

Opinion on Brain injury: Disorders and Treatment

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Introduction

A forceful hit or jolt to the head or body frequently causes traumatic brain damage. Traumatic brain damage can also be caused by an item that passes through brain tissue, such as a gunshot or a fractured piece of skull. A Traumatic Brain Injury (TBI) is a brain injury that occurs suddenly. When the head is hit, bumped, or jolted, this can happen. This is what is known as a closed head injury. When an item penetrates the skull, a TBI can occur. This is a piercing wound. A TBI can happen to anybody, although men account for roughly 80% of all TBIs. TBIs are more prevalent in adults over the age of 65. This age group has a higher risk of losing their balance, falling and striking their skulls. TBIs can occur in newborns as a result of occurrences such as falling from a bed or changing table, or, more rarely, maltreatment.

Description

A seemingly minor brain damage, known as a concussion, can be just as hazardous as more obvious ailments. The size and location of the damage are the most important factors. Long-term disability or impairment are not always the outcome of a brain injury. To contain or reduce the harm, however, the proper diagnosis and therapy are required. A neurological exam, neuroimaging tests such as MRI or CT scans and neuropsychological exams are used to establish the amount and impact of brain injury. Doctors will stabilise the patient to avoid additional harm and ensure that blood and oxygen are flowing freely to the brain. Blood pressure will also be monitored.

A mild traumatic brain injury might cause temporary damage to your brain cells. Bruising, torn tissues, haemorrhage and other physical damage to the brain can occur with more acute traumatic brain injury. Long-term problems or mortality can occur as a result of these injuries. TBI can have a wide range of physical and psychological consequences. Some indications or symptoms may arise right after a stressful experience, while others may take days or weeks to show. A TBI can cause mild, moderate, or severe symptoms. Concussions are a form of mild traumatic brain injury. Concussions can have catastrophic consequences, although most individuals recover entirely over time. Serious physical and psychological symptoms, coma and even death can result from more severe TBI.

A range of therapies can aid in the recovery of a person who has had a TBI, as well as lessen or eliminate various physical, emotional and cognitive issues that might arise as a result of the injury. Treatment options, such as kind, setting and duration, are determined by the severity of the damage and the brain region affected. Several variables influence the severity of a head injury, including loss of consciousness, specific neurological symptoms that

occurred at the time of the accident, loss of memory for the incident and the time leading up to it and abnormalities on a head CT or brain MRI.

Rest is the major therapy for mild TBI. You can use over-the-counter pain medicines if you have a headache. It's critical to adhere to your doctor's directions for total rest and a gradual return to normal activities. It may take longer to recuperate if you start doing too much too soon. If your symptoms aren't improving or if you're experiencing new ones, talk to your doctor. When you have a moderate to severe TBI, your health care specialists will initially try to stabilise you to avoid additional harm. They'll monitor your blood pressure, check the pressure within your skull and make sure your brain is getting enough blood and oxygen [1-5].

Conclusion

When you get a violent, severe blow to the head, your brain may adjust its chemical and energy usage to adapt for the injury. Headaches, light/sound sensitivity and disorientation are all possible side effects of these alterations. These alterations are temporary and do not harm the brain permanently in mild TBIs. More severe injuries, on the other hand, can cause these alterations to linger longer and result in brain cell destruction. The brain may grow and expand inside the skull as a result of these processes. The swelling has the potential to cause much more brain injury. The patient and family are at the centre of the brain injury rehabilitation team, which helps create short- and long-term therapy goals for recovery. The brain injury rehabilitation team consists of several qualified individuals.

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