

What causes Traumatic Brain Injury?

Traumatic Brain Injury (TBI) is caused by an external trauma to the head or violent movement of the head, such as from a fall, car crash, sports injury, or even being shaken. Just one head injury can result in a TBI. Symptoms of a TBI can be mild, moderate, or severe.

Anyone can get a traumatic brain injury. Falls and motor vehicle crashes account for over 80 percent of TBI hospitalizations in Washington state.

Concussion blasts are the leading cause of TBI for active duty military personnel in war zones.

Common symptoms of TBI:

- Sudden trouble with memory, concentration, attention or thinking
- Seizures
- Headaches, lightheadedness or dizziness
- Agitation, frustration, outbursts
- Blurred vision or tired eyes
- Fatigue, lethargy, depression

Seek medical attention right away after a head injury. Early treatment of a traumatic brain injury can lessen the long term effects.

TBI Resources in Washington State:

- HELPLINE - Statewide toll-free
1-877-TBI-1766
- Resource Coordination - Free short term case management for individuals with TBI
- Annual TBI Conference – April 30 - May 1
- Support Groups for individuals with TBI
- TBI Clubhouse in Seattle at PROVAIL
- TBI web site - **www.tbiwashington.org**



Traumatic
Brain Injury

*A Life
Altering
Impact*

March is

TBI Awareness Month

For information about
TBI resources, support services,
and prevention, go to:
www.TBIWashington.org

*To speak with a person about
TBI services and resources, call:*

1-877-TBI-1766

Upcoming event:



**2010
Washington State
TBI Conference**

- Friday, April 30 -
Saturday, May 1, 2010
- Seattle Airport Marriott Hotel



Washington State
Department of Social
& Health Services