



[Take All Car Accident Head Injuries Seriously](#)

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According to U.S. National Library of Medicine statistics, half of all traumatic brain injuries (TBIs) are caused by automobile accidents. <http://www.nlm.nih.gov/> This startling fact should convince all of us to take our own head injuries (and those of our passengers) very seriously, even when we think a “bump” against a dashboard or other car part produced little or no trauma. Signs of brain damage can take days or weeks to appear. Far too often, clients come to us after failing to visit an emergency room immediately after an accident.

Unfortunately, few of us think clearly in the aftermath of a car wreck. If we’re lucky enough to be both fully conscious and mobile, we’re usually busy checking on our passengers and looking for our proof of car insurance and our drivers’ licenses. Depending on the circumstances, we may also be dialing 9-1-1, interacting with the police (or the drivers of the other vehicle) and possibly arranging for our cars to be towed away. We must slow down and remember to obtain a basic medical examination, no matter how eager we are to leave the scene of the accident and return to the peace and privacy of our own home.

Although a number of injuries sustained in car accidents can prove to be minor, it’s always best to err on the side of caution. The following list contains some helpful tips for knowing when someone should definitely seek out treatment after sustaining a head injury in a car accident:

- There’s visible bleeding from the head – possibly from the mouth, ears or other parts of the face;
- The complaining party’s level of consciousness keeps changing;
- You can hear slurring of speech when the injured party speaks;
- There are signs of a seizure, causing the person’s body parts or facial expression to move or contort in a seemingly uncontrollable fashion;
- One or more arms or legs will not respond to the injured party’s efforts to move it;
- The person who hit their head against an object appears confused;
- Black or blue bruising has appeared beneath the person’s eyes;

- There's vomiting; and
- The injured party shows signs of shallow breathing — or their breathing has stopped altogether. (For more helpful information about such head injuries, consider visiting the Mayo Clinic's Web site): <http://www.mayoclinic.com/>

Of course, the best way to avoid car accidents and their resulting injuries is to obey all traffic laws, always wear a seatbelt and be sure all child passengers are safely secured in their special car seats.

(For additional reading, you may want to visit the following links):

- <http://www.ninds.nih.gov/disorders/tbi/tbi.htm>
- <http://www.nlm.nih.gov/medlineplus/traumaticbraininjury.html>
- <http://familydoctor.org/online/famdocen/home/common/brain/head/084.html> and
- http://www.ninds.nih.gov/disorders/tbi/tbi_htr.pdf