

Please make your check payable to:

**Brain Injury Association
of Mississippi**

and return your application to:

**Brain Injury Association
Of Mississippi
Post Office Box 55912
Jackson, Mississippi 39296**

**YOUR MEMBERSHIP
INCLUDES:**

- Simultaneous membership in BIA of America.
- BIA of MS newsletter.
- Use of library and resources.

- ◇ I am interested in volunteering.
- ◇ Please send information about support groups.
- ◇ Please send information about brain injury.
- ◇ Please send information about spinal cord injury.
- ◇ Please send information about the Art of Recovery, the brain injury awareness program.
- ◇ Please send me information on the Ride and Roll Injury Prevention Program.

**WHAT SERVICES ARE
PROVIDED BY THE BRAIN
INJURY ASSOCIATION OF
MISSISSIPPI?**

- **Support groups** provide educational, recreational, and emotional support for survivors and their family members.
- **800 # Helpline** provides support, information and resources for survivors, family members, friends and professionals.
- **Resource library** includes articles, pamphlets, books and videos.
- **Conferences / Workshops** provide educational and networking opportunities for professionals, survivors and family members.
- **Community Education / Prevention** via presentations, exhibits, special events, educational publications and a quarterly newsletter.
- **Veteran support groups** provide educational and emotional support for the veterans and their family members. The Brain Injury Association of Mississippi works closely with the Post Deployment Clinic at all VA hospitals in MS to support the veterans and their families in anyway possible.

MAKE A DIFFERENCE

The Brain Injury Association of Mississippi, created in 1987, is a private, non-profit corporation serving persons with TBI, their families, and the community. The Association is a state affiliate of the Brain Injury Association of America.



Art of Recovery Artists:
Left: Megan Cook, Vicksburg, MS
Center: Jodie Tharp, Greenville, MS
Right: Adina Welker, Brandon, MS

YOU can help the Brain Injury Association of Mississippi make a difference! Through grants, donations, membership dues, and special events the Brain Injury Association of Mississippi is able to develop new support groups, participate in community prevention programs, and maintain a national toll-free helpline.



“The Green Experiment”
by:
Willie Cohoon
3 Years Old
Gulfport, MS

**Brain Injury
Association of
Mississippi**

“Improving the quality of life for survivors of traumatic brain and spinal cord injury and their families and supporting programs designed to prevent brain and spinal cord injuries.”



**BRAIN
INJURY
IS THE
#1 KILLER
OF
PEOPLE
UNDER
THE AGE
OF 44!**

Brain Injury Association of Mississippi
Post Office Box 55912
Jackson, Mississippi 39296
(601) 981-1021 (800) 444-6443
Fax: (601) 981-1039
www.msbia.org

A Chartered State Affiliate of the Brain Injury Association of America

THE DEVESTATING IMPACT OF TRAUMATIC BRAIN INJURY

A traumatic brain injury is defined as a blow or jolt to the head or a penetrating head injury that disrupts the function of the brain. Every year in Mississippi, over **15,000** traumatic brain injuries (TBI) are reported. In the United States, this figure is 1.4 million, with a TBI occurring every 23 seconds. Of these individuals, 50,000 will die and another 80,000 are permanently disabled. The actual number of TBI would be much higher if unreported injuries were included.

Traumatic brain injury is the leading cause of death and disability in this country. The effects of TBI can be devastating to the survivor, their family members, friends and co-workers. A person suffering from a TBI will never be the same. Imagine waking up in the morning and not knowing how to get dressed or sitting down to eat and forgetting you just ate. These are everyday occurrences for many TBI survivors.

TYPES OF BRAIN INJURY OR HEAD INJURY

The two basic types of brain injury are: open head injury and closed head injury. Open head injuries are caused by penetrating objects. Closed head injuries are the most common and are usually caused by a rapid movement of the head during which the brain is whipped back and forth bouncing off the inside of the skull. One type of closed head injury is anoxia or loss of oxygen to the brain.

IN MILD BRAIN INJURY, also known as concussion, the person may feel dazed or experience a brief loss of consciousness. Mild brain injury can also lead to headaches, dizziness, mild mental slowing, and fatigue.

MODERATE TO SEVERE BRAIN INJURY, in most cases, results in loss of consciousness lasting days to weeks or longer. Although people surviving moderate to severe TBIs can make significant improvements in the first year after injury and continue to improve at a slower pace for many years, they are often left with permanent physical and/or cognitive impairments.

What causes Traumatic Brain Injuries?

- Motor vehicle accidents cause 48% of all TBIs, violence 33%, and falls 19%.
- Child abuse is the most common violent cause of TBIs in infants and toddlers.
- Each year in the United States, 130,000 children sustain bicycle-related brain injuries, and of these, 900 die.
- Blasts account for the majority of TBI in our military. Experts estimate the incidence of TBI among returning service members to be as high as 22%.

What are the Consequences of Traumatic Brain Injury?

- **COGNITIVE IMPAIRMENTS INCLUDE:** short and long term memory deficits; slowness of thinking; difficulty maintaining attention and concentration; impairments of perception, communication, reading and writing skills, reasoning, problem solving, planning, sequencing and judgment.
- **PHYSICAL IMPAIRMENTS INCLUDE:** speech, vision, hearing, and other sensory impairments; headaches; lack of coordination; spasticity of muscles; paralysis of one or both sides; and seizure disorder.
- **PSYCHO-SOCIAL, BEHAVIORAL AND EMOTIONAL IMPAIRMENTS INCLUDE:** fatigue, mood swings, denial, anxiety, depression, lowered self-esteem, sexual dysfunction, restlessness, lack of motivation, inability to self-monitor, difficulty with emotional control, inability to cope, agitation, excessive laughing or crying and difficulty in relating to others.

TRAUMATIC SPINAL CORD INJURIES

A spinal cord injury is damage to the spinal cord resulting in loss of sensation and motor control. The extent to which movement and sensation are damaged depends on the level of the spinal cord injury. Approximately 10,000 new spinal cord injuries (SCI) occur each year in the United States. About 250,000 people are currently affected. Spinal cord injuries can happen to anyone at any time in life. The typical patient, however, is a man between the ages of 19 and 26. Approximately 145 Mississippians are hospitalized each year due to a spinal cord injury.

Short-term costs for hospitalization, equipment, and home modifications are approximately \$140,000 for a SCI patient capable of independent living. Lifetime costs may exceed \$1 million. Costs may be three to four times higher for the SCI patient who needs long-term institutional care. Overall costs to the American economy in direct payments and lost productivity are more than \$10 billion per year.

MAJOR CAUSES OF SPINAL CORD INJURIES

Motor vehicle accidents (45%) are the leading cause of SCI's nationwide as well as in Mississippi, following motor vehicle accidents are violence (28%), falls (21%), and sporting or recreational accident (6%). People over the age of 65 most often sustain SCIs due to falls.

Recreational activities, especially diving accidents, are the leading cause of SCIs for people under the age of 25. Alcohol or other drug abuse plays an important role in a large percentage of all spinal cord injuries. Six percent of people who receive injuries to the lower spine die within a year, and forty percent of people who receive the more frequent higher injuries die within a year.

More than 95% of all traumatic spinal cord injuries are preventable. The only known cure for spinal cord injury is prevention.

MEMBERSHIP APPLICATION

Yes, I would like to join the Brain Injury Association of Mississippi and help in its work to provide advocacy and support for survivors of TBI and SCI and their families.

Name: _____

Address: _____

Home Phone: _____

Work/Cell Phone: _____

Email Address: _____

Date: _____

New Member Renewal

(Please Check)

Individual / Family \$35.00

Professional \$50.00

Corporate..... \$250.00

TBI/SCI Survivor\$5.00

Donation: \$ _____

Total Enclosed: \$ _____

Visa Mastercard Check

Card #: _____

Expiration Date: _____

Membership available online @ www.msbia.org.