed Forces (LEAF): The LEAF purchase program grants discounts to CAF members who purchase at DS Tactical (source) and Triggertech (source).
- Leatherman Pro: Active duty members of the Canadian military can get special discounts when they apply to Leatherman's Pro Program (source).
- Lockhart Tactical: Lockhart Tactical offers a 10% discount to members of the Canadian military when they sign up for the Honor Program. Registration is free and valid ID is required (source).
- Medex Supply: Medex Supply offers a discount program to active and retired Canada Armed Forces members who can verify their eligibility online (source).
- Oakley Forces: Oakley Forces offers its products at a direct rate for military personnel. You must first register online with your valid military ID to be approved for the program (source).
- Outdoor Research VIP: Outdoor Research VIP offers discounts on outdoor equipment and gear. Complete an online application to sign up for their discounts (source).
- Tandy Leather: Tandy Leather's Military Appreciation Program offers special discounts and benefits to active Canadian

Armed Forces members and veterans, as well as their spouses (source). Location-specific discounts and deals for tickets can be found at CAF Connection (use the drop-down in the top left-hand corner to select your community). List of insurers who can offer discounted car insurance rates to military personnel in Canada can be found using

•EXAMPLES:

•The online version of this guide can be viewed at: <https://dealhack.ca/blog/canadian-military>

•The Dealhack Canadian Military and Veteran Discounts List is the result of our quarterly survey of brands that offer discounts to all members of the Canadian Armed Forces. Every 3 months, our team independently verifies each and every discount on this list. We also add more brands to the list regularly when we come across them.

•[https://dealhack.ca/blog/canadian-military-discounts?](https://dealhack.ca/blog/canadian-military-discounts?fbclid=IwAR0l6RXIcIsNQyqz3RoFd_803SRiNysK8PaLhr82STb3RTCA6u2S0CZH3wY)

[fbclid=IwAR0l6RXIcIsNQyqz3RoFd_803SRiNysK8PaLhr82STb3RTCA6u2S0CZH3wY](https://dealhack.ca/blog/canadian-military-discounts?fbclid=IwAR0l6RXIcIsNQyqz3RoFd_803SRiNysK8PaLhr82STb3RTCA6u2S0CZH3wY)

Chapter 10 – Nose, Throat and Sinus Impairment

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Introduction

This chapter provides criteria for assessing permanent impairment from entitled conditions of the nose, sinuses and trachea.

A rating is not given from this chapter for conditions listed below. Each bullet indicates the appropriate chapter to be used:

- Impairment from respiratory conditions is rated within [Chapter 12](#), Cardiorespiratory Impairment.
- Impairment from conditions that affect taste and smell is rated within [Chapter 20](#), Neurological Impairment.
- Impairment from conditions that affect speech is rated within [Chapter 20](#), Neurological Impairment.

Impairment from malignant conditions of the nose, throat and sinuses is rated within [Chapter 18](#), Malignant Impairment. Follow the steps contained within the Malignant Impairment chapter.

Rating Tables

This chapter contains two “Loss of Function ” tables and one “Other Impairment” table.

The tables within this chapter are:

Rating Tables		
Table	Loss of Function	Other Impairment
Table 10.1	Loss of Function – Nose	This table is used to rate impairment related to the nose.
Table 10.2	Loss of Function – Sinuses	This table is used to rate impairment related to the sinuses.
Table 10.3	Other Impairment – Trachea	This table is used to rate impairment from a tracheotomy.

Loss of Function – Nose

[Table 10.1](#) is used to rate impairment of the nose, the nasal cavity and the nasopharynx. Only one rating may be selected. If more than one rating is applicable, the ratings are compared and the highest selected.

If more than one condition is to be rated from Table 10.1 the conditions are bracketed for assessment purposes.

When entitled nasal conditions result in permanent impairment of other organ systems, a consequential entitlement decision is required. If awarded, the resulting impairment of that organ system(s) will be rated using the applicable body system specific table(s).

If non-entitled conditions or conditions rated within another chapter/table of the Table of Disabilities are contributing to the overall impairment, then the Partially Contributing Table (PCT) must be applied to arrive at the rating which is due to the entitled condition(s) rated within this table.

Loss of Function – Sinuses

[Table 10.2](#) is used to rate impairment of the paranasal sinuses which include the frontal, ethmoid, sphenoid, and maxillary sinuses. Only one rating may be

selected. If more than one rating is applicable, the ratings are compared and the highest selected.

When entitled sinus conditions result in permanent impairment of other organ systems, a consequential entitlement decision is required. If awarded, the resulting impairment of that organ system(s) will be rated using the applicable body system specific table(s).

If non-entitled conditions or conditions rated within another chapter/table of the Table of Disabilities are contributing to the overall impairment, then the Partially Contributing Table (PCT) must be applied to arrive at the rating which is due to the entitled condition(s) rated within this table.

Other Impairment – Trachea

[Table 10.3](#) is used to rate impairment resulting from a tracheotomy. Only one rating may be selected. If more than one rating is applicable, the ratings are compared and the highest selected.

When entitled tracheotomy conditions result in permanent impairment of other organ systems, a consequential entitlement decision is required. If awarded, the resulting impairment of that organ system(s) will be rated using the applicable body system specific table(s).

Table 10.1 – Loss of Function – Nose

Only one rating may be given from Table 10.1 below regardless of whether the condition is unilateral or bilateral. If more than one rating is applicable, the ratings are compared and the highest selected.

Each bullet (•) represents one criterion. In order for a rating to be established for Table 10.1, only one criterion must be met at a level of impairment for that rating to be selected.

Table 10.1 – Loss of Function – Nose

Rating	Criteria
Nil	<ul style="list-style-type: none"> • No clinical manifestations of airway obstruction (e.g. deviated nasal septum, benign nasal polyps); or • No clinical manifestations or symptoms of nasal discharge or sneezing; or • Intermittent or seasonal symptoms of rhinitis and no medication is required; or
Two	<ul style="list-style-type: none"> • Fractured nasal bones with no deformity. • Intermittent airway (unilateral or bilateral) obstruction (e.g. deviated nasal septum when complicated by acute upper respiratory infection, benign nasal polyps); or • Intermittent or seasonal symptoms of rhinitis requiring medication; or • Fractured nasal bones with deformity.

Four	<ul style="list-style-type: none"> • Continuous airway (unilateral or bilateral) obstruction (e.g. deviated nasal septum, benign nasal polyps); or • Chronic symptoms of rhinitis requiring medication more than 4 months of the year.
Nine	<ul style="list-style-type: none"> • Perforated nasal septum.

Table 10.2 – Loss of Function – Sinuses

Only one rating may be given from Table 10.2. If more than one rating is applicable, the ratings are compared and the highest selected.

Each bullet (•) represents one criterion. In order for a rating to be established for Table 10.2, all criteria designated beside each bullet (•) must be met.

Table 10.2 – Loss of Function – Sinuses

Rating	Criteria
Nil	<ul style="list-style-type: none"> • Chronic symptoms of sinusitis* not requiring medication.
Two	<ul style="list-style-type: none"> • Chronic symptoms of sinusitis* controlled by regular medications.
Four	<ul style="list-style-type: none"> • Chronic symptoms of sinusitis* which are not fully controlled by regular medication and which occur less than 4 months of the year.
Nine	<ul style="list-style-type: none"> • Chronic symptoms of sinusitis* which are not fully controlled by regular medication and which occur more than 4 months of the year.

* Symptoms of sinusitis may include:

- sinus pressure and tenderness
- nasal congestion
- pain in sinus area and/or tooth pain
- sinus headache
- post nasal drip.

Table 10.3 – Other Impairment – Trachea

Only one rating may be given from Table 10.3.

Each bullet (•) represents one criterion. In order for a rating to be established for Table 10.3, all criteria designated beside each bullet (•) must be met.

Table 10.3 – Other Impairment – Trachea

Rating	Criteria
One	<ul style="list-style-type: none"> • A tracheotomy that has been closed.
Thirteen	<ul style="list-style-type: none"> • Permanent tracheotomy.

Steps to Determine Nose, Throat and Sinus Assessment

- Step 1: Determine the rating from [Table 10.1](#) (Loss of Function – Nose).
- Step 2: Does the Partially Contributing Table apply? If yes, then apply to rating at Step 1.
- Step 3: Determine the Quality of Life rating.

- Step 4: Add the ratings at Step 2 and Step 3.
- Step 5: If partial entitlement exists, apply to the rating at Step 4.

This is the Disability Assessment for nasal conditions.

- Step 6: Determine the rating from [Table 10.2](#) (Loss of Function – Sinuses).
- Step 7: Does the Partially Contributing Table apply? If yes, then apply to rating at Step 6.
- Step 8: Determine the Quality of Life rating.
- Step 9: Add the ratings at Step 7 and Step 8.
- Step 10: If partial entitlement exists, apply to rating at Step 9.

This is the Disability Assessment for sinus conditions.

- Step 11: Determine the rating from [Table 10.3](#) (Other Impairment – Trachea).
- Step 12: Does the Partially Contributing Table apply? If yes, then apply to rating at Step 11.
- Step 13: Determine the Quality of Life rating.
- Step 14: Add the ratings at Step 12 and Step 13.
- Step 15: If partial entitlement exists, apply to rating at Step 14.

This is the Disability Assessment for trachea conditions.

Cost of Canada's military mission in Iraq expected to exceed \$1 billion

Ottawa Citizen

Around \$650 million was spent on the mission between the start of the operation in the fall of 2014 and March 2018. The specific costs since 2018 of what is known as Operation Impact haven't been tabled yet in Parliament. But that figure is estimated to be around \$424 million, according to newly released information from the Department of National Defence. [READ MORE](#)

Canadian soldiers leave Edmonton for Latvia to play role in 'deterrence mission' for NATO

Global News

A group of soldiers recently left Edmonton International Airport to head to Latvia as part of Operation Reassurance, a NATO mission involving the Canadian Armed Forces. "Some people have said it's a training mission but it's not," said Lt.-Col. Eric Angell, who will command a multi-nation battle group of about 1,400 soldiers once he arrives in Latvia. "It is a deterrence mission, that's why we are there... we gain credibility by doing that training." [READ MORE](#)

Mission de l'OTAN en Irak: le Canada impatient de poursuivre son travail

45e Nord

Le ministre de la Défense nationale, Harjit Sajjan, a conclu hier une visite à Bruxelles, où il discuté de la situation en Irak, de la mission de l'OTAN en Irak (MO-I) et d'autres questions importantes, notamment la Réunion des ministres de la Défense à venir en février. Il y a rencontré le secrétaire général de l'OTAN, Jens Stoltenberg, et le secrétaire général délégué, Mircea Geoana. Il a aussi rencontré la ministre de la Défense du Danemark, Mme Trine Bramsen, afin de discuter de la MO-I. Le

Danemark assumera le commandement de la mission à la fin de 2020. [LIRE PLUS](#)

Quebec to send firefighters and experts to help battle Australia wildfires

Global News

A Quebec forest fire protection organization, the Société de protection des forêts contre le feu (SOPFEU), is sending 20 firefighters and three forest fire specialists to Australia to help combat the deadly ongoing bush fires that have ravaged the country. The SOPFEU announced on Friday the firefighters and specialists will join the next Canadian resource deployment to Australia, which has been dealing with one of the worst wildfire seasons the country has ever seen. [READ MORE](#)

New partnership aims to improve services for veterans and UPEI students

Summerside Journal Pioneer

A new partnership between UPEI and Veterans Affairs Canada is being trumpeted as a path to providing improved services for veterans and their families. The memorandum of understanding (MOU), signed recently at the university, facilitates discussion and collaboration between the two organizations in clinical services, recruitment, training and educational services. The partnership aims to support research and education to foster new employees with the educational experience needed to meet the needs of veterans. [READ MORE](#)

Study aims to help veterans get mental health services they need

CTV News

A study being launched at the Lawson Health Research Institute is exploring the barriers some veterans may face seeking mental health care for a type of trauma known as moral injury. "It's known as sort of that psychological distress that follow events where people either commit, witness or fail to prevent acts that transgress or conflict with deeply held moral standards," explains Dr. Anthony Nazarov, a post-doctoral associate at Lawson. [READ MORE](#)

Un des derniers survivants du débarquement en 1944

Le Journal de Montréal

L'un des derniers vétérans québécois à avoir participé au débarquement de Normandie au cours de la Seconde Guerre mondiale, décédé mercredi des suites de la maladie, avait le dernier rêve de retourner en Hollande en mai pour célébrer la libération. « Ce n'était pas juste un héros, c'était un superhéros, laisse tomber Paul Rousseau, qui a accompagné Jean Trempe durant ses dernières années, en tant que préposé aux bénéficiaires, à l'Hôpital des anciens combattants de Sainte-Anne-de-Bellevue. Il était comme un second père pour moi. Il m'a comblé chaque jour durant lequel je l'ai côtoyé. » [LIRE PLUS](#)

Truro and New Glasgow army cadets master winter survival techniques

New Glasgow News

Army cadets from New Glasgow and Truro braved the snows around Debert for a weekend-long introduction to winter outdoor living. The six cadets, all non-commissioned officers, learned how to construct shelters from branches and bushes, build ice blocks to shield against gunfire and snowshoes across rough ground. Helping them were reservists from the Nova Scotia Highlanders (North). [READ](#)

MORE

Military asks Canadians to send Valentine's Day cards to veterans through program

Global News

Even though Valentine's Day is still more than a month away, the Canadian Armed Forces is asking for residents to consider sending cards and messages to this country's veterans. "Dear friends, many of our veterans live alone in long-term care facilities. This Valentine's Day, they'd love to hear from you," a message from the Canadian Forces in the United States Twitter account said in a recent appeal. Valentines for Vets, according to the Veterans Affairs Canada website, began in 1989 after columnist Ann Landers asked readers to send greetings to veterans at long-term care facilities in Canada and in the United States. [READ MORE](#)