

### WHAT IS TRAUMATIC BRAIN INJURY?

Traumatic brain injury or TBI is a leading cause of cognitive and brain health problems occurring in millions of American every year. CDC estimates that around 30% of all injury deaths are contributed to Traumatic brain injury. For people that live through a TBI event, side effects can last anywhere from days to those that are lifelong. Traumatic brain injury is caused by a sudden strike or blow to the head or caused by something that penetrates the skull and also a blast injury that interferes with the normal function of the brain. It is important to understanding that TBI does not occur every time the head is bumped and depends on the forces and severity of the impact.

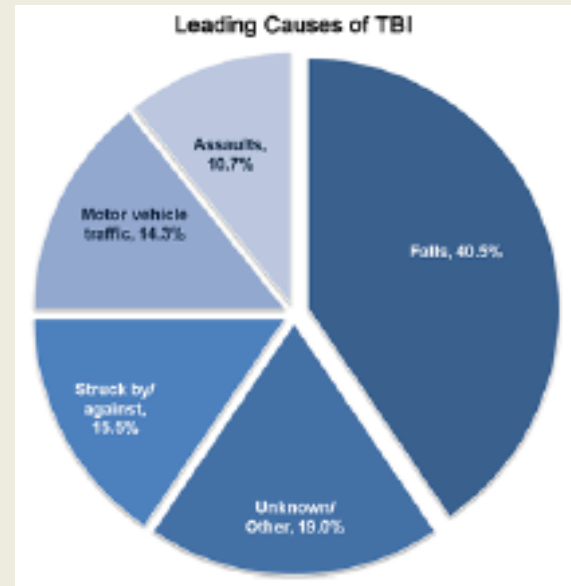
The severity of TBI ranges from mild to severe. This severity is based on both the signs and symptoms a person experiences and the length of time they have them. There are physical and cognitive symptoms of traumatic brain injury that are important for us to recognize.

### Mild Traumatic Brain Injury

The vast majority of TBIs are concussions. With mild TBI you may be fully awake or lose consciousness for a short period of time.

According to the ARIC study, adults with a history of a single prior head injury were associated with a 1.25 times increased risk of dementia, and a history of two or more prior head injuries were associated with over 2 times increased risk of dementia compared to individuals without a history of head injury. Given the strong association of head injury with dementia, there is an important need for future research focused on prevention and intervention strategies aimed at reducing dementia after head injury.

Mild Exercise, Nutrition & Meditation are ways the brain can recover more quickly from injury



### Symptoms of mild TBI include:

- ! Headache
- ! Blurred vision
- ! Lightheadedness
- ! Dizziness
- ! Ringing in your ears