



WHAT IS A TBI?

A TRAUMATIC BRAIN INJURY

occurs when a sudden trauma or head injury disrupts the function of the brain.

PREVALENCE

1.7 MILLION
PEOPLE IN THE US
SUSTAIN A TBI ANNUALLY.
Almost 1/3 of all injury-
related deaths in the
US are caused by a TBI.

45%
OF HOMELESS MEN
HAVE SUFFERED A TBI
50%
OF JAILED NYC YOUTHS
HAVE BRAIN INJURY

EFFECTS

TBI can cause a wide range of functional short- or long-term changes affecting:



Memory and Reasoning



Communication, Expression, and Understanding

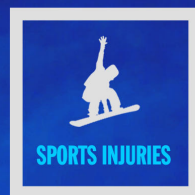
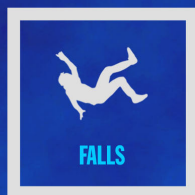


Touch, Taste, and Smell



Depression, Anxiety, Personality Changes, Aggression, Acting Out, and Social Inappropriateness

CAUSES



TBI IS OFTEN CALLED THE SIGNATURE WOUND of the Iraq and Afghanistan wars, with as many as **400,000** US veterans suffering from TBIs.

RECOVERY

BE EVALUATED AND TREATED BY TBI EXPERTS AND SPECIALTY CENTERS OF EXCELLENCE

- Follow the advice of the professionals
- Involve your family, school, employer, friends in education and support of your rehabilitation
- Exercise to the extent you are able
- Healthy diet can be really helpful
- Do not use drugs or alcohol
- Get adequate sleep and rest breaks as necessary during the day
- Do not isolate yourself socially – stay involved in the community
- Use compensatory devices, memory aids, as necessary
- Keep fun in your life – recreation and leisure pursuits, hobbies, are important to emotional well-being

NO TWO BRAIN INJURIES ARE THE SAME. RECOVERING FROM A SEVERE TBI CAN BE A LONG JOURNEY.

Sometimes sufferers may seem fully recovered, but in fact are still dealing with the ongoing consequences of their injury. This is why TBI is often called an invisible injury.

Much of the recovery after a brain injury occurs early on – usually within the first six months – and the brain can continue to heal for up to two years, with improvements possible even after that.

If someone has a TBI they'll benefit from lots of patience, positivity, support, inspiration, and encouragement.

BRAIN INJURY SUPPORT GROUPS AND STATE BRAIN INJURY ASSOCIATIONS ARE THERE TO HELP.

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