



# WELLNESS WORKS....

## at Brain Injury Community Re-entry (Niagara) Inc.

A Publication from Brain Injury Community Re-entry Niagara's Wellness Works Committee

June 2010

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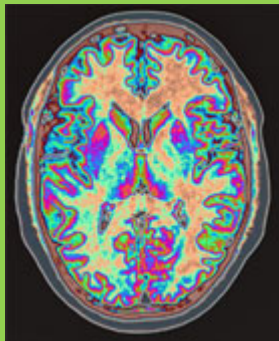
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## BRAIN INJURY AWARENESS

### Brain Injury Facts

- Each brain injury costs our health system about \$400,000 at the time of injury. Severe brain injuries continue to cost about \$400,000 per year in health and social costs. But it's the emotional burden on survivors and families that is beyond measure.
- The brain is very fragile – it has the consistency of jello-o, protected by a skull no thicker than a penny, making it particularly vulnerable to injury.
- Damage to the brain can rarely be repaired and life after a brain injury is never the same. In some cases, a single concussion can have lifelong consequences.

#### The leading causes of TBI are:

- Falls (28%);
- Motor vehicle-traffic crashes (20%);
- Struck by/against events (18%); and
- Assaults (11%)



#### **Test Your Knowledge Quiz**

1. What symptoms after the head injury require immediate medical evaluation?  
a) Dizziness; b) Itchiness; c) Slurred speech; d) Yellow skin; e) Double vision;  
f) Nausea and vomiting; g) Constipation; h) Loss of memory; i) Loss of consciousness; j) Headache
2. What are the serious effects of head injury?  
a) Hemorrhage; b) Brain shrinkage; c) Hematoma; d) Increased oxygenation; e) Swelling
3. Brain Swelling causes shrinkage of the brain. **T F**
4. Serious brain injuries are always caused by skull fracture. **T F**
5. How to prevent head injuries?  
a) Avoid alcohol; b) Wear protective helmet; c) Use proper medication; d) Wear a safety belt in a car; e) Keep firearm stored safely.
6. Hematoma is the blood clot that may compress the brain. **T F**
7. Concussion is the loss of consciousness after blow to the head or head trauma.  
**T F**

Answers next page....



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## Answers To Quiz

1. What symptoms after the head injury require immediate medical evaluation?  
b) **Correct Answer:** a) Dizziness; c) Slurred speech; e) Double vision; f) Nausea and vomiting; h) Loss of memory; i) Loss of consciousness; j) Headache
2. What are the serious effects of head injury?  
**Correct Answer:** a) Hemorrhage; c) Hematoma; e) Swelling
3. Brain Swelling causes shrinkage of the brain.  
**Correct Answer: False**
4. Serious brain injuries are always caused by skull fracture.  
**Correct Answer: False**
5. How to prevent head injuries?  
**Correct Answer:** a) Avoid alcohol; b) Wear protective helmet; d) Wear a safety belt in a car; e) Keep firearm stored safely.
6. Hematoma is the blood clot that may compress the brain.  
**Correct Answer: True**
7. Concussion is the loss of consciousness after blow to the head or head trauma.  
**Correct Answer: True**

### There is good news:

- Researchers estimate that ninety per cent of injuries are predictable and preventable.
- Avoiding a serious brain injury could be as simple as wearing a properly fitted helmet.
- Bike helmets can prevent up to 88 per cent of brain injuries when used properly.
- Skiers and snowboarders who wear helmets reduce their risks of head injury by 60 per cent.
- Further more, researchers estimate that for every dollar invested in a helmet, \$30 are saved in social costs.

**Remember: the solution to brain injury in Canada is not brain surgery.  
Prevention is the only cure!**

### Tips to Keep Safe

- Wear a helmet
- Promote cushioned playground surfaces (shock absorbing material on playgrounds)
- Maintain safe playground equipment
- Use child restraints
- Wear a seat belt
- Educate seniors on hazards that cause falling
- Keep firearms and bullets stored in a locked cabinet



*The information in this newsletter was taken from Brainwaves Newsletters published by Think First Canada.*