MILD TBI/CONCUSSION

- Concussion is the mildest and most common type of traumatic brain injury. Mild TBI includes all types of concussive injuries.\(^1\)
- CDC estimates as many as 3.8 million sport-related concussions in the US annually.\(^2\)
- A loss of consciousness only occurs in 10% of concussions.\(^3\)

MILD TBI AND RECENT MILITARY CONFLICT

- Mild TBI is a “signature injury” of the conflicts in Iraq and Afghanistan.\(^4\)
- 2.6 million men and women served in Iraq and Afghanistan; 700,000 were deployed multiple times.\(^5\)
- An estimated 20% of deployed service members sustained at least 1 mild TBI. Many with more than one.\(^6\)
- 10-20% of service members with mild TBI have “persistent” changes in functioning (>3 months).\(^7\)
- Blast-related mild TBI results in different changes to the brain cells than sport-related injuries.\(^8\)

MILITARY VETERANS AND PSYCHOLOGICAL HEALTH

- An estimated 20 US military Veterans commit suicide everyday.\(^9\)
- Female military Veterans are at a significantly higher risk of suicide than male Veterans.\(^10\)
- 89% of military Veterans diagnosed with TBI also had a diagnosis related to psychological health.\(^11\)

CARE IN MILD TBI AND PSYCHOLOGICAL HEALTH

- Military Veterans with TBI believe that including spouses in care is critical for the best outcomes.\(^12\)
- Care for military Veterans with TBI has been reported to be 4x higher than those without TBI. For complex needs like TBI, PTS and pain, the cost was 7x higher.\(^11\)
- Research shows engaging in therapy for post-concussive symptoms and post-traumatic stress together is successful.\(^13\)
FOOTNOTES:


FOOTNOTES:


