

# BANG TO THE BRAIN

WHEN IT'S JUST MORE THAN A HEADACHE

A concussion is a type of traumatic brain injury that is caused by a sudden bump or blow to the head. It can also occur from a fall or blow to the body that will cause the head and brain to move quickly back and forth, or also known as whiplash. Unfortunately, concussions can go unnoticed, so here are facts and statistics to help better understand them.

The consistency of the brain is between slightly-set gelatin and peanut butter, almost like the impressionable memory foam pillows.

Concussions are a brain injury similar to scrambling an egg inside it's shell or a bruised banana.

The most  
**VULNERABLE**  
**AREAS** of the brain are the  
**FRONTAL & TEMPORAL**  
lobes due to their anatomy & proximity to the skull

## FRONTAL LOBE

Responsible for executive functioning, planning, organizing, complex thinking, focus and concentration, and emotional self-regulation.



## TEMPORAL LOBE

Responsible for auditory processing, short-term memory, and mood regulation.

## THE WAYS THE BRAIN CAN BE INJURED



### LINEAR (TRANSITIONAL)

Brain injury when there is no direct impact to the head. The brain sits inside the skull, unattached, and can slide back and forth. This is known as "whiplash" due to the amount of force.



### FOCAL IMPACT

The brain injury is located where the brain was hit, point of contact.



### ANGULAR (ROTATIONAL)

Concussion resulting from a sudden head twist, temporarily separating the brain stem and spinal cord. This kind of impact can sever the Corpus Callosum, which is the connection tissues between two brain hemispheres, affect the brain stem and cerebellum. This is the worst type of concussion injury, associated with the most serious neurological injuries.

## GRADING OF CONCUSSIONS

### MILD GRADE 1

Symptoms last for less than 15 minutes. There is no loss of consciousness.

There is no loss of consciousness but symptoms last longer than 15 minutes.

### MODERATE GRADE 2

### SEVERE GRADE 3

The person loses consciousness, sometimes just for a few seconds.

#### Sources:

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