



## **Alyssa's Breath, LLC.**

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9:00 AM to 9:00 PM  
Daily, Eastern Time

# Traumatic Brain Injury

### *What to look for...*

The human brain controls who and what we are. When the brain is injured, our ability to function can become severely impaired. Traumatic Brain Injury, or TBI, results from sudden damage to the brain caused by a blow or jolt to the head or by a penetration of the skull and brain; for example, by a bullet. TBI can be the result of an auto accident, violence, falls, sports injuries, lightning, electric shocks, or blows to the head.

- Headache
- Nausea/Vomiting
- Blurred Vision
- Light or Noise Sensitivity
- Dizziness
- Irritability
- Depression
- Anxiety
- Attention Problems
- Memory Problems
- Problems With Finding Words
- Trouble Focusing
- Drowsiness and Excessive Sleep
- Insomnia
- Waking Up Tired

### *What to do...*

If you suspect a traumatic brain injury, it's critical that you seek immediate medical care!

**Call 911 or seek urgent care at a local medical facility!**

Our list is not all-inclusive. The material contained herein is only offered as a public service with no guarantee of expertise or completeness. Please consult a medical professional if TBI is suspected! ©2020 Alyssa's Breath, LLC.