

Does it Hurt to Eat After Traumatic Brain Injury?

Source: BrainLine (Produced by Victoria McDonough and Brian King)

Video Link: <http://www.brainline.org/content/multimedia.php?id=2888>

Dr. Brian Greenwald: As far as it hurting to eat after brain injury, I've never seen pain, but I have seen people when they are eating something that would normally be very good tasting feel like it tastes like sour fish or something unpleasant like that. It's a big problem, but there's no easy answer to.

Fortunately a good percentage of people improve with regards to this, it doesn't bother them on a long-term basis. There is no effective treatment really for dealing with the abnormalities or lack of smell and taste.

Beyond that sometimes people, it's not that they can taste or smell, but foods just don't taste the same. Unfortunately beyond that it's just mostly avoiding foods. You may now have to create a new diet for yourself. Where you enjoyed pizza so much and it tasted so wonderful in the past if it's now creating an abnormal sensation because of injury to a nerve, Chinese food may now have to be your thing.