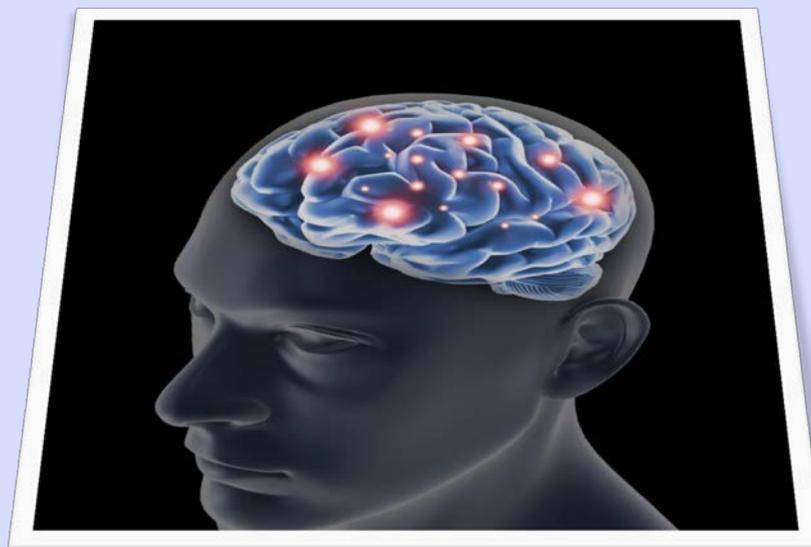
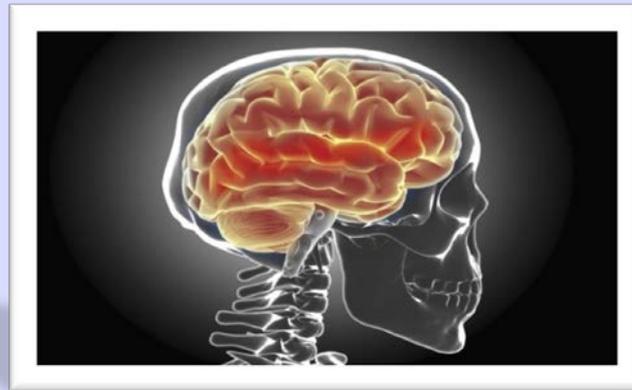


# March is Brain Injury Awareness Month



# What is Traumatic Brain Injury?

Traumatic Brain Injury (TBI) is a disruption or change in brain function caused by a blow or jolt to the head, or penetrating head injury. These injuries can vary in severity and are classified as mild, moderate or severe.



# What are the types of Traumatic Brain Injuries?

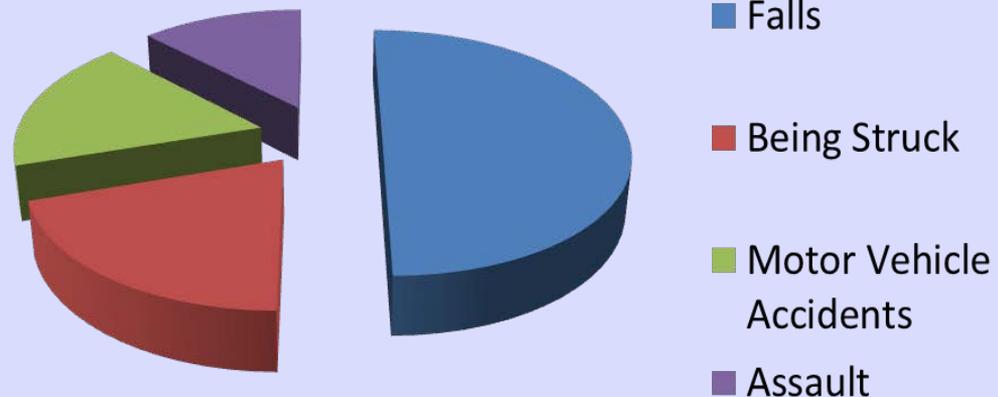
- TBIs are categorized across a spectrum on injury ranging from mild TBI (mTBI), commonly known as concussions, to moderate and severe brain injuries.



# What causes Brain Injuries?

- Falls, motor vehicle crashes, being struck in the head by or against an object, and physical assaults are four commonly reported causes of TBI.

TBI Causes



# What are the **Observable Signs of TBI?**

- Appearing dazed or stunned
- Forgetting instructions
- Moving clumsily
- Answering questions slowly
- Losing Consciousness (even briefly)
- Mood, behavior or personality changes
- Memory loss before and after the hit or fall



# What are the **Reported Signs of TBI?**

- Headache or “pressure” in head
- Nausea or vomiting
- Dizziness or balance problems
- Double or blurry vision
- Feeling sluggish
- Concentration or memory problems
- Confusion/ Not “feeling right”
- Mood changes
- Sleep changes



# Who's at **Risk** for TBI?

- Men
  - In every age group, TBI rates are higher for men
- Young children, 0-4 years old
  - Rates of emergency department visits were highest for children aged 0-4 years



# Who's at **Risk** for TBI (cont.)?

- Teens and Young Adults
  - Teens and young adults have the highest rates of motor-vehicle-related
  - Approximately 71 percent of sports- and recreation-related TBI ED visits are among persons 10–19 years old
- Older Adults
  - Adults aged 75 years and older have the highest rates of TBI-related hospitalization and death.



# Concussions

- The most common form of TBI is mild (mTBI) and is also known as a concussion.
- Seek medical attention immediately after a head injury.
  - Concussions require time and rest to heal properly. Children and adolescents should be evaluated by a health care professional trained in evaluating and managing pediatric concussions



# What can **YOU** do?

- TBI can occur in any sport or recreational activity. All parents, school professionals, caregivers, coaches, athletes, and participants in recreational sports need to learn TBI signs and symptoms and what to do if one occurs.
- Call your health care provider right away if you or someone you know has an injury to the head and you notice ANY of the observable signs of TBI.



# TBI Resources

## Health care professionals:

<https://www.cdc.gov/concussion/clinician.html>

[https://www.cdc.gov/concussion/HeadsUp/physicians\\_tool\\_kit.html](https://www.cdc.gov/concussion/HeadsUp/physicians_tool_kit.html)

## Service members and veterans:

[http://www.cdc.gov/traumaticbraininjury/pubs/congress\\_military.html](http://www.cdc.gov/traumaticbraininjury/pubs/congress_military.html)

## Older Americans:

<http://www.cdc.gov/TraumaticBrainInjury/seniors.html>

## Youth sports, athletes, coaches and parents:

<http://www.cdc.gov/headsup/index.html>



# Need More Information?

TRICARE.mil houses information about the TRICARE benefit. Whether beneficiaries are looking for specific benefit information or tips to live well, it is available online.

The Military Health System's campaign, Operation Live Well, promotes leading a physically, mentally, socially and spiritually healthy lifestyle.

[www.tricare.mil/livewell](http://www.tricare.mil/livewell)

[www.health.mil/olw](http://www.health.mil/olw)

