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Governor

Virginia Pressler, M.D.
Director of Health

The Department of Health provides access to its programs and activities without regard to race, color, national origin/ancestry-including language, age, sex-including gender identity or expression, sexual orientation, religion, or disability.

Write or call the Developmental Disabilities Division at P.O. Box 3378, Honolulu, HI 96801 or at (808) 586-5840 (voice/TRS) or (808) 676-3777 (TDD).

Or write or call the Affirmative Action Office at P.O. Box 3378, Honolulu, HI 96801-3378 or at (808) 586-4614 (voice/TRS) or 586-4648 (TDD) within 180 days of a problem.

TRAUMATIC BRAIN INJURY



HELP·HOPE·HEAL
Hawaii's Neurotrauma Community

For more information call the Neurotrauma Supports HELPLINE:

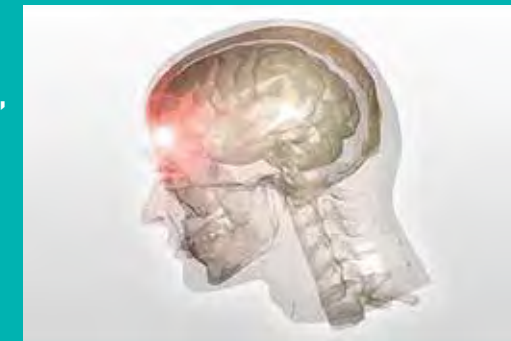
(808) 733-2155

Hawaii Department of Health

WHAT IS TRAUMATIC BRAIN INJURY?

Traumatic Brain Injury (TBI) is an injury to the head arising from a blunt or penetrating trauma or from acceleration-deceleration forces.

Leading causes of TBI are motor vehicle accidents, falls, violence, and sports injuries. The severity of TBI ranges from mild to severe. TBI survivors are a part of Hawaii's Neurotrauma Community.



WHAT ARE THE SYMPTOMS OF TBI?

THINKING/REMEMBERING

- Difficulty thinking clearly
- Difficulty concentrating
- Difficulty remembering new information

SLEEP

- Sleeping more/less than usual
- Trouble falling asleep

PHYSICAL

- Headache
- Blurry vision
- Dizziness
- Light/noise sensitivity
- Balance problems
- Feeling tired

EMOTIONAL

- Irritability
- Sadness
- Nervousness or anxiety



Frontal Lobe

- Problem solving
- Emotional traits
- Reasoning (judgement)
- Speaking
- Voluntary motor activity

Parietal Lobe

- Knowing right from left
- Sensation
- Reading
- Body Orientation

Occipital Lobe

- Vision
- Color perception

Temporal Lobe

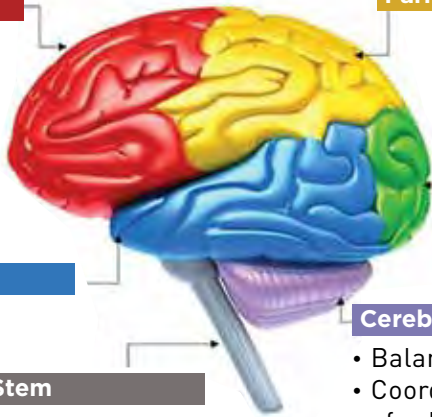
- Understanding language
- Behavior
- Memory
- Hearing

Brain Stem

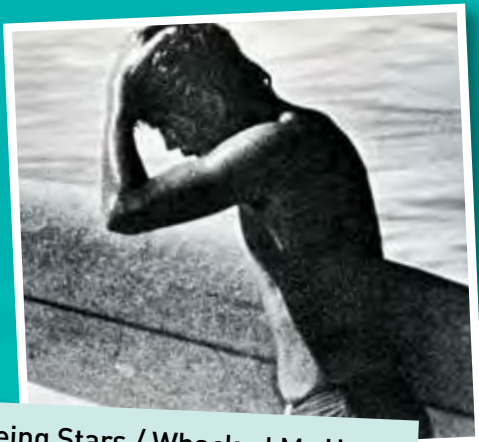
- Breathing
- Body temperature
- Digestion
- Alertness/sleep
- Swallowing

Cerebellum

- Balance
- Coordination and control of voluntary movement
- Fine muscle control



CONCUSSIONS/MILD TBI



Seeing Stars / Whacked My Head

- A concussion occurs when your brain cells get damaged from being bounced around in your head and result in a temporary loss of brain function
- Concussions are not detectable on a CAT scan or MRI and may not leave any physical marks (e.g., bumps, bruises, cuts)
- Having a second concussion before the brain recovers from the first can increase the likelihood of having long term problems

THE Helpline CAN PROVIDE:

- **Further information** on TBI and what to do if you may have suffered a TBI
- Information on **preventing** TBI
- Information on **recovering** from TBI
- Information for **survivors'** family members, friends and caregivers
- **Resource referrals** (e.g., rehabilitation, housing, employment, legal assistance, etc.)



CONTACT US

Phone
O'ahu.....733-2135
 Helpline
O'ahu.....733-2155
TTY/TDD.....676-3777

Neighbor Islands
 Call Toll Free:

Hawai'i.....974-4000
Maui.....984-2400
Kaua'i.....274-3141
Moloka'i & Lana'i.....1-800-468-4644
 Then enter extension: 3-2155

Fax:
 733-9841

E-mail:
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Website:
<http://health.hawaii.gov/nt>

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 Developmental Disabilities Division
 Neurotrauma Supports**
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