

Dear Colleague:

The Centers for Disease Control and Prevention (CDC) is pleased to offer *Heads Up: Brain Injury in Your Practice* as part of a national initiative to prevent mild traumatic brain injury (MTBI) and improve clinical management for patients with MTBI. This tool kit is part of CDC's response to the Congressional TBI Act Amendments of 2000, which mandate attention to this public health concern. Physicians play a key role in this national initiative by helping their patients prevent MTBIs and improving patient outcomes when MTBIs occur.

Clinical research has shown that MTBIs may cause serious, lasting problems. Every year in the United States:

- More than 1.5 million people experience a traumatic brain injury (TBI);
- Approximately 1.1 million people, or 75 percent of all those with a TBI, sustain a MTBI;
- In addition to the human toll, MTBIs cost the nation nearly \$17 billion each year.

This new tool kit provides information about MTBI prevention and resources to help physicians with early diagnosis, management, and monitoring of patients with MTBI. The kit contains:

- Clinical information;
- Patient education materials in English and Spanish;
- A palm card on managing sports-related head injuries;
- A CD-ROM with additional information and resources; and
- A postage-paid card for reordering additional patient materials.

We are pleased to be joined in this educational effort by a number of noted professional, government, and voluntary organizations interested in improving outcomes for patients with MTBI. We hope you will find this tool kit useful in your practice.

Your views about the tool kit are invaluable to us and we invite you to share them with us. Please email your comments to zlo5@cdc.gov with a subject line "MTBI Tool Kit" or fax comments to 770-488-4338, attention MTBI Tool Kit.

Sincerely yours,

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