



Are you worried about your head or brain?

- Head injury
- Stroke
- Aneurism
- Brain tumor
- Brain diseases



Arizona Governor's
Council on Spinal
and Head Injuries

Brain injuries happen.

Many people whose brains are injured get well and have no long-term problems. Some people have problems that may not be noticed right away. You may notice changes in yourself that concern you.

You do not need to lose consciousness (black out) to have a brain injury. If you have had a “concussion,” you have had a brain injury.

Go to the “Ask for help” section if:

- you have any of the problems listed in this brochure, **and they don’t go away.**
- your brain was hurt a long time ago, **and you still have any of these problems.**

If your brain has been hurt, and you have any of these problems, see your doctor right away or go to the emergency room.

- **severe headache that does not go away or get better**
- **seizures: eyes fluttering, body going stiff, staring into space**
- **forgetting everything, amnesia**
- **hands shake, tremors, muscles get weak, loss of muscle tone**
- **nausea or vomiting that returns**

Ask for help.

Call the Brain Injury Association of Arizona (BIAAZ). The professional staff there will give you information and help you get what you need.

Brain Injury Association of Arizona

**In Maricopa County, please call:
(602) 508-8024**

**Statewide, please call, toll-free:
1-888-500-9165**

The Brain Injury Association of Arizona provides:

- Information
- Support Programs
- Direction to Services and Resources
- Connections
- Support Groups

www.biaaz.org

Behavior and Feelings

Look for changes... in your behavior and feelings.

Check ALL the changes you notice in the list below:

Since your brain was injured...

Are you more

- Moody, irritable, or anxious
- Easily upset or frustrated
- Sad or depressed
- Tired or drowsy or fatigued
- Sensitive to drugs or alcohol

Do you do these things more often

- Over-react
- Cry or laugh too easily
- Trip, fall, or drop things
- Blame others or feel afraid of them
- Avoid other people
- Take risks without thinking first
- Use more alcohol or drugs

Do you have problems with your relationships

- Knowing how to act with people
- Fighting with your spouse or family
- Losing your job

Your Notes:

Thinking

Look for changes... in your thinking.

Check ALL the changes you notice in the list below:

Since your brain was injured...

Is it harder than it used to be to

- Get started
- Remember things
- Stay focused
- Understand what people mean
- Make decisions
- Get organized or get things done
- Do things on time
- Pay your bills

Do you notice that you

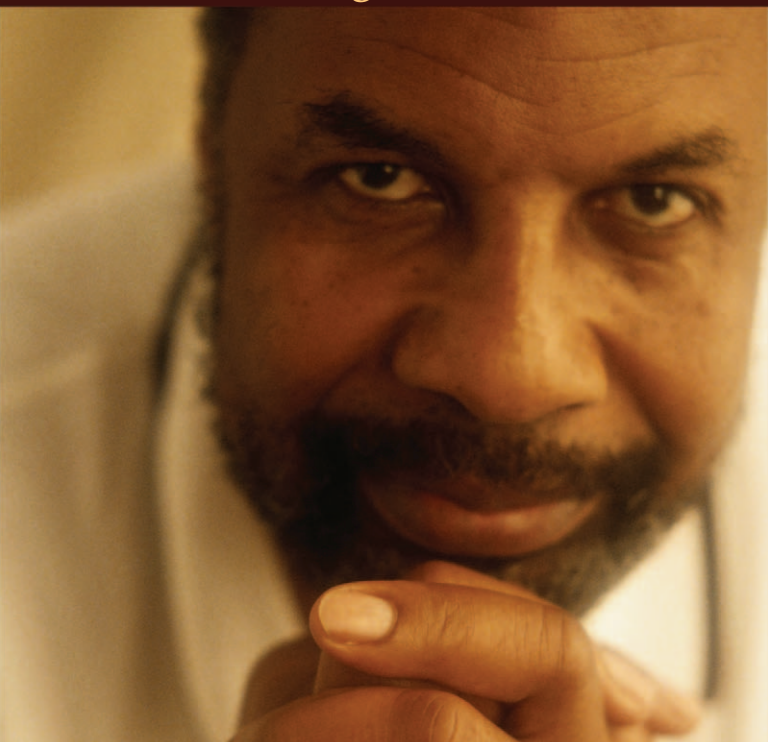
- Think about the same thing over and over
- Think or react more slowly than before
- Get confused easily

Do you sometimes think you've lost your

- Common sense
- Sense of humor
- Sense of direction



Communicating



Look for changes... in communicating with others.

Check ALL the changes you notice in the list below:

Since your brain was injured...

Do you have more trouble

- Thinking of the right word
- Listening or paying attention
- Having a long conversation
- Reading

Do you notice that you

- Talk too much
- Change the subject a lot
- Know what you want to say, but can't say it
- Can't make a decision

Your Body

Look for changes... in your body.

Check ALL the changes you notice in the list below:

Since your brain was injured...

Do you have pain

- Headaches that keep coming back
- Pain in your head bone or muscle
- Pain below your ear or in your jaw
- Pain in or around your eyes
- Neck and shoulder pain that happens a lot

Do you have balance problems

- Dizziness
- Losing your balance

Do you notice changes in your

- Appetite
- Ability to taste or smell
- Hearing
- Body temperature (feel too hot or too cold—or don't feel temperature at all)
- Vision (blurry, seeing double, hard to focus)
- Swallowing

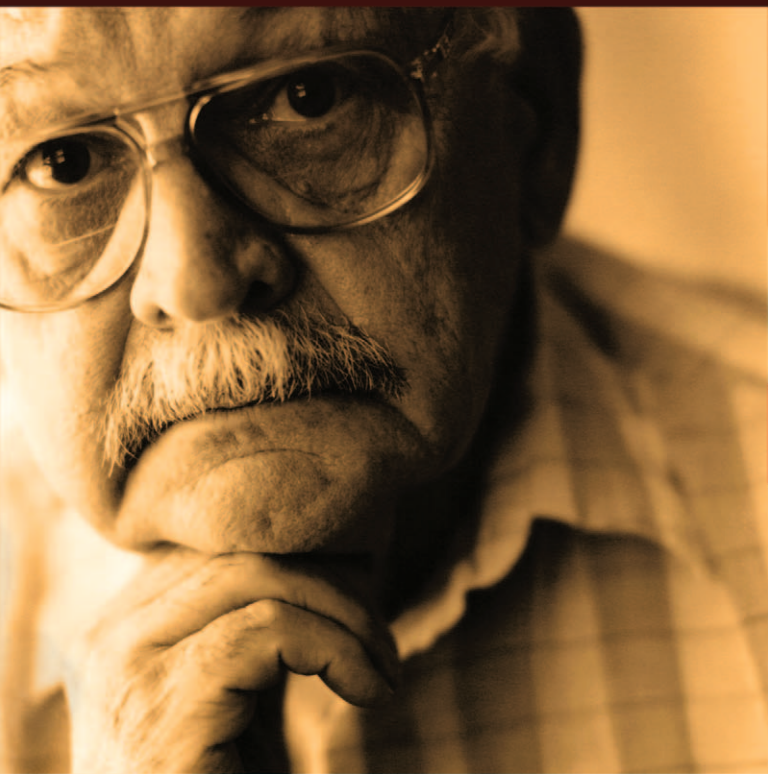
Are you bothered by

- Smells
- Sounds or ringing in your ears
- Noises, even normal background noise
- Light

Do you have sleep problems

- Can't sleep through the night
- Sleep too much
- Your days and nights get mixed up

Not every problem that could happen is on this list.



Keep this brochure with you when you:

- go to see your doctor
- call the Brain Injury Association of Arizona at 1-888-500-9165

Call us – there is help available.

**BRAIN  INJURY
ASSOCIATION
of A R I Z O N A**

For additional copies of this publication, or to obtain this information in an alternative format, contact the Arizona Governor's Council on Spinal and Head Injuries at: Voice/(602) 863-0484 or through the AZ Relay Service.