



Weill Cornell Medicine

Protect Against Traumatic Brain Injury



Traumatic brain injury (TBI) occurs when something penetrates your skull and brain, or a traumatic event rattles your brain inside your head. Learn to avoid, identify and treat TBI.

Your Brain at Risk

Some of the most common causes of TBI include sports-related injuries, falls and automobile accidents. Reduce your risk with these steps.

Power up.

Exercise strengthens bones and muscles and improves balance.

Make good choices.

Don't drive if you have alcohol or drugs in your system.

Stay protected.

Wear helmets made for your activity and use seatbelts properly.



Know the Symptoms

TBI can result in many symptoms, which often arise immediately after brain injury.

Behavioral Issues

You may become irritable, anxious or confused. You may also sleep more than usual or have trouble sleeping.

Physical Changes

TBI can cause headaches, nausea and vomiting, slurred speech and loss of consciousness.

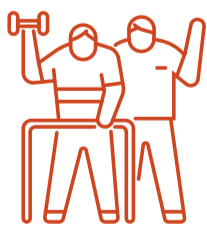
Sensory Problems

Light sensitivity, hearing difficulty and vision problems are common.

Seek immediate medical care if you have any signs of TBI.

TBI Recovery

Renowned experts at Weill Cornell Medicine provide comprehensive treatment options, including:



Physical therapy
to improve strength, balance and spatial orientation



Occupational therapy
to address light and noise sensitivity, vision issues and more



Psychological care
for memory, mood and attention issues

Visit weillcornell.org/doctors to find expert care for TBI.



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