

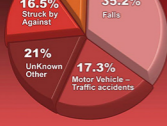
TRAUMATIC BRAIN INJURY

What is Traumatic Brain Injury?

A traumatic brain injury (TBI) occurs when the head is subjected to a sudden blow or jolt. TBIs can also be the result of penetrating injuries when an object such as a bullet breaks the skull.

Did You Know?

The most common causes of TBIs include:



Among the most common causes of TBIs are falls and motor vehicle accidents. Sports related injuries are also common and in the military, blast related TBIs caused by exposure to explosive devices have been common in the recent conflicts in Iraq and Afghanistan.

Did You Know?

According to the Centers for Disease Control (CDC) at least 1.7 million TBIs occur in the United States each year.



OVER 1.7 million TBIs occur per year

Did You Know?

TBI is a contributing factor to a third of all injury-related deaths in the United States and over 5 million Americans are living with a TBI-related disability.

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Diagnosing the Severity of a Traumatic Brain Injury

TBIs are classified as mild, moderate or severe based on the degree of injury. Mild TBIs, also often referred to as "concussions", result when only a short alteration in consciousness occurs that may be as brief as being temporarily dazed or confused.

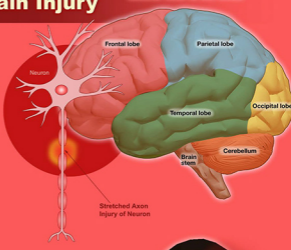
TBIs are classified as moderate to severe when there is an extended period of unconsciousness or amnesia after the injury.

Symptoms of Traumatic Brain Injury

Symptoms such as headaches and dizziness are common immediately following a TBI. Recovery generally depends on the severity of the initial injury. Most people with mild TBIs recover quickly and fully.

However sometimes after mild TBIs, symptoms including headaches, impaired memory and concentration as well as changes in mood can last for days, weeks, or longer. People who have suffered moderate to severe injuries typically recover more slowly but may still make full functional recoveries although some will be left with persistent neurological deficits or post-traumatic epilepsy.

Lateral View of the Brain

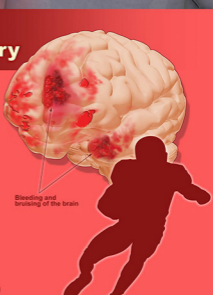


Treatments for Traumatic Brain Injury

Sometimes TBIs can cause bleeding inside the brain that requires surgery. However, most mild TBIs can be treated with conservative measures.

Sport's concussions are treated with rest followed by a gradual return to previous athletic activities.

Severe TBIs may require a more prolonged recovery period that includes specialized rehabilitation therapy.



Prevention Tips

TRAUMATIC BRAIN INJURY

Wear a seat belt every time you drive or ride in a motor vehicle.

When driving always buckle a child in an age and size appropriate child safety seat, booster seat or seat belt.

Wear a helmet and make sure that children wear helmets when engaged in activities such as riding a bicycle, motorcycle or a scooter or when engaged in sports such as football or skiing.

Reduce the risk of falls for seniors by removing tripping hazards such as throw rugs, using nonslip mats in the bathtub and on shower floors and installing grab bars next to toilets and in the tub or shower.



Information from this infographic has been adapted from <http://www.cdc.gov/nchs/data/braininjury/>
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