

# Heads Up

Facts for Physicians About  
Mild Traumatic Brain Injury  
(MTBI)



## Signs and Symptoms

Signs and symptoms of MTBI generally fall into four categories: physical, cognitive, emotional, and sleep, and may include:

Physical	Cognitive	Emotional	Sleep
<ul style="list-style-type: none"><li>• Headache</li><li>• Nausea</li><li>• Vomiting</li><li>• Balance problems</li><li>• Dizziness</li><li>• Visual problems</li><li>• Fatigue</li><li>• Sensitivity to light</li><li>• Sensitivity to noise</li><li>• Numbness/ Tingling</li><li>• Dazed or stunned</li></ul>	<ul style="list-style-type: none"><li>• Feeling mentally “foggy”</li><li>• Feeling slowed down</li><li>• Difficulty concentrating</li><li>• Difficulty remembering</li><li>• Forgetful of recent information or conversations</li><li>• Confused about recent events</li><li>• Answers questions slowly</li><li>• Repeats questions</li></ul>	<ul style="list-style-type: none"><li>• Irritability</li><li>• Sadness</li><li>• More emotional</li><li>• Nervousness</li></ul>	<ul style="list-style-type: none"><li>• Drowsiness</li><li>• Sleeping less than usual</li><li>• Sleeping more than usual</li><li>• Trouble falling asleep</li></ul>

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