



Traumatic Brain Injuries Caused by Car Accidents and Other Events

by **John Demas** on 04/22/10 at 1:54 pm, Posted in: **Brain Injury News**

According to the [Centers for Disease Control](#) (CDC), a traumatic brain injury (TBI) is “caused by a blow or jolt to the head or a penetrating head injury that disrupts the function of the brain.” Unfortunately, everyone who drives a car or rides in one is at risk of suffering a traumatic brain injury (TBI). Furthermore, anyone venturing near traffic can be affected, including innocent children riding their bicycles or pedestrians walking on sidewalks.

To better protect ourselves, it may help to review some basic statistics about TBIs, the activities most likely to cause them and precautions we can take to lower our chances of ever suffering a traumatic brain injury.

Basic Facts and Statistics Concerning TBIs

- According to the [Centers for Disease Control](#), 1.4 million people suffer a TBI in the United States each year;
- Of those individuals, 50,000 people die;
- 235,000 are hospitalized;
- Twice as many men suffer TBIs each year than women;
- Those most likely to suffer a TBI are children four years of age and younger and those between the ages of 15 and 19.(Note: Adults at least 75 years of age or older incur the most hospitalizations and deaths due to their TBIs);
- African-Americans suffer more TBIs than any other ethnic group;
- Each year, 1.1 million people are treated and released from hospital emergency rooms due to TBIs; and
- 5.3 million Americans currently need permanent or long-term help due to their TBIs

Although 75% of these annual TBIs are mild or just concussions, they can still lead to epilepsy, Parkinson's disease, Alzheimer's disease and other brain disorders that are more likely to develop as people age.

Activities Most Likely to Cause a TBI

- According to [the CDC](#); 28% of all TBIs are caused by falls;
- Motor vehicle accidents are responsible for about 20%;
- Striking an object or person (or falling against something) leads to about 19% of all TBI injuries (many of these occur during sporting activities);
- Assaults, particularly those involving guns cause another 11% of America's annual TBIs; and
- The remaining causes include bicycling accidents, suicides and unknown or "other" causes

Precautions for the General Public Regarding TBIs

- The [CDC recommends](#) a number of precautionary measures which include:
- Always wearing a seatbelt when driving or riding in a car;
- Never driving and talking on a cell phone (or texting) at the same time (driving requires every bit of concentration you can devote to it);
- Using appropriate car seats for all children and infants;
- Never getting behind the wheel of a car when you've been drinking or using drugs;
- Always wearing a helmet for any sport that could conceivably result in a fall or head injury, including:
 1. Riding any type of motorcycle, bicycle, snowmobile or all-terrain vehicle;
 2. Playing football, hockey, softball/baseball and boxing,
 3. Skiing, using in-line skates or riding on a skateboard; and
 4. Riding a horse

Special Precautions for Seniors

Always make sure that all [seniors' living areas](#) are:

1. Free of throw rugs or loose items scattered about on the floor;

2. Equipped with adequate bath mats in the bathrooms;
3. Equipped with handrails (wear needed) throughout their living quarters, as well as leading into or out of them;
4. Fully and appropriately lit due to increased visual problems;
5. Near adequate exercise or rehabilitation areas so every resident can continue to strengthen their muscles and lower their chances of falling

Special Precautions for Children

Make sure that in all areas [where children live](#), play and attend school:

1. There are adequate window guards so no child can accidentally fall out of a window;
2. Their playgrounds are covered with shock-absorbing materials (such as sand or hardwood mulch); and
3. Adequate safety gates have been installed to prevent small children from straying into dangerous areas or trying to use staircases when they're still too small to do so in a safe manner

Hopefully, this information will help you keep yourself and your loved ones from ever suffering any form of traumatic brain injury. (For more information on this topic, you can visit the following link: <http://www.cdc.gov/TraumaticBrainInjury/index.html>)

* * *

[Demas & Rosenthal](#) has been representing injury victims for nearly twenty years. We are committed to offering the highest quality representation and level of service. We have extensive experience handling a variety of brain injuries and have the resources to take on major corporations and insurance companies; Please do not rely or act solely upon the information provided in this article. Please consider getting a consultation immediately. The ***[best personal injury law firms](#)*** will provide a free consultation. ***Demas & Rosenthal*** will provide a free, confidential consultation if you were injured. The free consultation offer extends to family members as well.