

HEALTH NEWSLETTER

MARCH 2024

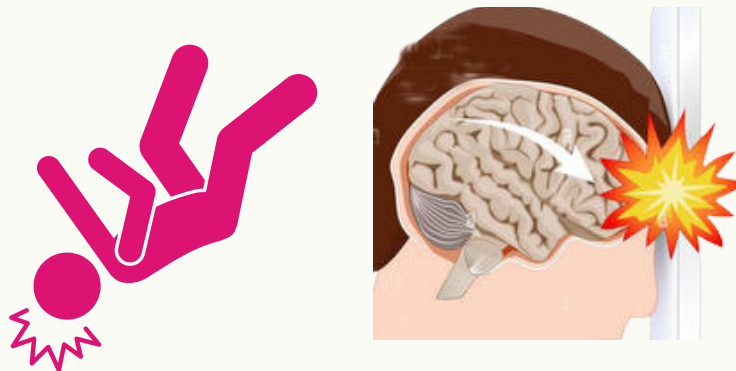
TBI (Traumatic Brain Injury) and Concussion Awareness Month

For this Month's Awareness topic, we highlight TBI, known as Traumatic Brain Injury. Many individuals experience brain injury in the United States and approximately 190 Americans die from TBI-related injuries each day.

A Traumatic Brain Injury can happen to anyone, and in severe cases, can impact how the brain works. Some injuries can be mild, but others can be severe and cause other health related outcomes. Another term commonly used for TBI is Concussion.

Common causes of TBI and Concussion

A traumatic brain injury (TBI) is often caused by a direct forceful impact on the head. TBIs can happen when falling or during sports like football, where players often collide with one another. These sudden hits on the head can lead to chemical changes in the brain and may also cause damage to brain cells.



Contact NEAAO For Assistance
Info@neaa.org

Symptoms

When a TBI or concussion occurs, it is important to pay attention to certain symptoms that can impact a person physically, mentally and emotionally.

Seek immediate medical attention if any of these are experienced after a head injury by calling 9-1-1 :

- Unconscious for five minutes or more
- Experience convulsions or seizures
- Experience dilation of the pupil of one or both eyes
- Fluid or blood is draining from the nose or ear
- Unable to waken from sleep



Tips to help recover from a TBI or Concussion

Here are a few tips to help you go through a faster recovery if you have experienced a traumatic brain injury or concussion :

- Get some rest and try avoiding physical activities for a few days or weeks
- Reach out to your medical care provider to discuss medication for symptom relief
- Avoid screen time, television and loud music
- Adopt a sleep and morning routine



**You can access the Brain Injury Association of America in Maine.
You will find helpful resources and support for individuals and families.**

You can contact the Helpline at 1-800-444-6443 or visit the website below :

<https://www.biausa.org/find-bia/maine>

Resources used

<https://www.cdc.gov/traumaticbraininjury/index.html>

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