

# Wellness Tidbits

March is Brain Injury Awareness Month



## MORE THAN MY BRAIN INJURY

There are more than 5.3 million children and adults in the United States who are living with a permanent brain injury-related disability.

### ABI and TBI – What’s the difference?

An acquired brain injury (ABI) is an injury to the brain that is not hereditary, congenital, degenerative, or induced by birth trauma. This type of injury occurred after birth and can be traumatic or non-traumatic.

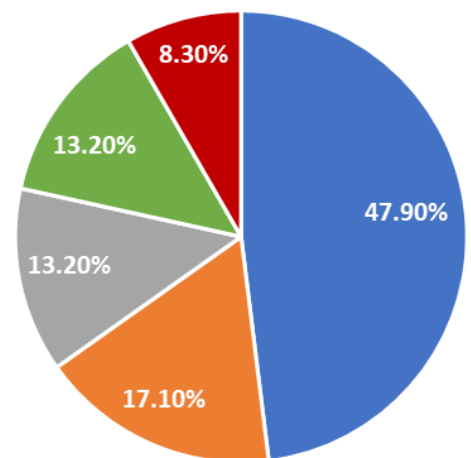
A traumatic brain injury (TBI) is an alteration in brain function or other evidence of brain pathology that is caused by an external force or trauma.

Non-traumatic brain injury causes damage to the brain by internal factors such as a lack of oxygen, exposure to toxins, pressure from a tumor, etc.

### Typical Causes of ABI Include:

- Electric Shock
- Infectious Disease
- Lightning Strike
- Oxygen Deprivation (Hypoxia/Anoxia)
- Toxic Exposure
- Vehicle Accidents
- Seizure Disorder
- Trauma
- Substance Abuse/Overdose
- Stroke

### LEADING CAUSES OF TBI



- FALLS
- MOTOR VEHICLE
- ASSAULTS
- STRUCK BY/AGAINST
- UNKNOWN/OTHER

Resources:

<https://www.biausa.org/public-affairs/public-awareness/brain-injury-awareness>

## Join the Monthly TSHBP Fitbit® Challenge!

### How to Play

- 1) Read this article: <https://bit.ly/2ROgOLP>
- 2) Click the button on the right to answer
- 3) A winner will be chosen randomly from correct responses

### Question

What percentage of Traumatic Brain Injuries are caused by falls?

**ANSWER FITBIT®  
CHALLENGE HERE!**



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