Concussion Q&A with IU School of Medicine Experts

What is TBI?

TBI is typically the result of an impact to the head that causes damage to the brain.

What are the leading causes of TBI?

- Struck by/against vehicle
- Falls
- Assaults
- TV and computer screens

52,000
1.7 million
16%
40.5%
14.3%

Are there genes that influence outcome after a concussion?

Yes.

When do repetitive concussions become a serious problem?

When a person has sustained enough concussions to contribute to decline in function overtime.

How long does it take for the brain to recover from a concussion?

On average, people will feel significantly better a week to 10 days after a concussion. Sometimes we identify areas of persistent deficits, like balance or memory.

What is TBI awareness matter?

Awareness of concussion symptoms can improve diagnosis and treatment.

What do we not know about TBI rehab?

We're still learning a lot about the long-term consequences of these injuries.

How long is the recovery time for mild TBI?

Depends on the severity of the injury. Sometimes symptoms will last longer and you're at greater risk for more serious consequences.

What is the most important part of concussion recovery?

Cognitive rest can help — avoid sports, exercise, TV and computer screens.

About TBI

- About 1.7 million people per year get treated for TBI
- 20-25% of all injury deaths in the U.S. are associated with TBI
- 275,000 hospitalizations
- 14.3% of concussions result in hospitalization

Who is at risk for TBI?

College athletes and military cadets undergo baseline testing before a season/activity.

What are the goals of this study?

- Collect data from a range of sports and genders
- Understand how long it truly takes the brain to recover, and to what extent
- Some people will improve over time
- Why does concussion and TBI awareness matter?

30%
10%
60.5%
12.5%
6.5%

When treated immediately, what are the long-term implications for sports-related concussions, if any?

It is important to treat immediately to reduce risk of long-term problems.

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What does the IU School of Medicine hope to accomplish with its research?

The IU School of Medicine, with the Rehabilitation Hospital of Indianapolis, is a designated Traumatic Brain Injury Model System site — one of just 16 centers in the country.

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One of just 16 centers in the country.

Want to know more? Visit medicine.iu.edu/research/areas-of-expertise

About Participating in TBI Research

How are the IU School of Medicine experts providing leadership in TBI research?

- being leaders in advancing the field of TBI
- working with others across the country
- leading the CARE consortium to enable large-scale, multi-site studies of TBI

When we talk about concussion, are we suspecting that the threshold is pretty high for the first injury, but we don't know what happens thereafter. We do know that even normal sports activity can be enough to trigger concussive symptoms.

Why does concussion awareness matter?

Important distinction because people realize now that hiding head injuries and concussions can have very serious long-term consequences.

What is the right metric?

We're still learning a lot about the long-term consequences of these injuries.

Do certain features of an impact a concussion diagnosis or outcome?

The force of the impact and variations play a role in recovery and the extent to which symptoms can improve diagnosis and treatment.

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What is the CARE Consortium?

CARE =Collaborative Amyloid Imaging Revisited

How many people are treated for TBI annually?

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- 1.7 million

How can we find more about TBI?

medicine.iu.edu/research/areas-of-expertise

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