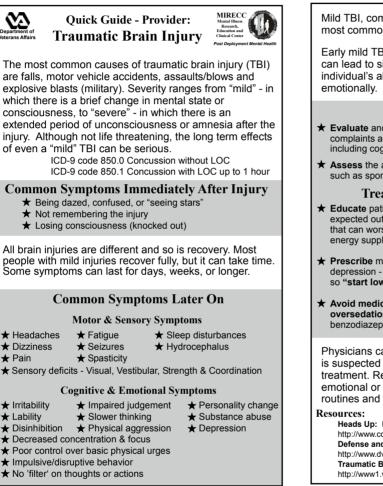
physician



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Mild TBI, commonly known as concussion, is one of the most common neurologic disorders.

Early mild TBI symptoms may appear subtle, but they can lead to significant, life-long impairment in an individual's ability to function physically, cognitively, and

Medical Evaluation

- **★ Evaluate** and treat patients who present early for somatic complaints and document baseline neurological findings, including cognitive and emotional state
- * Assess the ability of the patient to return to everyday activities, such as sports, work, or operating motor vehicles

Treatment/Clinical Management

- ★ Educate patients and their families about the treatment plan, expected outcomes, and the importance of avoiding substances that can worsen symptoms such as alcohol, caffeine, diet and energy supplements, and some cold medications
- ★ Prescribe medication, as appropriate, for significant anxiety or depression - these patients are more vulnerable to side effects, so "start low and go slow"
- ★ Avoid medications that can impair cognition, cause oversedation, or diminish neuronal recovery such as benzodiazepines, anticholinergic and antidopaminergic agents

Physicians can improve patient outcomes when mild TBI is suspected or diagnosed by implementing early treatment. Refer patients, as appropriate, when physical, emotional or cognitive symptoms interfere with normal routines and relationships.

Heads Up: Brain Injury in Your Practice Tool Kit http://www.cdc.gov/ncipc/pub-res/tbi_toolkit/toolkit.htm Defense and Veterans Brain Injury Center http://www.dvbic.org/cms.php?p=Education Traumatic Brain Injury: A CME Program http://www1.va.gov/vhi/docs/TBIfinal www.pdf