



HARBORVIEW
INJURY PREVENTION
& RESEARCH CENTER

UNIVERSITY *of* WASHINGTON

MARCH

- IS -

BRAIN INJURY

AWARENESS

MONTH

hiprc.org/tbi

Source: Getty Images



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OVERVIEW *of* TBI

Traumatic Brain Injury, or TBI, is a leading cause of death and disability in the U.S. today. Approximately **166 Americans die each day** from TBI-related injuries.

TBI is an injury caused by a blow, jolt, or penetrating object that disrupts normal functioning of the brain at any age. TBI can result in serious damage to the brain that can lead to long-term complications and death. CDC reports that more than 2.8 million U.S. people sustain a TBI each year; of those, more than 55,000 die and more than 280,000 are hospitalized.

Source: [cdc.gov](https://www.cdc.gov)



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CONCUSSIONS

Signs & symptoms

Physical Awareness:

- Loss of consciousness
- Mild to severe headache
- Nausea or vomiting
- Dilation of pupils
- Loss of coordination
- Sleeping disorders
- Convulsion
- Dizziness or fatigue
- Loss of balance
- Sensory Symptoms
- Blurred vision
- Double vision
- Ringing sound in ears
- Loss of ability to smell
- Sensitivity to light or sound

Source: [cdc.gov](https://www.cdc.gov)



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RESOURCES

hiprc.org/tbi

hiprc.org/rtl-2

hiprc.org/pegasus

cdc.gov/traumaticbraininjury
