

Traumatic brain injury is defined as a blow or jolt to the head or a penetrating head injury that disrupts the function of the brain.

A TBI can occur from a football tackle, a fall, a shaken baby or a roadside blast.



A traumatic brain injury can happen to anyone.



Missouri Department of Health and Senior Services
800-451-0669
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AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER
Services provided on a nondiscriminatory basis.

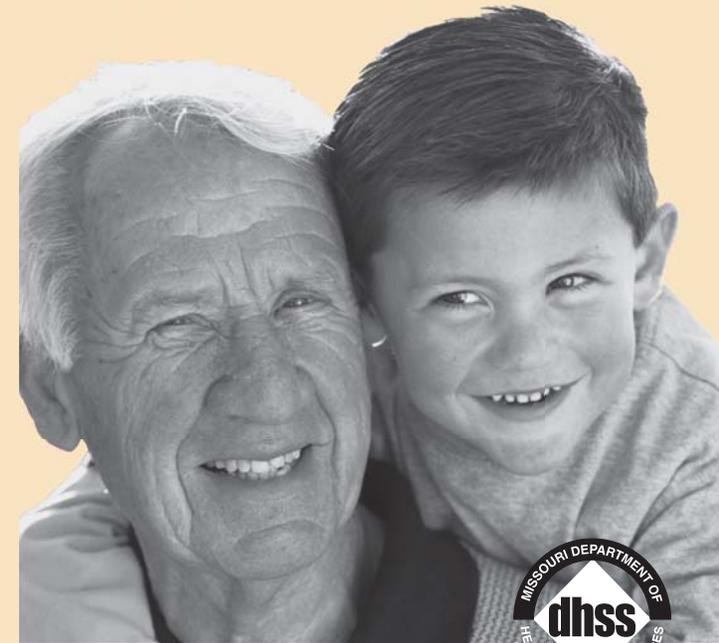
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Traumatic Brain Injury

Getting the help you need



Missouri Department of Health and Senior Services

Traumatic Brain Injuries can be treated...

Risks

- Falling and hitting your head
- Automobile, bicycle, four-wheeler and motorcycle accidents
- Assault or abuse
- Sports injury
- Concussion
- Workplace accident
- Struck by an object
- Bullet or blast injury
- Served in a war zone

If you or someone you know has experienced an event that could have caused a traumatic brain injury (TBI), and have any of the following symptoms associated with TBI, it is important to be screened by a health care professional.

Symptoms (including but not limited to:)

Health-related

- Headaches that keep coming back
- Neck and shoulder pain
- Nausea and/or dizziness
- Unusually tired and drowsy
- Bothered by smells, light or sounds
- Ringing in ears
- Blurry vision or changes in vision
- Sleep disturbances

Emotional/Behavioral

- Irritable, anxious, restless
- Sad or depressed
- Wants to be alone or away from people
- Takes risks without thinking first
- Unable to initiate tasks

Cognitive

- Trouble remembering things
- Reacts or thinks slowly
- Trouble learning new things
- Trouble expressing thoughts
- Difficulty paying attention and problem solving

The symptoms of TBI may not show up until several weeks after an injury. Persons who have experienced a significant TBI and related changes in their functioning may display symptoms that can be mistaken as signs of a mental health disorder. Screening by a health care professional is essential for proper treatment.

Resources

Proper identification of TBI and early intervention with resources are the keys to successful rehabilitation for any individual.

For additional information you may contact the following resources.

1. Traumatic Brain Injury
<http://health.mo.gov/living/healthcondiseases/tbi/index.php>
2. Brain Injury Guide and Resources
<http://braininjuryeducation.org>
3. Brain Injury Association of Missouri
800-444-6443 or www.biamo.org
4. Missouri Adult Brain Injury Program
800-451-0669 or
<http://health.mo.gov/living/families/shcn/ahi.php>
5. Brainline.org <http://www.brainline.org>

