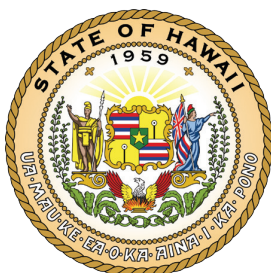




HELP·HOPE·HEAL

Hawa ii's Neurotrauma Commu n



**David Y. Ige**  
Governor

**Elizabeth Char, M.D.**  
Director of Health

The Department of Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Write or call within 180 days of a problem to:  
Affirmative Action Officer  
Department of Health  
1250 Punchbowl St. #250  
Honolulu, HI 96813  
Phone: 808-586-4110

**Ilocano:** PAKDAAR: Nu saritaem ti Ilocano, ti serbisyo para ti baddang ti lengguahe nga awanan bayadna, ket sidadaan para kenyan. Awagan ti 1-808-733-2155 (TTY: 711)

**Tagalog:** PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-808-733-2155 (TTY: 711)

Developmental Disabilities Division

# NEUROTRAUMA PROGRAM



H A W A I I

“Improving Quality of Care  
and Quality of Life for  
People with Disabilities”



## WHAT IS NEUROTRAUMA PROGRAM?

### OUR MISSION:

Enhance partnerships to ensure individuals with neurotrauma and their family members have access to services and supports.

### OUR VISION:

Individuals with neurotrauma will have healthy and meaningful lives.

### WHAT WE DO:

- Provide information and referrals through the Neurotrauma Helpline and Website
- Assist survivors of neurotrauma and their family members in identifying and obtaining access to services
- Partner with private and public organizations to provide educational and public awareness sessions and materials
- Assess the needs and concerns of neurotrauma injury survivors, family members, service providers, and community stakeholders to develop the most responsive system of supports

### CONTACT US:

#### NEUROTRAUMA HELPLINE:

##### Oahu:

808-733-2155 (V)  
877-477-5990 (TTY)

##### Toll Free:

833-333-5133 (V)  
877-477-5990 (TTY)

#### DEPARTMENT OF HEALTH:

Developmental Disabilities Division  
Neurotrauma Program  
3627 Kilauea Avenue, Suite 411  
Honolulu, HI 96816

##### Website:

[health.hawaii.gov/nt](http://health.hawaii.gov/nt)

##### Email:

[ntrauma@doh.hawaii.gov](mailto:ntrauma@doh.hawaii.gov)

##### Fax:

808-733-9841

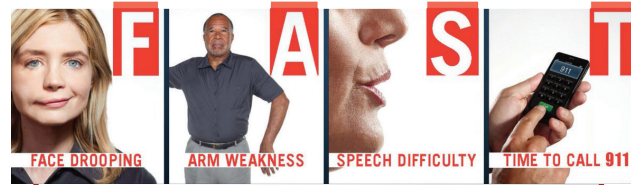
## WHAT IS NEUROTRAUMA?

In Hawai'i, neurotrauma is defined as a severe chronic disability of a person that is attributable to an injury to the central nervous system, such as traumatic brain injury (TBI) and spinal cord injury (SCI), and is likely to continue indefinitely. Neurotrauma also includes other neurological dysfunctions, such as stroke.

### PREVENTION TIPS:

- Maintain normal blood pressure
- Eat healthy and exercise
- Be aware of warning signs and exercise caution when engaging in water activities
- Wear your seatbelt
- Obey traffic laws
- Wear helmets and protective gear when riding a bicycle, skateboarding, etc.
- Schedule regular check-ups with your doctor to ensure good health is maintained

## STROKE



If you or someone you know experiences any of these symptoms, **call 9-1-1 immediately.**

The faster you are treated, the more likely you are to recover without permanent disability.

A stroke occurs if the flow of oxygen-rich blood to a portion of the brain is blocked. Without oxygen, brain cells start to die after a few minutes.

**Ischemic stroke:** Occurs when clots form in the brain's blood vessels or in blood vessels that lead directly or indirectly to the brain and block blood flow to the brain; 80% of strokes are ischemic.

**Hemorrhagic stroke:** Occurs when a blood vessel in the brain breaks or ruptures, resulting in blood seeping into the brain tissue, causing damage to brain cells.

### RISK FACTORS:

- High blood pressure
- Age
- Genetics
- Obesity
- Diabetes
- Smoking

## SPINAL CORD INJURY

**DON'T MOVE THEM, DIAL 9-1-1**

An injury that stems from a sudden, traumatic blow to the spine that fractures, dislocates, crushes, or compresses one or more vertebrae.

Additional damage can occur over the following days or weeks due to bleeding, swelling, inflammation and fluid accumulation in or around the spinal cord.

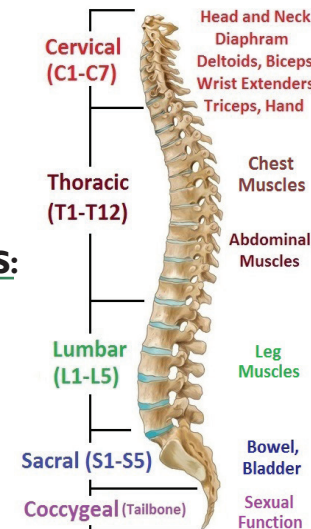
A non-traumatic spinal cord injury may be caused by arthritis, cancer, inflammation, infections or disk degeneration of the spine.

### LEADING CAUSES:

- Oceanic activities
- Falls
- Vehicle Crashes
- Violence
- Sports injuries

### SYMPTOMS:

- Partial or complete loss of sensory function or motor control of arms, legs and/or body
- Pain
- Risk of developing secondary medical conditions



## TRAUMATIC BRAIN INJURY

**WHEN IN DOUBT, DIAL 9-1-1**



An injury to the head arising from a blunt or penetrating trauma or from acceleration-deceleration forces.

### LEADING CAUSES:

- Falls
- Motor vehicle accidents
- Violence
- Sports injuries/concussions

### SYMPTOMS:

- Cognitive (difficulty thinking, concentrating, memory loss)
- Physical (headache, blurry vision, dizziness, feeling tired)
- Emotional (irritability, sadness, anxiety)
- Sleep (sleeping more/less than usual, trouble falling asleep)