



Health & Fitness Weekly Wellness Message

Anytime. Anywhere. Anyone. Brain injuries do not discriminate. March is Brain Injury Awareness Month – a time to increase awareness about the extent, causes, consequences, treatment and prevention of traumatic brain injuries. According to the Centers for Disease Control and Prevention, nearly 1.7 million people suffer a traumatic brain injury, or TBI, each year. TBI awareness is especially important for military personnel who, due to the nature of their work duties and lifestyle, are at a higher risk for TBI than the average citizen.

Traumatic brain injuries result from an external force such as blow or jolt to the head. Concussions can occur in combat operations, in sports, particularly contact sports, during recreational activities, and in vehicle collisions that have sufficient acceleration or deceleration movement. Brain injuries need to be identified and treated as quickly as possible. The problem with injuries such as concussions is because they are not as obvious as other physical injuries; they may be mistakenly overlooked or underestimated as to the extent of their damage.

Symptoms of concussion can include:

- Confusion
- Headaches
- Dizziness
- Ringing in the ears or nausea

Some people can have more persistent symptoms, which can include trouble sleeping, irritability or visual disturbances. Battle buddies and Wingmen alike need to be aware of any changes following a head injury and encourage soldiers to seek medical attention ASAP, no matter how mild the injury may seem.

For more information about brain injuries, visit the Defense and Veterans Brain Injury Center at: www.dvbic.org

Interested in learning about the Army's initiatives on TBI? Click on the following link: www.armymedicine.army.mil/prr/tbiprg.html

We also encourage you to visit the Brain Injury Association of America's site at: www.biasua.org to help spread the word because early, equal, and adequate access to care will greatly increase overall quality of life.

Upcoming Noteworthy Events: Executive Health Assessments /Treadmill testing
April 10th in building 59, room 118
Stop by Health Fitness to sign up!

Want to stay informed about what's happening in Health and Fitness – become a fan of ours on FACEBOOK! Go to <http://www.facebook.com/pages/Washington-DC/National-Defense-University-Health-and-Fitness-Program/128551210497738> and click on "Sign Up."