

# FACT SHEET

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## Traumatic Brain Injury

Traumatic brain injury (TBI) occurs from a sudden blow or jolt to the head. A TBI is basically the same thing as a concussion. A TBI can be **mild**, **moderate**, or **severe**.

A TBI can occur even when there is no direct contact to the head. For example, when a person suffers whiplash, the brain may be shaken within the skull. This damage can cause bleeding between the brain and skull. Bruises can form where the brain hits the skull. Like bruises on other parts of the body, for mild injuries these will heal with time.

Most people who have a **mTBI** will be back to normal by 3 months without any special treatment. Even patients with moderate or severe TBI can make remarkable recoveries.

### What are the common symptoms following a TBI?

Symptoms that result from TBI are known as post-concussion syndrome (PCS). Few people will have all of the symptoms, but even one or two of the symptoms can be unpleasant.

#### *Physical*

- Headache
- Feeling Dizzy
- Being Tired
- Trouble Sleeping
- Vision Problems
- Bothered By Noise And Light

#### *Cognitive (Mental)*

- Memory Problems
- Trouble Staying Focused
- Poor Judgment & Impulsivity
- Being Slowed Down
- Trouble Putting Thoughts Into Words

#### *Emotional (Feelings)*

- Depression
- Anger Outbursts And Quick To Anger
- Anxiety (Fear, Worry, Or Feeling Nervous)
- Personality Changes

*Many of these symptoms will have a direct impact on a student's academic performance.*

### Is it Possible to Have BOTH TBI & PTSD?

Many of the symptoms that follow a TBI overlap. Because TBI is caused by trauma and there is symptom overlap, it can be hard to tell what the underlying problem is. In addition, many people who get a TBI also develop PTSD. For this reason, it is very important to be assessed by a professional.