Traumatic Brain Injury

What is it?

➢ Injury to head causing damage to brain

Causes

Falling

Vehicle Accident

Sports Injury

Blast Injury
More Causes

Falling Objects

- Headaches
- Neck and shoulder pain
- Sick in stomach
- Dizziness
- More tired than usual
- Ears ringing

Fighting or Assault

Symptoms

Physical:

- Headaches
- Neck and shoulder pain
- Sick in stomach
- Dizziness
- More tired than usual
- Ears ringing
• Vision blurry
• Hard time sleeping
• Light hurts eyes

Feelings and Actions

• Anxious
• Sad
• Avoid social activities
• Do things without thinking

Brain Function

• Problems with memory
• Think slowly
• Trouble learning new things
• Trouble paying attention
• Trouble problem solving
Symptoms might take time to show up

Sometimes symptoms look like mental health problems

Recovery is difficult to judge
  - Milder injuries most likely to recover
  - Quickest recovery first months after injury
  - Will continue to improve after first months

Call 911 if symptoms are bad

Go to hospital

Ask for help
*Adaptation of traumatic brain injuries pamphlet from Missouri Department of Health and Senior Services