

Mild TBI (mTBI) and Concussion

Symptoms of Concussion:

Physical: Headache, dizziness, nausea, sensitivity to light/noise, blurred vision, balance issues.

Cognitive: Confusion, difficulty concentrating, memory problems, slow thinking.

Emotional: Irritability, anxiety, depression, mood swings.

Sleep: Insomnia, excessive sleepiness, difficulty falling or staying asleep.

Symptoms can be delayed – some symptoms may appear immediately, while others can develop hours or even days after.

When to Seek Immediate Medical Attention:

- Persistent vomiting
- Worsening headache
- Seizures
- Weakness or numbness
- Slurred speech or confusion
- Loss of consciousness



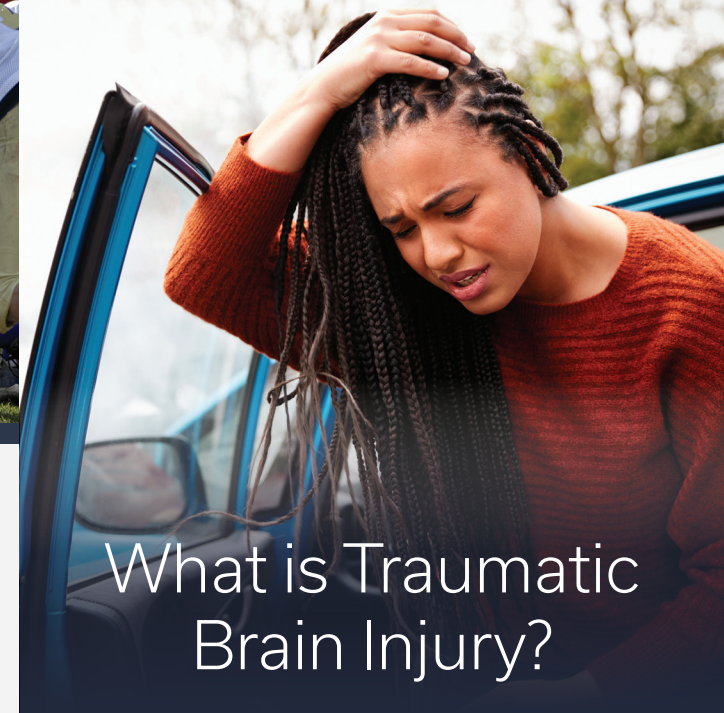
What are the Common Causes of Concussions?

Falls, sports injuries, motor vehicle accidents and work accidents.

Loss of consciousness is not required. Most concussions occur without a loss of consciousness.



For more information go to:
<https://www.cdc.gov/traumatic-brain-injury/>



What is Traumatic Brain Injury?

TBI is a disruption in normal brain function caused by sudden jolt, blow or penetrating injury to the head. It can range from mild (such as a concussion) to severe, potentially causing long-term disability or death.



Moderate & Severe TBI

Higher Risk of Long-Term Effects:

- Moderate TBIs can lead to long-term cognitive, physical and emotional impairments.
- Severe TBIs can cause permanent disability, coma or even death.

Symptoms of Moderate and Severe TBI:

Physical Symptoms:

- Persistent headache
- Difficulty waking up
- Repeated vomiting and nausea
- Loss of coordination
- Seizures
- Weakness or numbness in limbs

Cognitive and Emotional Symptoms:

- Severe confusion
- Difficulty recognizing people or places
- Slurred speech
- Personality changes
- Agitation, combativeness
- Depression, anxiety, mood swings
- Profound memory loss

Complications and Long-Term Effects:

- Post-Traumatic Epilepsy (PTE): Increased risk of seizures.
- Cognitive Impairments: Memory loss, attention deficits and slowed thinking.
- Personality and Behavioral Changes: Aggression, impulsivity, emotional instability.
- Physical Disabilities: Paralysis, muscle weakness, loss of coordination.



What are the Common Causes of Moderate and Severe TBIs?

Moderate and severe (TBI) are more serious than mild TBI (concussion) and can cause long-term and permanent disabilities.

- Falls (most common overall)
- Sports or military-related injuries
- Motor vehicle accidents
- Work-related accidents

Prevention Strategies:

Fall Prevention:

 Especially for older adults

- Use handrails on stairs and install grab bars in bathrooms.
- Improve lighting in hallways and stairwells.
- Remove tripping hazards like loose rugs and clutter.
- Wear non-slip footwear to reduce fall risk.
- For older adults, consider balance training and mobility aids.
- Wear protective gear.

Helmets:

 Always wear a properly fitted helmet for:

- Cycling, motorcycling, skateboarding and rollerblading
- Contact sports (football, hockey, baseball, etc.)
- Skiing and snowboarding
- Riding horses

Head Protection in Workplaces:

 Use hard hats in construction factories and hazardous environments.

Practice Safe Driving Habits

- Always wear a seatbelt in vehicles.
- Never drive under the influence of alcohol or drugs.
- Follow speed limits and avoid distracted driving (e.g., texting, social media LIVES, etc).
- Ensure children use age-appropriate car seats and booster seats.