

PAYING ATTENTION TO A MILD HEAD INJURY

Mild Brain Injury Symptoms Can Be Delayed

People with mild traumatic brain injury often look fine. That's why it's easy to miss the subtle clues of a TBI. Symptoms may include:

Personality changes – depression, anxiety, anger, irritability

Problems thinking – memory, concentration, learning, speaking, understanding

A significant drop in performance at school or work, during sports or in social situations

Changes in sleep patterns or appetite

Blurred vision, dizziness and nausea

Persistent, unexplained headaches

Feeling tired all the time

What Can You Do?

Contact your physician and discuss the need for a referral to a brain injury specialist. These professionals include: neurologists, rehabilitation nurses, clinical neuropsychologists and others.

Only take the drugs that have been prescribed by a doctor. For instance, something as simple as an aspirin may be harmful because it can increase bleeding.

Get plenty of rest and don't drink alcohol.

Learn about brain injury, then educate family, teachers and coworkers so they do not set unreasonable expectations for the injured person.

AFTER THE EMERGENCY ROOM

Did you or someone you care for recently hurt their head?

Did a doctor mention a concussion, brain injury or a hematoma?

All of these terms describe what may be a mild traumatic brain injury (TBI).

You should be aware that the symptoms of a mild brain injury may not become apparent until months after the injury. Additional follow-up care may be required to avoid permanent, life-altering consequences.

For More Information

Brain Injury Association of Georgia

www.braininjurygeorgia.org / 404-712-5504

Brain Injury Association of America

www.biausa.org / 1-800-444-6443

Centers for Disease Control and Prevention

www.cdc.gov/injury / 1-800-232-4636

Brain & Spinal Injury Trust Fund Commission

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**Brain & Spinal Injury
Trust Fund Commission**

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