



## Traumatic Brain Injury (TBI)



### Overview

This is an injury that damages your brain. It results in brain dysfunction. It can severely impact your life.

### Causes

A TBI can result from a violent blow to your head. Such an impact can cause your brain to slam against your skull. This can tear tissues and blood vessels. It can cause bleeding in and around your brain. A traumatic brain injury can also be caused by anything that penetrates your head and enters your brain. And, it can be caused by a piece of skull being broken off and pushed into your brain. Falls, motor vehicle accidents, sports injuries and assaults are common causes of TBI.

### Symptoms

Symptoms depend on how severely your brain is damaged. You may temporarily lose consciousness. You may experience headache, confusion and vision problems. You may have a ringing in your ears. You may have slurred speech. You may have problems with coordination and movement. You may have problems with memory and thinking. You may have changes in your emotions. Your symptoms can be mild, moderate or severe.

### Treatment

Treatment options may involve emergency care to prevent further damage to your brain. You may need surgical procedures to correct damage to your skull and soft tissues. You may be placed in a coma temporarily so these injuries can be treated. You may need medications to control fluid and prevent seizures. As you recover from a TBI, you may benefit from therapies to help you relearn skills and daily activities. Your healthcare provider can create a care plan that is right for your needs.