



Brain Injury – Two Types

A Traumatic Brain Injury (TBI) is an injury to the brain caused by an external force such as a fall, car crash, sports, or violence.

An Acquired Brain Injury (ABI) is an injury caused by a medical condition such as a stroke, brain tumor, drug overdose, lyme disease, etc.



National Statistics

- 1.5 million Americans sustain a brain injury each year.
- An estimated 5.3 million Americans are living with a brain injury
- Each year 230,000 people are hospitalized with a traumatic brain injury and survive
- Every 21 seconds an infant, teenager, or adult sustains a traumatic brain injury
- One out of four soldiers returning from war have a brain injury



Consequences of Brain Injuries

Physical Consequences

- Seizures
- Difficulty in walking, balance problems
- Muscle weakness or stiffness
- Speech, hearing or visual impairments
- Headaches, migraines and pain
- Fatigue, increased need for sleep

Emotional and behavioral difficulties

- Self-centeredness and lowered self-esteem
- Lack of energy, restlessness or irritability
- Decreased motivation & difficulty sleeping
- Mood swings, periods of laughing or crying
- Inappropriate behavior

Cognitive deficits

- Short and Long Term memory loss
- Slowed ability to process information
- Attention and concentration problems
- Spatial disorientation
- Difficulties in
 - Following directions, planning and organizing
 - Communicating, reading and writing
 - Learning and remembering



How To Prevent Brain Injuries

- Wear helmet when bicycle riding, skiing, snowboarding, etc.
- Wear seatbelts while riding in a car
- Get regular medical check-ups
- Use protective equipment when playing sports
- Seek medical attention after a serious bump on the head



Additional Information

- TBIjourney.org
- Brain Injury Association of New Jersey - www.bianj.org
- Brain Injury Association of America - www.biausa.org