

# TRAUMATIC BRAIN INJURY (TBI)

ALTERATION OF: ● SPEECH ● MEMORY ● COORDINATION ● EMOTIONS ● PERSONALITY ● BEHAVIOR ● HEARING ● VISION

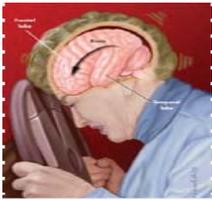


## WHAT IS A TBI?

**TBI:** a devastating injury to the brain, that leads to permanent brain damage.  
**EFFECT:** alters physical, mental and social functions.

## HOW THE BRAIN GETS HURT SEQUENCE IN A COLLISION:

1. The body thrusts forward.
2. The head hits an object.
3. The brain gets bruised by moving back and forth inside the skull.
4. The brain swells.
5. Irreversible damage is done !



## CONSEQUENCES

**EMOTIONS:** irritability, aggressive tendencies, depression, anxiety.

**ISOLATION:** friends and relationships are difficult to make and keep, loss of social interaction.

**PHYSICAL:** potential coma, seizures, loss of body functions such as vision & hearing, lack of coordination, difficulty playing sports, limited energy, loss of memory, needing physical assistance.

**ADAPTIVE DEVICES:** use of wheelchair, walkers, canes.

**DIFFICULTY:** learning, retaining, analyzing, inability to concentrate.



before



after

**ERIC PETERSON STORY (18 years old):** I had a TBI from skateboarding that altered the rest of my life. The injury set me in a coma for two and a half weeks and everyone thought I would die. As a result of the injury I suffer with epilepsy, seizures, loss of use in my left hand, cognitive problems, short-term memory loss, organization problems, and fatigue. I dropped out of school and even had trouble with memory, execution of simple tasks, and decision-making. After a while, I got a job at an assisted living facility, but I had to quit; it made my life too complicated. I now work as a cashier in a store that has made special accommodations for me and still the job can be very trying. I continuously force myself to pay attention and I get fatigued very easily. Living with a brain injury is difficult, I remodel my life daily, but I keep fighting.



before



after

**LAUREL RUSSELL STORY (19 years old):** May of 2000 now seems a lifetime ago when a 21-year-old drunk girl rammed into my car. I was clinically dead for 3 minutes, suffered a TBI, broke 7 ribs, my hip, and have severe vision loss. I went through brain training and speech therapy for 3 years to relearn just about everything: talking, remembering, cooking, spelling, recognizing faces, etc. It still takes a lot of effort daily. I lost most of my friends, I miss my soccer practice and monthly picnics. I force myself to keep seeing my glass half full no matter how bad the day is. I am just happy to be alive!!

## HOW TO PREVENT A TBI

- Use proper helmets in sports
- Use seatbelts and child restraints in vehicles
- **NEVER** drink and drive
- Choose a **SOBER** designated driver
- Pay attention to other drivers
- Prevent mechanical faults and human errors

**!! THINK OF THE CONSEQUENCES OF YOUR ACTIONS !!**



[www.Help-Your-Self.org](http://www.Help-Your-Self.org)

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