



What is a Mild Traumatic Brain Injury [TBI]?

When someone suffers a traumatic brain injury [TBI], everyone in the family is affected. TBI's can range from mild to severe injuries. Depending on the severity, TBI victims can experience long-term disability. A TBI occurs when something hits the head with a lot of force. This causes the brain to shake inside the skull. TBI's are one of the most common injuries that affect OEF/OIF Veterans. In combat, a TBI is most often caused by:

- Explosive devices
- Bullets
- Vehicle accidents
- Falls

What you need to know

Most TBI's are mild. An example of this is a concussion. Symptoms can vary depending on the individual and the injury. The effects of the TBI may not appear until weeks after the injury. Usually symptoms resolve on their own within hours to days. It is important for families to know what the symptoms are.

Physical symptoms

- Headaches or seizures
- Lack of balance and dizziness
- Stiffness or weakness
- Difficulty speaking and performing simple tasks
- Bladder or bowel control

Cognitive Symptoms

- Memory loss or slowed thinking
- Impaired judgment or concentration
- Difficulty learning
- Communication problems

Emotional or Behavioral Symptoms

- Irritability, anger, and sudden mood changes
- Anxiety, depression or trouble coping
- Difficulty completing or finishing tasks
- Sexual dysfunction
- Difficulty reading social cues

When Should You Get Help?

Sometimes mild TBI's are over looked or not reported. Someone can suffer a TBI and not be knocked unconscious. Unlike other injuries, usually you cannot see a TBI. It is important to know the symptoms of a TBI. When symptoms do not naturally go away within 1-3 months, you need to seek help. Contact your health provider.



REMEMBER...

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