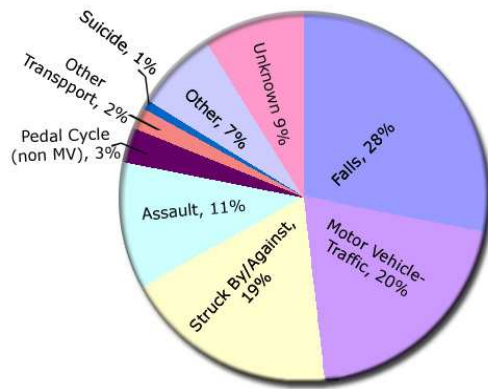


- **What is a Traumatic Brain Injury?**

A traumatic brain injury (TBI) is caused by a blow or jolt to the head or a penetrating head injury that disrupts the normal function of the brain.

- **Leading Causes of TBI:**

- Falls (28%)
- Motor vehicle-traffic crashes (20%)
- Struck by/against events (19%)
- Assaults (11%)



More Helpful Resources

- Neurology Channel  
<http://www.neurologychannel.com/tbi/index.shtml>
- National Center for Injury Prevention and Control  
<http://www.cdc.gov/ncipc/factsheets/tbi.htm>
- National Institute of Neurological Disorders and Stroke  
<http://www.ninds.nih.gov/disorders/tbi/tbi.htm>
- Traumatic Brain Injury  
<http://www.traumaticbraininjury.com/>

# TRAUMATIC BRAIN INJURY

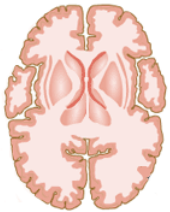


The leading cause of deaths and disabilities in our youth

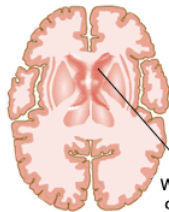
## • How serious is a TBI?

A TBI can be mild, moderate, or severe, depending on the extent of the damage to the brain. A mild TBI may cause a person to lose consciousness for a few minutes. Other symptoms include headache, confusion, lightheadedness, dizziness, blurred vision, or tired eyes. A moderate TBI results in many of the same symptoms as well as repeated vomiting or nausea, convulsions or seizures, slurred speech, weakness, or numbness in the extremities. A severe TBI can result in epilepsy, Alzheimer's disease, Parkinson's disease, Mental Retardation, other profound disabilities, or even death.

Normal Brain



Brain Injury



Widespread cerebral swelling

## • The Facts of TBI

- 1.4 million people sustain a TBI each year in the United States
- TBI occurs twice as often as men as in women
- Individuals at higher risk are those between the ages 15 to 24, as well as age 75 and older



- Nearly half (42.6%) of all children's injuries occur in roads, 34.3% occur at home, and 6.6% occur in recreation areas
- The cost of traumatic brain injuries in the United States is estimated at \$48.3 billion annually

## • How to prevent from getting a TBI:

- Wear a seat belt every time you drive or ride in a vehicle
- Never drive while under the influence of alcohol or drugs
- Wear a helmet while bike riding, on a motorcycle, playing contact sports, etc.
- Use hand rails
- Put non-slip pads in the bottom of your bath tub
- Use safety gates with children

