



## January is National Winter Sports Traumatic Brain Injury Awareness Month

January 2018

### What is Traumatic Brain Injury?

Traumatic Brain Injury (TBI) is a complex condition with a variety of symptoms and can be mild or severe like any other injury. What makes it different from another injury is the symptom appearance. Sometimes symptoms

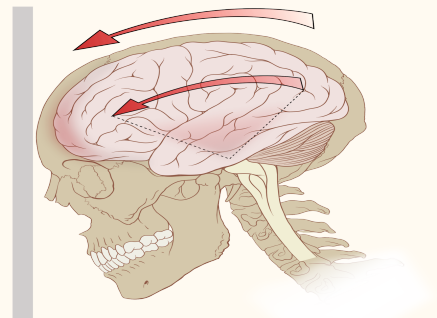
become noticeable after days or even weeks after the injury and they can start abruptly. Because of the delay in symptoms, the person often does not realize that she/he sustained a brain injury.

### Symptoms Of Traumatic Brain Injury

A brain injury is considered to be mild if after the event there is no loss of consciousness or loss of consciousness that lasts less than 30 minutes. Patients may experience confusion, headache, difficulty thinking and concentrating, memory problems, etc. Even though these kind of injuries are classified as mild, with often normal MRI and CT scans, the effects could be damaging.

A brain injury is classified severe if loss of consciousness lasts longer than 30 minutes and there is memory loss and confusion for more than 24 hours. The symptoms of severe TBI may include abnormal speech, emotional problems, loss of function of the extremities and impaired cognitive ability up to comatose state.

No brain injury is the same and recovery is different for each patient.





## Prevention

It is well known fact that to prevent the disease is much easier than to treat it, but since there is no cure for TBI, prevention is crucial!

Many preventative measures are just common sense and a part of everyday life:

- Always wear a helmet when on a snowmobile or scooter.
- Wear a helmet while skiing, skating, snowboarding and skateboarding.
- Conduct any sports activity in well lighted areas.
- Ski and sled only in areas free of trees, fences, cars or other fixed objects.
- If sledding/tubing, make sure to sit in a face-forwarding position.
- Never engage in winter sports alone.
- Check your sports equipment before going out.
- Review weather forecast.
- **Children must be supervised at all times!**



## Statistics

### Treatment

Initial treatment includes any stabilization patients might need including surgery. Acute treatment will follow by rehabilitation period when supportive care is provided. Visits usually are scheduled regularly and patient's condition is being constantly monitored including physical and emotional symptoms.

- An estimated 1.7 million of people in the US sustain TBI annually.
- 52,000 die from TBI every year.
- Approximately 1.4 million receive treatment for TBI in an emergency room.

### References:

CDC (2015). Stats on Traumatic Brain Injury in the US.  
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