

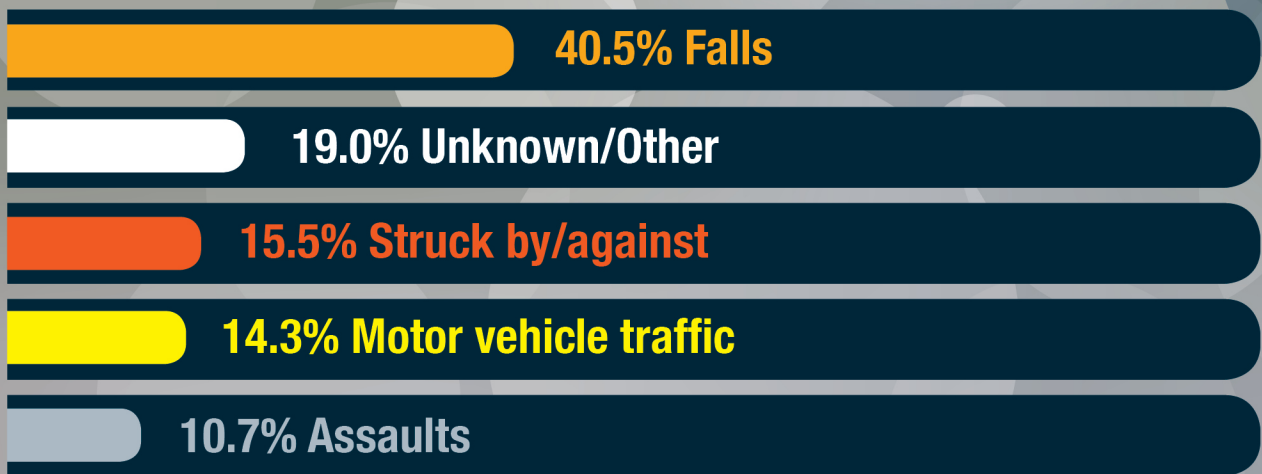
What is a **TRAUMATIC** BRAIN INJURY?

A traumatic brain injury (TBI) is a bump, blow or jolt to the head that disrupts the way the brain normally works. It can cause cognitive, physical, emotional and behavioral changes. Not all blows or jolts to the head result in a TBI. The severity of a TBI may range from “mild” (i.e. brief change in mental state or consciousness) to “severe” (i.e. an extended period of unconsciousness or memory loss after the injury). Most TBI’s that occur each year are mild, commonly called concussions.

Source: CDC www.cdc.gov/traumaticbraininjury/get_the_facts.html



Leading Causes of TBI:



- Symptoms may not appear for days or weeks after the event.
- Even a mild concussion or injury can cause serious problems
- Watch for vomiting, double vision, pupil dilation, confusion, difficulty waking, behavioral changes, numbness in arms/legs, severe headaches, fluid or blood coming from ears/nose.

*Contact your physician immediately if these symptoms appear.

Symptoms of TBI:

COGNITIVE

- Difficulty thinking clearly
- Feeling “slowed down”
- Difficulty concentrating
- Memory Difficulties

SLEEP

- Sleeping more than usual
- Sleeping less than usual
- Trouble falling asleep
- Trouble staying asleep

EMOTIONAL

- Irritability
- Sadness
- Increase of emotions
- Nervousness, anxiety

PHYSICAL

- Headache
- Nausea, dizziness
- Sensitivity to noise or light
- Lethargy



North Carolina Department of Health and Human Services, Division of Mental Health, Developmental Disabilities and Substance Abuse Services

The CDC reports that **2%** of the population has sustained a TBI. In North Carolina that means approximately **208,000** individuals are living with a TBI.

The Department of Health and Human Services (DHHS), in collaboration with our partners, protects the health and safety of all North Carolinians and provides essential human services.

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TRAUMATIC BRAIN INJURY PROGRAM

