

# March

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## Brain Injury Awareness Month

Every 23 seconds, a person sustains an injury to the brain in the United States. The **Brain Injury Alliance of Colorado** recognizes every individual living with an injury to the brain including stroke, lack of oxygen, tumor, infection and blow to the head (traumatic brain injury/TBI). March is **Brain Injury Awareness Month** and we ask that you help us raise awareness for the over 500,000 survivors living in Colorado by sharing at least 10 ribbons of knowledge with someone new.

 Brain injuries include stroke, tumor, anoxia, infection and blow to the head (traumatic brain injury/TBI)

 On average, one American dies from stroke every 4 minutes.

 A brain tumor or intracranial neoplasm occurs when abnormal cells form within the brain.

 An anoxic brain injury is when oxygen levels are significantly low for four minutes or longer and brain cells begin to die. After five minutes permanent anoxic brain injury can occur.

 Encephalitis is irritation and swelling (inflammation) of the brain, most often due to viral infections. Encephalitis can cause flu-like symptoms, such as fever or severe headache. It can also cause confused thinking, seizures, or problems with senses or movement.

 Falls are the leading cause of TBI, accounting for over 40.5% of all TBI-related emergency room visits, hospitalizations, and deaths in the United States.

 Effects of TBI can include impaired thinking, memory, movement, sensation (e.g., vision or hearing), or emotional functioning (e.g., personality changes, depression..)

 Colorado ranks 9<sup>th</sup> in the nation for fatalities due to a TBI.

 Males are twice as likely as women to sustain a TBI

 An estimated 1.7 million people sustain a TBI annually.

These are just 10 ribbons of knowledge. For more information regarding brain injuries, please visit [www.biaincolorado.org](http://www.biaincolorado.org) or give us a call at 303-355-9969.

Together, we can shine a light on brain injury.