

The brain is an important, if not vital part of the human body. It helps us make choices, allows us to think, and shapes our personality. So an injury to this area is not something that can be taken lightly. Traumatic brain injuries have the potential to not only be deadly, but also can be a life-long affliction that comes with rehabilitation and care from specialty facilities like [CareMeridian](#). Yet, how are brain injuries caused? How do they affect the structures of the brain? And, most importantly, how can they be prevented?

Head and brain injuries are conditions that over a million people in America cope with each year. Some injuries are as simple as a bump on the head, while others are as complicated and severe as a traumatic brain injury. Usually, there are three ways a TBI can occur: bleeding/bruising, swelling, and tearing. All of which come with specific problems that need specific care in order to treat. For example, bleeding in the brain is of grave concern to medical professionals, because there is no room for the extra blood in the skull. This additional blood can effect brain tissue and even at times kill it. TBIs such as these can easily be caused by a situation like a car accident, but have extensive effects that are not treated quickly and correctly may cause long-term, if not irreversible, damage.

So how can traumatic brain injuries be treated and prevented? The best way to treat a head injury is to get first aid and medical help to the individual immediately. This gives the patient the greatest likelihood of curbing the negative effects brought on by a TBI. Other means of helping is to know what happened to the head and apply the right treatment. If these steps are properly taken then not only can a TBI be avoided, but a person's life and brain can be saved.