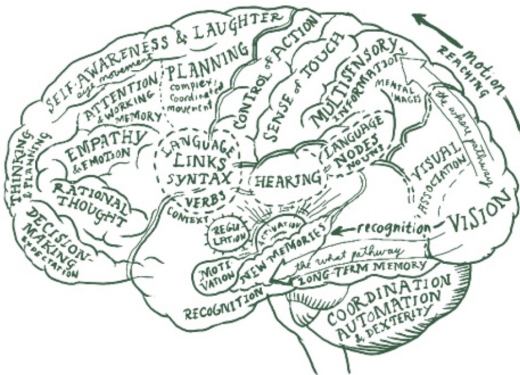
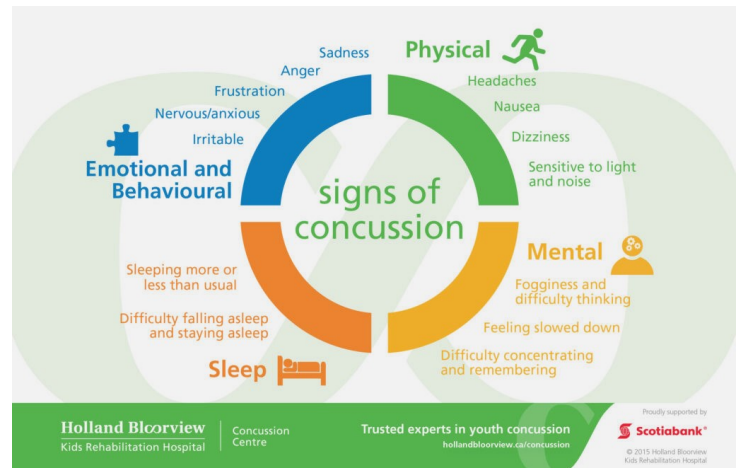


Getting to Know your Brain



This newsletter is published by the Acquired Brain Injury (ABI) Education & Prevention Coordinator from Saskatchewan North ABI Services.

The brain is the most complex part of the human body. Weighing in at around 3lbs this lightweight organ might be soft like Jell-O; but it definitely packs a punch in the responsibility department. The brain is the boss and spends its days telling us what to think, do and how to act. **Most importantly...the brain keeps us alive.** The brain performs best when fueled with a balanced diet and plenty of water. Regular physical activity is also important to keep the brain working at it's best. The activity increases the amount of oxygenated blood sent to the brain to keep it working at its greatest capacity.



Did you know the brain uses 20% of the body's oxygen?

While the brain is mighty, it still can be injured. Brain injury can be classified as mild (Concussion), moderate or severe. Moderate to severe brain injuries leave an individual with a lifelong impairment as the injured neurons (brain cells) are permanently damaged. Brain injury can result from vehicle collisions, assault, falls, strokes, ATV incidents, snowmobile crashes, overdose, sports, plus many other ways.

A concussion temporarily affects the way the brain functions. Concussions can be caused by a blow to the head or they can also occur when the head and upper body are shaken. If you suspect a concussion, get assessed by a physician. Physical and cognitive rest is recommended the first couple days to allow time for your brain to heal. A gradual resumption to normal activity after the 2 days rest is the next step.

If a person who has sustained a concussion shows any of the following symptoms call 911 IMMEDIATELY.

- Neck pain or tenderness
- Double vision or repeated vomiting
- Weakness or tingling in arms or legs
- Severe or increasing headache
- Seizure or convulsion
- Loss of consciousness
- Deteriorating conscious state
- Increasingly restless, agitated, or combative



We are always on the lookout to connect with communities interested in injury prevention. Please email jennie.knudsen@saskhealthauthority.ca for more information. We want to hear from you!