BRAIN INJURY: THE INVISIBLE CRISIS

TRAUMATIC BRAIN INJURY
is caused by an outside force, usually a violent blow to the head.

NON-TRAUMATIC BRAIN INJURY
comes from something that happens inside the body, such as a stroke, infection, lack of oxygen, brain tumors, exposure to toxins or drug use.

144,000

Texans get a traumatic brain injury each year. That's one every four minutes.

33%

of sports concussions happen during practice.

795,000

people have a stroke each year.

The top causes of traumatic brain injuries are falls, blunt trauma and car or motorcycle crashes.

Protect yourself and your loved ones:

- Make sure everyone is buckled the correct way in the vehicle.
- Wear a helmet when riding a bike or motorcycle, playing contact sports, riding a horse, skiing or snowboarding.
- Watch for slippery, uneven walkways and be extra careful when it's hard to see outside.
- Try to have kids play in playgrounds with shock-absorbing surfaces—such as rubber, artificial turf, sand or wood chips—to protect them if they fall.

To learn more about keeping the brain safe, signs and symptoms of brain injuries and resources for raising awareness on brain injuries in Texas, visit hhs.texas.gov/brain-injury.

The Office of Acquired Brain Injury is the center for awareness and education on brain injuries in Texas.

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