

# Mild Traumatic Brain Injury

## What is mild traumatic brain injury?

It is an injury to the brain caused by some type of outside force. It is similar to a concussion. It may result from a fall or car crash, from an object hitting your head, or it may occur during some sports. With this type of injury, a loss of consciousness, amnesia, or changes in your mental state usually occur.

## What are the symptoms?

Headaches are the most common symptom. You may also have nausea, blurry vision, dizziness, fatigue, sensitivity to light, or trouble sleeping. Most of these symptoms usually improve within 24 hours. You may have problems thinking or focusing, or notice changes in your behavior and physical health. Repeat injury may lead to more long-term or worse symptoms.

## How is it treated?

Your doctor will monitor your activities and make sure you get enough rest while you slowly return to your daily routine. Your doctor may also prescribe medicines or other treatments to ease your symptoms. If your symptoms persist, you may need to see a specialist.

## What should I do if I have a possible brain injury?

Go to your doctor for a complete physical exam. The doctor will assess your reflexes, posture, vision, muscles, and bones. You may also need tests to measure your mental skills and well-being.

## Where can I get more information?

Your doctor

Brain Injury Association of America  
<http://www.biausa.org/>

Centers for Disease Control and Prevention  
<http://www.cdc.gov/TraumaticBrainInjury/outcomes.html>

Defense and Veterans Brain Injury Center  
<http://www.dvbc.org/recovery-and-rehabilitation>

Defense Centers of Excellence  
[http://www.dcoe.health.mil/ForHealthPros/TipsforTreatingTBI\\_PTSD.aspx](http://www.dcoe.health.mil/ForHealthPros/TipsforTreatingTBI_PTSD.aspx)

December 2012

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**This handout is provided to you by your family doctor and the American Academy of Family Physicians. Other health-related information is available from the AAFP online at <http://familydoctor.org>.**

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