

What should I do if the symptoms do not go away?

If you still notice changes in your abilities months after your injury, speak with your family doctor. He or she can determine whether other conditions may be affecting your health, or they can provide you with a referral to a specialist. You may also want to consider contacting your local brain injury association for education and support groups, or consider individual counselling and/or mental health services.



“The Invisible Injury”

When an injury occurs, the brain may shift and strike the inside of the skull. Brain cells may be bruised and their ability to communicate is disrupted. Because the injury occurs at the brain cell level, it may not appear on x-rays, CT/MRI scans, or on neurological exams, and often goes undiagnosed.

Physical recovery may be complete and the person may look fine; however, problems in the areas of thinking, behaviour, and emotions may remain.

How to Reach Us

For further information or to make a referral, please call us at 1-800-871-8096 (within the 613 area code only) or contact our offices in the following locations:

Kingston

LaSalle Mews
303 Bagot Street, Suite 401
Kingston, ON K7K 5W7
Tel: 613-547-6969
Toll-Free: 1-800-871-8096

Belleville

Quinte Mall Office Tower
100 Bell Boulevard, Suite 335
Belleville, ON K8P 5H7
Tel: 613-968-8888

Brockville

23 Abbott Street, Brockville, ON K6V 4A5
Tel: 613-342-1613

This material is available in French and accessible formats upon request to the Communications Department.

Cet outil est disponible en français ou en support accessible sur demande au Service des Communications.

752 King Street West
Kingston, ON K7L 4X3
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Revised August 2018



Mild Traumatic Brain Injury



A head injury may include injuries to the head, face, and neck area, as well as symptoms caused by damage to the skull, scalp, soft tissue, or nerves.

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What is a Mild Traumatic Brain Injury?

An injury to the brain which results in a temporary disruption of the brain functioning. It may occur as a result of a fall, a blow to the head, or a sudden, violent motion, even when the head is not hit. It can occur without a loss of consciousness, though brief loss of consciousness (30 minutes or less) is common.

Common Symptoms

- > Headaches and dizziness
- > Nausea and vomiting
- > Blurred or double vision
- > Confusion and disorientation
- > Poor balance
- > Speech and movements are slower than normal
- > Poor memory of the events immediately before the injury and for some time afterwards
- > Difficulty with learning, attention, and concentration
- > Slower thinking
- > Feeling physically and mentally tired
- > Irritability, mood swings and anxiety



What can be done to reduce common symptoms?

See your doctor

- Follow all medical advice and ask your doctor to notify your workplace or school of any temporary restrictions.

Avoid further injuries

- Gradually work up to activities, according to medical advice, in order to avoid further damage.

Paying attention

- Reduce noise while reading, working or studying and do not try to multi-task.

Sleeping

- Caffeine sensitivity may increase; limit intake to the morning or early afternoon.
- To avoid difficulties sleeping at night, take a short nap or relaxation time in the afternoon rather than a long nap.
- Try to get up at the same time each morning.

Controlling behavior

- Stop and think before speaking.
- Take breaks or exit a situation if your control starts slipping.

Managing time

- Pace yourself. Do not overdo things.

Managing fatigue

- Do not fight fatigue – it is your signal that you need to take a break.
- Frequent short breaks are better than infrequent long breaks.
- Give your brain the rest it needs to heal.

Using alcohol and drugs

- Avoid alcohol and drugs during recovery. They may slow healing process and increase the risk of other complications.
- You may be more sensitive to the effects of alcohol or other drugs (including caffeine).
- If you need help talk to your doctor or find local addiction resources online.

Remembering

- Write down information, using a check list or day planner.
- Let people know you may need a reminder.
- Develop habitual places for keeping things.

Are these symptoms temporary or permanent?

Recovery may differ depending on the individual and circumstances. The person should return slowly and gradually to his or her normal routine.

In the majority of cases, most symptoms decrease over a period of about three months. Recovery is considered “complete” if the symptoms that remain do not interfere with your ability to complete everyday tasks.