

# Traumatic Brain Injury: How *The Brain & Learning* Can Help

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## Definition

Traumatic Brain Injury, or TBI, is a complex injury with a broad spectrum of symptoms and disabilities. A TBI occurs when a sudden trauma damages the brain. A TBI can also be called a brain injury, an acquired head injury, or simply a concussion.

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## Cause

TBI is caused when the head suddenly and violently hits an object, when the head is powerfully jolted or shaken, or when an object pierces the skull and enters brain tissue.

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## Diagnosis

MRI and CAT scans can pinpoint damage, but diagnosis usually relies on observation and presence of symptoms. Symptoms can easily be overlooked, especially if there is other trauma to the body, and the diagnosis of TBI can be missed. Cognitive skills testing can help diagnose a TBI and reveal which cognitive skills need to be strengthened to enable recovery. At The Brain & Learning we provide a professional cognitive skills assessment. The assessment measures all cognitive skills including memory, processing speed, visual and auditory processing, logic and reasoning, and attention.

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## Symptoms and characteristics

Symptoms of a TBI can be mild, moderate, or severe and are not always immediate. They include:

- Headache
- Lightheadedness or dizziness
- Confusion
- Memory loss
- Blurred vision or tired eyes
- Ringing in the ears

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- Bad taste in the mouth
- Loss of consciousness
- Convulsions or seizures
- Numbness or poor coordination in limbs
- Fatigue or lethargy
- Agitation or restlessness
- Change in sleep patterns
- Mood swings and behavior changes
- Trouble with memory, concentration, attention, or thinking

## Prognosis

According to the Centers for Disease Control and Prevention, in the United States each year approximately:

- 1.5 million people suffer a TBI
- 50,000 people die from TBI
- 85,000 people suffer long-term disabilities

Disabilities depend on the location and severity of the injury, and the age and health of the individual. For people who recover, common long-term disabilities include problems with cognition (memory, attention, reasoning), sensory processing (sight, smell, taste, touch and hearing), communication (expressing and understanding) and behavior or mental health (depression, anxiety, personality changes, aggression, social inappropriateness).

## Treatments and therapies

Long-term rehabilitation can include occupational, physical, speech and therapy along with counseling and social help. Our cognitive skills training, post-TBI, can dramatically improve cognitive skills and greatly reduce or eliminate cognition problems with concentration, attention, memory, processing speed and visual and auditory processing.

Call us today to learn more about how this type of brain training plays a critical role in TBI recovery.

