

# The Face of Brain Injury

Brain Injury Awareness Month March 2009

Northeast Center for Special Care

## Signs and Symptoms of Brain Injury\*

Brain Injuries are caused by a bump or blow to the head. These injuries are sometimes called "concussions" or "traumatic brain injuries" (TBI's) and can range from mild to severe.

Here is a list of common symptoms of a brain injury (concussion). If you or a family member has a head injury and you notice any of the symptoms on the list, call your doctor right away. Describe the injury and symptoms, and ask if you should make an appointment with your own doctor or another specialist.

### Symptoms of Concussion in Adults:

- Headache or neck pain that won't go away
- Trouble with such mental tasks as remembering, concentrating or decision-making
- Slow Thinking, speaking, acting or reading
- Getting lost or easily confused
- Feeling tired all the time, having no energy or motivation
- Mood changes, changes in sleep patterns
- Feeling light-headed or dizzy or losing balance
- An urge to vomit (nausea)
- Increased sensitivity to lights, sounds or distractions
- Blurred vision or eyes that tire easily
- Loss of sense of smell or taste
- Ringing in the ears

### Symptoms of Concussion in Children:

- Feeling tired or listless
- Being irritable or cranky (will not stop crying or cannot be consoled)
- Changes in eating (will not eat or nurse)
- Changes in sleep patterns
- Changes in the way the child plays
- Changes in performance at school
- Lack of interest in favorite toys or activities
- Loss of new skills, such as toilet training
- Loss of balance, unsteady walking
- Vomiting

Learn more about brain injury, get more information about prevention and other helpful resources. Visit:

<http://brain-aware.northeastcenter.com>



Northeast Center for Special Care

*A Specialty Rehabilitation Program for Traumatic Brain Injury*

300 Grant Avenue

Lake Katrine, NY USA 12449

845-336-3500 [brainaware@northeastcenter.com](mailto:brainaware@northeastcenter.com)

\*Source: Center for Disease Control and Prevention and the Brain Injury Association of America.