

Prevent Falling and Brain Injury

PSYCHOLOGICAL AND SOCIAL CONSEQUENCES

- Reduced mobility
- Fewer social interactions
- Decreased physical fitness
- Reduced quality of life

BRAIN INJURY IMPACTS

- Physical
- Cognitive
- Emotional

WHAT TO DO TO PREVENT FALLS

- Eat healthy
- Physical Activity
- Stay Connected
- Keep Your Mind Active



GET MOVING

- Get at least 150 minutes of exercise each week. Move about 30 minutes on most days.
- Join programs that can provide you with tips on how to move safely to prevent falls.
- Check with your healthcare provider if you want to start an exercise program.
- Physical activity may reduce risk of diabetes, heart disease, depression, and stroke.

TAKE CARE OF YOUR HEALTH

- ✚ Get recommended health screenings
- ✚ Manage health problems like diabetes, high blood pressure, and high cholesterol
- ✚ Consult with your healthcare provider to make sure your medicines are right for you
- ✚ Reduce risk for brain injuries due to falls, and other types of accidents
- ✚ Quit smoking

EAT HEALTHY

- ✚ Fruits and vegetables
- ✚ Whole grains
- ✚ Lean meats, fish, poultry
- ✚ Low-fat or non-fat dairy products
- ✚ Less solid fat, sugar and salt
- ✚ Proper portion sizes
- ✚ Adequate fluids

Traumatic Brain Injury: The Hidden Epidemic

PHYSICAL SYMPTOMS

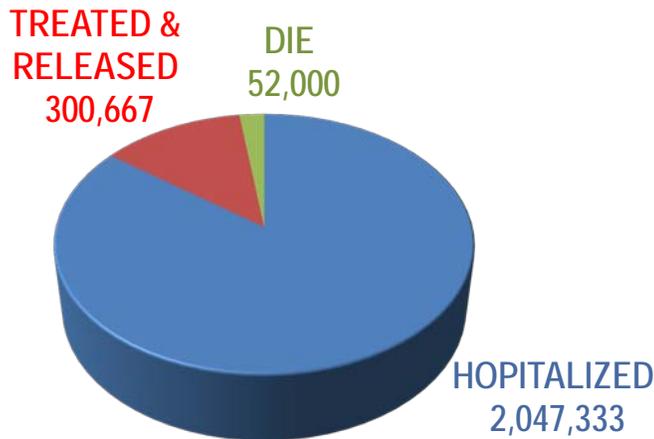
- Headaches
- Motor Coordination
- Speech Impairments
- Blurry Vision
- Decrease of Hearing
- Fatigue
- Seizure

COGNITIVE SYMPTOMS

- Memory Deficits
- Impaired Attention
- Slowness of Thinking
- Poor Communication
- Difficulty Writing
- Difficulty Reading
- Difficulty Planning
- Poor Judgement

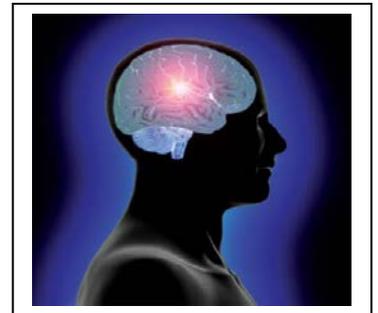
EMOTIONAL SYMPTOMS

- Depression
- Anxiety
- Aggression
- Lowered Self-Esteem
- Mood Swings
- Sexual Dysfunction
- Restlessness
- Poor Motivation



Coronado, V.G., McGuire, L.C., Sarmiento, K., Bell, J., Lionbarger, M.R., Jones, C.D., Xu, L. (2010). Trend in traumatic brain injury in the U.S. and the public health response: 1995-2009. *Journal of Safety Research*, 41, 209-227.

The human brain is one of the largest and most complex parts of the human body. It controls action, memory, and feeling.



What is a traumatic brain injury?

A traumatic brain injury (TBI) is caused by a blow or jolt to the head or a penetrating head injury that disrupts the function of the brain.” – Centers for Disease Control

Common Misconceptions

- TBI only occurs when someone is loses consciousness
- Direct head impact is necessary for TBI to occur
- All people with TBI have the same symptoms
- TBI symptoms appear right away
- Mild TBI goes away quickly

Reduce Risk

- + Exercise to improve balance & coordination
- + Take a fall prevention class
- + Make your home safer
- + Review medicines and vision with your healthcare provider
- + Wear safety belts and helmets
- + Get enough sleep



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