

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 kenyam.
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)

DECEMBER 2020

TRAUMATIC BRAIN INJURY



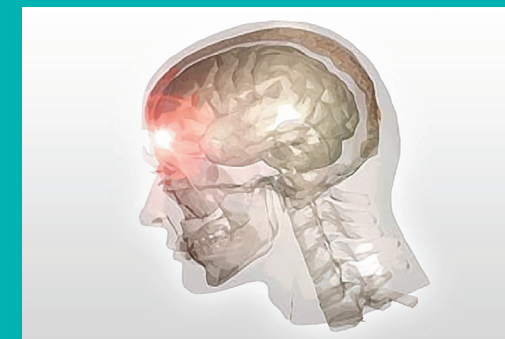
HELP·HOPE·HEAL
Hawaii's Neurotrauma Community

**Hawaii Department of Health
Developmental Disabilities Division
Neurotrauma Program**

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 Hawai'i'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

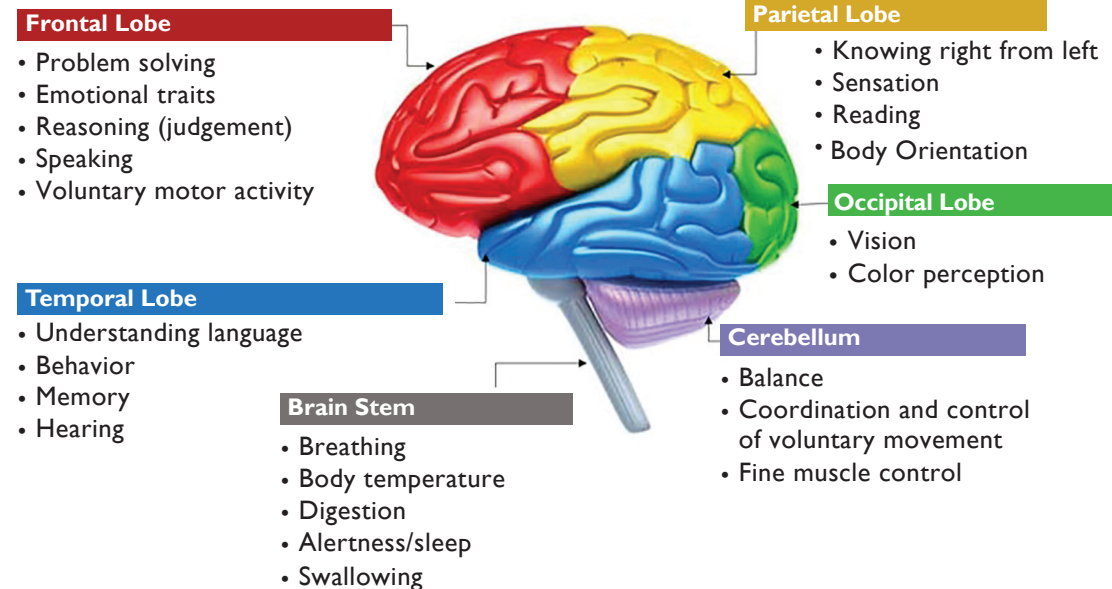
PHYSICAL

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

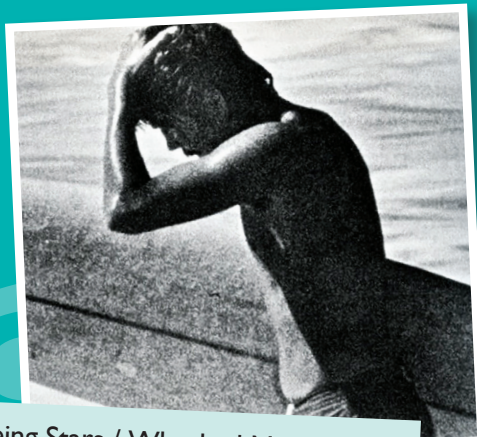
EMOTIONAL

- Irritability
- Sadness
- Nervousness or anxiety





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

CONTACT US

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.)



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

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