

Brain Injury Prevention: Safety Tips, Symptoms, and Reaction Steps



BRAIN INJURY PREVENTION, SAFETY TIPS, SYMPTOMS AND REACTION STEPS: Reducing Risk of Concussions and Traumatic Brain Injury in Sports Activities | Brain ... with Safety Rehabilitation and Home Care) by Leon Edward

★★★★★ 5 out of 5

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Brain injuries are a serious problem. According to the Centers for Disease Control and Prevention (CDC), more than 1.7 million people in the United States suffer a traumatic brain injury (TBI) each year. TBIs can range from mild to severe, and they can have a lasting impact on a person's life.

The good news is that brain injuries are preventable. By taking simple safety precautions, you can reduce your risk of suffering a TBI.

Types of Brain Injuries

There are two main types of brain injuries: traumatic brain injuries (TBIs) and acquired brain injuries (ABIs).

TBIs are caused by a sudden, external force to the head. This force can be caused by a car accident, a fall, or a sports injury. TBIs can range from mild to severe, and they can result in a variety of symptoms, including:

- Headache
- Nausea
- Vomiting
- Confusion
- Memory loss
- Difficulty concentrating
- Mood swings
- Fatigue
- Seizures
- Coma

ABIs are caused by an injury to the brain that is not caused by a sudden, external force. ABIs can be caused by a stroke, a brain tumor, or a lack of oxygen to the brain. ABIs can range from mild to severe, and they can result in a variety of symptoms, including:

- Headache
- Nausea

- Vomiting
- Confusion
- Memory loss
- Difficulty concentrating
- Mood swings
- Fatigue
- Seizures
- Coma

Brain Injury Prevention

There are a number of things you can do to reduce your risk of suffering a brain injury, including:

- **Wear a helmet** when riding a bike, motorcycle, or ATV.
- **Buckle up** when driving or riding in a car.
- **Avoid falls** by using handrails and being aware of your surroundings.
- **Play sports safely** by wearing protective gear and following the rules.
- **Avoid alcohol and drug abuse.**
- **Get regular checkups** to identify and treat any underlying health conditions that could increase your risk of a brain injury.

Symptoms of a Brain Injury

If you or someone you know experiences any of the following symptoms after a head injury, seek medical attention immediately:

- Headache
- Nausea
- Vomiting
- Confusion
- Memory loss
- Difficulty concentrating
- Mood swings
- Fatigue
- Seizures
- Coma

Reaction Steps for a Brain Injury

If you or someone you know suffers a brain injury, it is important to take the following steps:

1. **Call 911** immediately.
2. **Do not move the person** if they are unconscious or have a suspected spinal injury.
3. **If the person is conscious, talk to them calmly and reassure them.**
4. **Elevate the person's head and neck** if they are conscious and not vomiting.
5. **Loosen any tight clothing around the person's neck.**
6. **Stay with the person until help arrives.**

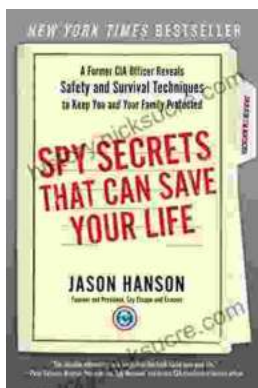
Brain injuries are a serious problem, but they can be prevented. By taking simple safety precautions, you can reduce your risk of suffering a TBI. If you or someone you know suffers a brain injury, it is important to seek medical attention immediately and follow the reaction steps outlined above.



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