



CTE Hope

Research. Development. Support. Advocacy.

WHAT IS A TBI?

Traumatic Brain Injuries (TBI) occur when impact of a rapid acceleration, deceleration, or collision causes a brain injury. TBIs are classified as mild, moderate, or severe depending on the extent of damage to the victim's physical and cognitive abilities. 75% of TBIs are concussions. The symptoms of TBIs depend on the severity of the impact and the area of the brain affected.

COMMON SYMPTOMS INCLUDE:

Headaches	Dizziness	Nausea
Vomiting	Blurred Vision	Slurred Speech
Difficulty Thinking or Concentrating	Memory Problems	Confusion
Drowsiness	Lack of Motor Coordination	Change in Sleep Patterns
Emotion Symptoms like Mood Swings	Loss of Consciousness	Loss of Sense of Smell
Blood or Clear Fluid from Ears or Nose	Seizures	

Managing TBIs is possible, but it is critical to seek treatment from the start. Often, you just don't "feel right." If you or a loved one has experienced a TBI or has been exposed to repetitive subconcussive hits and begin showing the signs and symptoms described above, they should not be ignored—consult a healthcare provider.

IMPORTANT REMINDER:

Post-TBI symptoms mirror common symptoms associated with CTE, but experiencing those symptoms does not mean you have CTE or even that you will develop CTE later on. It is important not to conflate the two or believe the worst possible scenario. CTE can only be diagnosed definitively upon death and a brain autopsy so it is not accurate to say you suffer from CTE until it can be accurately detected in the living.

The biggest difference between symptoms of a TBI and symptoms of CTE is that with CTE, symptoms are progressive, meaning they continuously get worse as time goes on, while symptoms of TBIs can be managed, plateau, and even decrease in intensity.