

Take care of your amazing brain



The human brain is very complex. So are the injuries that can happen to it. One such injury is called Traumatic Brain Injury (TBI). Consider the statements below. Then find out if they're true or false.¹

1. Your skull always protects your brain.	False. Your skull normally protects your brain. However, an accident or blow to the head can cause your brain to bang against the inside of the skull. The results can be very serious.
2. Blows to the head, sports injuries and car accidents are often causes of TBI.	True. These incidents often cause TBIs. Concussion is the most common TBI. A mild to moderate concussion can cause headaches, mood issues, sound and light sensitivity. More serious TBIs can lead to coma, confusion, amnesia, motor skill loss and behavior changes.
3. TBIs are always curable.	False. About 85 percent of those with TBIs recover. But about 15 percent may have long-term problems with communication, relationships, daily tasks and more.
4. TBI only affects motor skills.	False. Your brain rules your whole body. When it's injured, it can cause motor, cognitive, psychological and personality changes.
5. Life after TBI can be challenging for survivors, their loved ones and caregivers.	True. Rehab is often needed after a TBI. Even a mild concussion can require some rehab. With a severe TBI, survivors can need rehab to re-learn basics like walking, talking and doing everyday tasks. In cases like these, survivors and their family members often have to make adjustments to a "new normal."

For more information about TBI, [visit the Brain Injury Association of America](#).

¹Mason, Michael Paul. [Traumatic Brain Injury Basics](#). Brainline.org. Accessed January 2019.

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