



# PROTECT YOUR BRAIN.

Falls, motor vehicle crashes, assaults, and sports injuries can all result in head injury. And a blow to your head can also be an injury to your brain. Traumatic brain injury (TBI) can damage your brain and cause problems with your abilities to learn and think. Repeated TBIs may increase your risk for long-term memory loss and confusion.

## **Follow these steps to reduce your risk:**

- Check your home for potential fall hazards such as loose rugs, bad lighting, and clutter.
- Always wear a helmet when riding a horse, bicycle, motorcycle, or ATV, as well as playing contact sports or skiing.
- Exercise to build muscle and improve your balance.
- Use a walker, cane, or wheelchair, if needed.
- Keep your vehicle maintained and always wear your seatbelt.
- Do not drive when you are drowsy or under the influence of alcohol, medication, or any other sleep-inducing substance.
- Get your vision checked annually and wear corrective lenses if necessary.
- Always store firearms locked and unloaded and store ammunition separate from the weapon.
- Talk with your doctor about side effects or drug interactions from your medications.

# For More Information

## About Traumatic Brain Injury (TBI)

- Centers for Disease Control and Prevention – Traumatic Brain Injury and Concussion  
<https://www.cdc.gov/traumaticbraininjury/index.html>
- Alzheimer's Association – Traumatic Brain Injury  
[https://www.alz.org/alzheimers-dementia/what-is-dementia/related\\_conditions/traumatic-brain-injury](https://www.alz.org/alzheimers-dementia/what-is-dementia/related_conditions/traumatic-brain-injury)
- Brain Injury Association of America  
<https://www.biausa.org/>

## About Healthy Aging

- CDC Aging without Injury Program  
<https://www.cdc.gov/stillgoingstrong/>
- National Association of Chronic Disease Directors Healthy Aging Programs  
<http://chronicdisease.org/Healthy-Aging>
- Alzheimer's Association  
<https://www.alz.org>



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CHRONIC DISEASE DIRECTORS**  
Promoting Health. Preventing Disease.



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