

Please send me additional information about:

- Identifying Traumatic Brain Injury
- Post-Traumatic Stress Disorder
- Living with Brain Injury
- Support for Families
- Chapters and Support Groups
- Support for Military Personnel
- BIANYS Membership Information
- Other _____

Name: _____

Address: _____

E-mail: _____

Please mail to:
Brain Injury Association
of New York State
10 Colvin Avenue
Albany, NY 12206-1242

**Because no one should face
brain injury alone...**

Established in 1982, the Brain Injury Association of New York State works tirelessly to help meet the needs of individuals with brain injury and their families, and to educate the public and policy makers about brain injury and prevention. Major programs include:

BRAIN INJURY INFORMATION AND RESOURCES

CLEARINGHOUSE: The Brain Injury Association of New York State has an extensive collection of information and resources of interest to consumers, professionals, advocates, providers, media, educators, and the public. Included are a toll-free family helpline, website, publications, local chapters and support groups, mentoring and other support programs, regional networks, a speakers' bureau, and educational programs.

FAMILY ADVOCACY, COUNSELING, AND TRAINING

SERVICES PROGRAM (FACTS): This extensive family support program serves individuals with a brain injury sustained before age 22, and their families. FACTS Coordinators link individuals and their families with information, resources, advocacy, and emotional support.

PREVENTION: Prevention is the only "cure" for brain injury. Programs include concussion management in sports and recreation, violence prevention, helmet safety, motor vehicle safety, pedestrian safety, and activities that promote behaviors that reduce the risk of brain injury.

PUBLIC POLICY: The Brain Injury Association of New York State is an educational resource to policy makers and agencies on the federal, state, and local levels.

**The BRAIN INJURY ASSOCIATION
of NEW YORK STATE
is here to help.**

TRAUMATIC BRAIN INJURY

FACTS FOR RETURNING MILITARY PERSONNEL



Traumatic Brain Injury (TBI) is called the “signature wound” of the war in Iraq and Afghanistan. If you were exposed to a blast, were in a vehicle crash, or had your head hit or jolted while on duty, you might have a brain injury. You may not see any symptoms of a brain injury for months.

Often, this type of injury goes undiagnosed and untreated. Later, changes in behavior and mood, sleep patterns, and the ability to concentrate or remember things may be affected. This can have long-term consequences for you and your family. Learning how your brain might have been affected will give you important information for diagnosis and treatment.

The Brain Injury Association of New York State can help returning military personnel and their families with information, support, resources, and training about traumatic brain injury.

HAVE YOU...

- Had persistent trouble sleeping?
- Experienced memory loss?
- Felt like you're losing it?
- Found it difficult to concentrate?
- Been depressed or irritable?
- Had a headache, ringing in your ears, blurred vision, or neck pain?
- Felt dizzy or suddenly lost your balance?
- Felt unusually tired?
- Experienced sensitivity to bright light and noise?

These may be symptoms of a brain injury.

Support is provided in part by project H25MC00264 from the Maternal and Child Health Bureau (Title V, Social Security Act), Health Resources and Services Administration, Department of Health and Human Services.

CHECK IT OUT

While you were deployed were you injured by a:

- bullet, fragment, or shrapnel, etc.?
- vehicle accident (any type)?
- blast (IED, RPG, land mine, grenade, etc.)?

Were you near an IED, RPG, land mine, or grenade when it exploded?

Did any injury you sustained while you were deployed result in any of the following:

- feeling dazed or confused?
- not remembering the injury?
- loss of consciousness?
- having any symptoms of concussion afterward (headaches, dizziness, irritability, light and noise sensitivity, ringing in your ears)?
- injury to the head or face?

If you can answer “yes” to any of these questions you may have a combat-related traumatic brain injury. The only way to find out is to talk to a professional who understands.

POST-TRAUMATIC STRESS DISORDER (PTSD) AND TRAUMATIC BRAIN INJURY

PTSD can occur as the result of exposure to events that involve actual or threatened death, intense fear, or feeling helpless. You may have been exposed to these events daily.

Common symptoms of PTSD include feeling irritable, having sleep problems, feeling jumpy, feeling detached, having trouble concentrating, being unable to recall details of the trauma, reliving the trauma, or feeling disconnected from emotion.

These symptoms could also be indicative of a TBI. It is not unusual for people to experience both diagnoses. The differences are often subtle. Common symptoms of TBI include insomnia, anxiety, mood changes, feeling like you are losing it, problems remembering or concentrating, depression, irritability, or avoiding close contact with friends and family. It is important to talk to a professional who can help you understand what is happening.

REMEMBER... you are not alone. There is help, support, and treatment available.

The Traumatic Brain Injury Training and Military Veterans Services Project is a collaboration between the Brain Injury Association of New York State and the NYS Department of Health. This project provides information and support about traumatic brain injury (TBI) to military personnel returning to New York State from Iraq and Afghanistan and their families, and training for providers about traumatic brain injury.

A project of the Brain Injury Association of NYS
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