

## **Traumatic Brain Injury Fact Sheet**

Medical complications associated with a traumatic brain injury are an all-too-common result of trauma to the brain. Consider the following facts:

- It is estimated that traumatic brain injury (TBI) patients are three times more likely to suffer from sleep disorders compared to the general population.<sup>1</sup>
- TBI survivors are up to ten times more likely to suffer from depression than those who have not incurred a brain injury.<sup>2</sup>
- A brain injury can cause epilepsy and increase a person's risk of Parkinson's, Alzheimer's and other neurodegenerative disorders.<sup>3</sup>
- Dysphasia or trouble swallowing can result from a brain injury and impede adequate nutritional intake resulting in a compromised immune system.<sup>4</sup>
- TBI survivors are often more susceptible to infection due to penetrating injuries or skull fractures that tear the membranes surrounding the brain, allowing potentially harmful bacteria to enter.<sup>4</sup>
- TBI survivors have been known to experience long-term or short-term damage to their vision resulting in double or blurred vision.<sup>4</sup>

## **References**

1. Sabini, Rosanna C., D.O. and Brain D. Greenwald, M.D. 2008. Sleepless after TBI. RainbowVisions. Spring.
2. Brown, Margaret, Ph.D. 2004. Coping with Depression After Traumatic Brain Injury. Brain Injury Association of America. <http://www.biausa.org/elements/BIAM/2004/depression.pdf>.
3. Centers for Disease Control. <http://www.cdc.gov/ncipc/tbi/TBI.htm>.
4. Mayo Clinic. Traumatic Brain Injury. <http://www.mayoclinic.com/health/traumatic-brain-injury/DS00552/DSECTION=7>.