

# ACQUIRED BRAIN INJURY

# Myths and **FACTS**

*Brain injury is one of the most common, yet least talked about, public health issues in Texas. Learn the facts to better understand acquired brain injuries.*



## MYTH:

You must lose consciousness to have a traumatic brain injury.

## FACT:

When a person has experienced a TBI, they might not lose consciousness, but they will still have a traumatic brain injury. It's important to take the injury seriously even if they did not lose consciousness.

## MYTH:

A stroke won't happen to me. Strokes only affect the elderly.

## FACT:

Anyone, including children, can have a stroke at any time. Several factors can increase your risk of having a stroke, such as having an unhealthy diet, not getting enough exercise, and a family history of stroke.

## MYTH:

A concussion is nothing more than a bump on the head.

## FACT:

A concussion is a form of brain injury and should be taken seriously. The effects are usually temporary but can include headaches and problems with concentration, memory, balance and coordination. Long-term effects can also happen.

## MYTH:

A younger brain is less likely to be affected by an injury since the brain isn't fully developed.

## FACT:

A young brain is more vulnerable to damage because the undeveloped portions grow from the previously damaged part increasing the likelihood of future developmental difficulties.

To learn more, visit the **Office of Acquired Brain Injury** website at [hhs.texas.gov/brain-injury](https://hhs.texas.gov/brain-injury), call **512-706-7191**, or email [oabi@hhsc.state.tx.us](mailto:oabi@hhsc.state.tx.us).



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