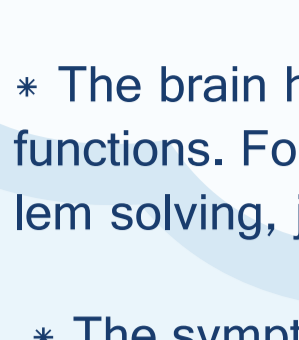
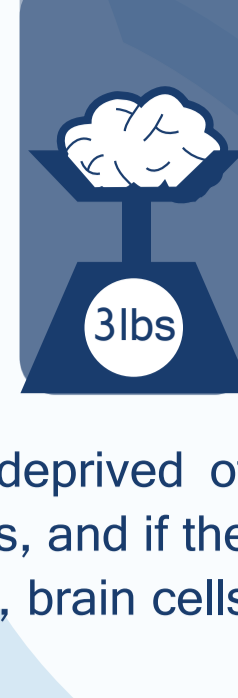


Facts about the Brain

* The average adult brain weighs about 3 pounds, but it consumes between 20% and 30% of the total energy that we use each day.

* The human brain outputs somewhere between 20 and 30 Watts of energy, which is enough to power a 22-inch computer monitor.



* Unconsciousness occurs when the brain is deprived of blood (and thus oxygen) for as little as 7 seconds, and if the brain goes without oxygen for four to six minutes, brain cells will start to die.

* The brain has many different parts, and each part is responsible for different functions. For example, the frontal lobe controls higher-level thinking like problem solving, judgment, behavior, and attention.

* The symptoms that people experience as a result of a brain injury are almost never the same since each person's brain is wired differently and each injury can affect different parts of the brain in different ways.



General Facts about Traumatic Brain Injuries:

* A traumatic brain injury is defined as "a bump, blow, or jolt to the head or a penetrating head injury that disrupts the normal function of the brain."

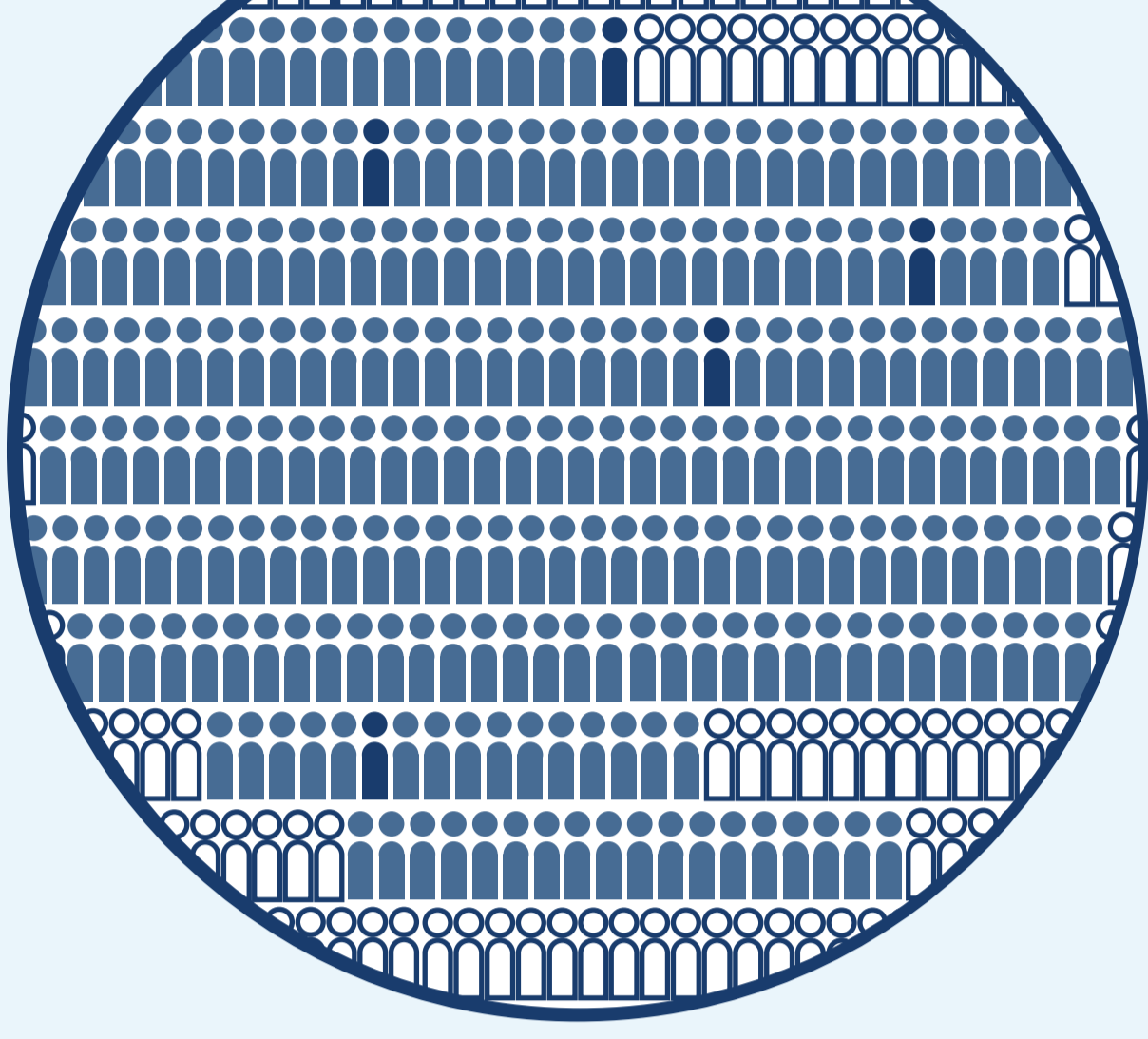


* From 2001 to 2010, emergency room visits involving a TBI increased by 70% and hospitalization rates related to TBI rose 11%.



* In 2010, approximately 2.5 million people sustained a TBI, and TBI was involved in the deaths of over 50,000 people.

1 person icon = 10,000



1 person icon = People Who Died from a TBI

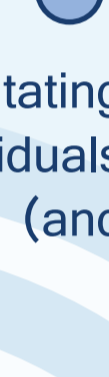
1 person icon = People Who Sustained a TBI

* Motor vehicle crashes are one of the top three causes of TBI. Car accidents are the second leading cause of TBI-related deaths across all age groups, and they are the leading cause of TBI-related deaths for children and young adults (ages 5-24).



Classifying Traumatic Brain Injuries:

* A TBI is generally categorized as mild, moderate, or severe.



* A "mild" TBI (also known as a concussion) can have debilitating symptoms that last for days, weeks, months, or longer, and individuals who have had one concussion are more prone to having more (and more severe) concussions in the future.

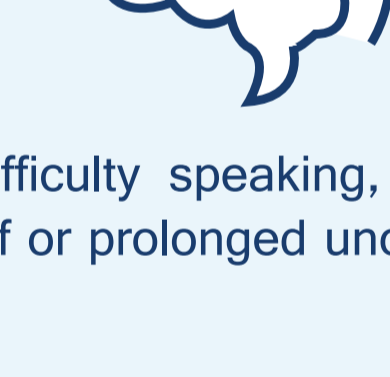
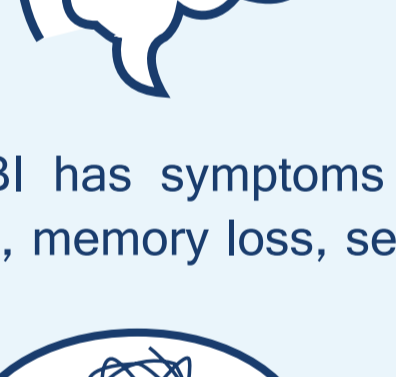


* Mild TBI symptoms are usually related to

- (1) difficulty with thinking, concentrating, and remembering,
- (2) physical issues like loss of balance, headache, and light sensitivity,
- (3) emotional and mood changes, and
- (4) changing sleep patterns.



* Severe TBI comes in two major forms: closed (often referred to as a closed-head injury) and penetrating.



* Severe TBI has symptoms that include difficulty speaking, hearing loss, double vision, memory loss, seizures, and brief or prolonged unconsciousness.



Diagnosing a TBI:

* Many different tests and equipment are used to help diagnose a TBI.

* A computerized tomography (CT) scan aggregates many different x-ray views of your head to create a detailed picture.



* Magnetic resonance imaging (MRI) uses magnetic fields and radio waves to produce detailed images of different organs, like your brain.

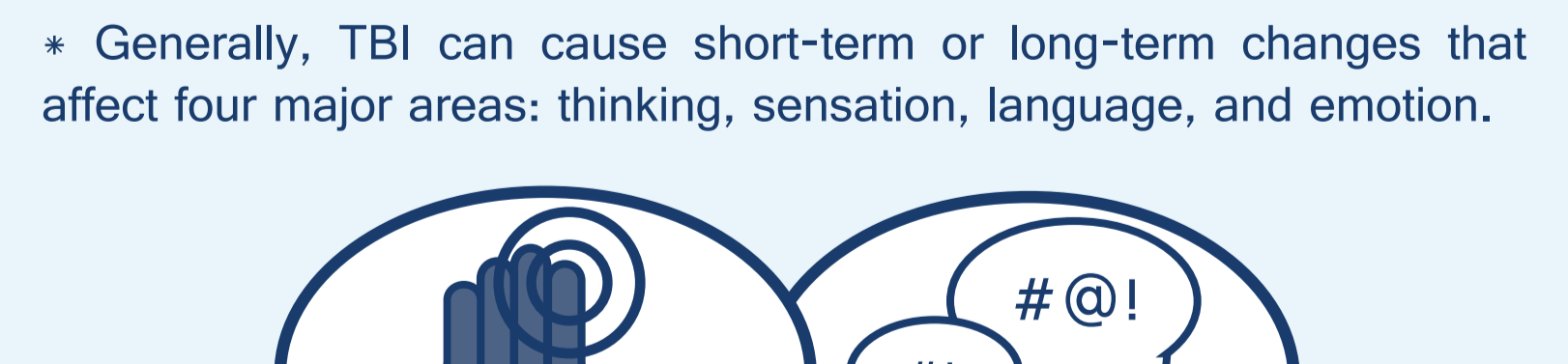


Unfortunately, conclusive physical evidence is sometimes lacking from standardized imaging tests, especially for mild TBI since the damage can be microscopic.

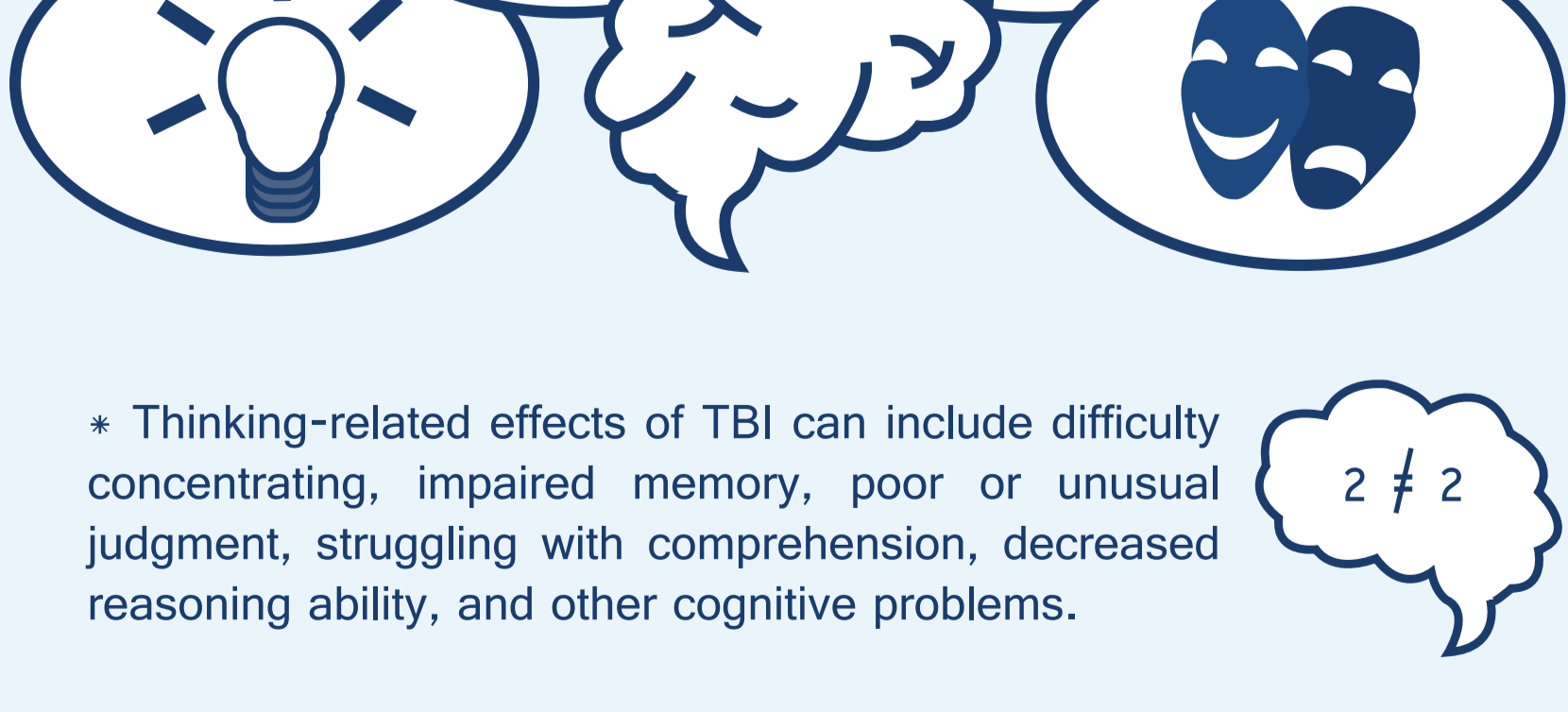
* Many people's physical symptoms resolve shortly after the initial injury, but cognitive and behavioral problems can persist or develop much later, which is why many people who get medical attention right after an incident are sent home undiagnosed even though they have a TBI.

The Effects of Traumatic Brain Injuries:

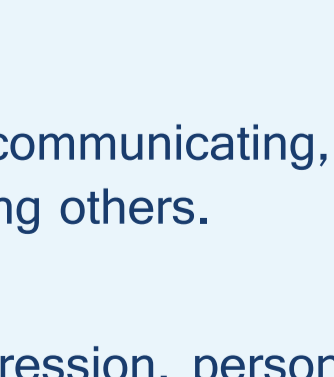
* Literally every TBI case is different, and people can experience an extremely wide range of effects from a TBI, which is one of the reasons TBI is difficult to diagnose.



* Generally, TBI can cause short-term or long-term changes that affect four major areas: thinking, sensation, language, and emotion.



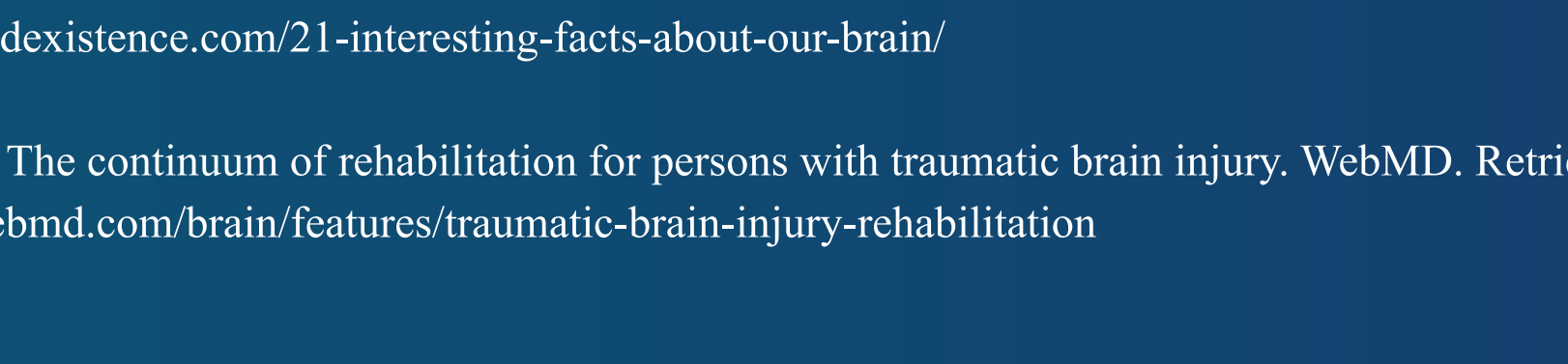
* Thinking-related effects of TBI can include difficulty concentrating, impaired memory, poor or unusual judgment, struggling with comprehension, decreased reasoning ability, and other cognitive problems.



* Sensation effects include things like loss of hearing, vision problems, trouble controlling movements, difficulty with balance, and many other sense-related issues.

* Language effects include difficulty communicating, expressing oneself, and understanding others.

* Emotional effects include depression, personality changes, aggression, anxiety, social inappropriateness, and other changes in mood or emotional status.



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