



A collaborative approach to personal and community health through education, prevention, and healthcare services

NATIONAL BRAIN INJURY AWARENESS MONTH

National Brain Injury Awareness Month in March alerts us to the causes and aims to eliminate the stigma surrounding brain injuries.

When it comes to brain injuries, not a single injury or person is the same. The month is dedicated to improving awareness of brain injuries. Providing quality support for people with brain injuries and understanding their needs will improve their outcomes for the future. Changing the world's perspective to understand how brain injuries work is a difficult task.



While anyone can suffer from a brain injury, it's important to remember that everyone is a person first. They are not their injury. Each person has hopes and dreams, and they are not their injury. Each injury affects a person differently. How we support the person and treat the injury will require understanding and patience.

Prevention

Learning the signs of a concussion and when to seek medical attention can mean the difference between mild and severe injuries. Repeat injuries require additional attention.

Two types of brain injuries are traumatic and non-traumatic. **Traumatic** brain injuries occur due to motor vehicle accidents, sports or recreational injuries, domestic violence, falls, and other external forces. Causes of **Non-traumatic** brain injuries begin internally due to disease, poisoning, a hereditary condition, lack of oxygen, stroke, or other internal medical condition.

According to the Department of Defense, one of the keys to recognizing a concussion and getting immediate treatment is identifying these symptoms:

- H - headaches or vomiting
- E - ears ringing
- A - amnesia, altered consciousness, or loss of consciousness
- D - double vision and/or dizziness
- S - something is wrong, or not quite right

HOW TO OBSERVE #BrainInjuryAwarenessMonth #ChangeYourMind

Learn more about supporting those with brain injuries, prevention, and more. Visit www.biausa.org to learn more. Use #BrainInjuryAwarenessMonth and #ChangeYourMind to share on social media.

Sincerely,

Del Norte Healthcare District Board of Directors
Tonya Pearcey, R.N.
Michael Young
Kevin Caldwell, M.D.
David Mason
Shellie Babich, B.S., PA-C

Sources:

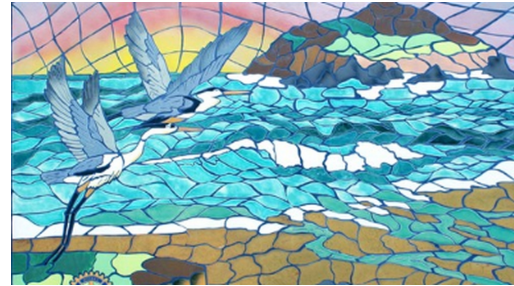
<https://www.nationaldaycalendar.com/health-awareness/national-brain-injury-awareness-month-march>

<https://www.biausa.org/public-affairs/public-awareness/brain-injury-awareness>



[Like the Del Norte Healthcare District on Facebook](#) to stay up to date with our announcements, newsletters, and board actions.

We love our community partners! In collaboration with the Del Norte Healthcare District, the [City of Crescent City](#) is now offering FREE Saturday Recreational swims for everyone and monthly swim passes are available to eligible seniors. Call the Aquatic Supervisor at 707-458-8452 for more information.



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