MY BRAIN MY FUTURE

YOU ARE AT RISK...

If you are between the ages of 15 and 24, you are at the highest risk for brain injury.

The force of a sudden car accident, falling and hitting your head on the ground, or getting injured while playing sports or cycling—all can result in a Traumatic Brain Injury.

It happens in an instant...and changes you for life!

UNDERSTAND THE CONSEQUENCES

The brain controls everything in our bodies from the physical—how you walk, talk, taste, see, smell—to your ability to think clearly, learn, make decisions, and remember things.

"I have a brain injury. I used to do well in school. Now I can't concentrate." (Kevin, age 15)

It also results in mental health issues like depression, anxiety, anger, frustration, and irritability. You might not enjoy activities you used to love, and you could have trouble getting along with your family and friends.

"I have a brain injury. I don't play football or soccer anymore. I get too frustrated." (Susan, age 12)

The 'frontal lobes' of your brain (behind your forehead) play a big part in making you the person you are. If they become injured, even your personality will change.

"I have a brain injury. I lost all my friends. They say I'm different now." (Jeremy, age 17)

PREVENTION IS KEY

- Wear an approved helmet when you cycle, ski, snowboard, or ice skate. Helmets prevent up to 85% of brain injuries.
- Play by the rules of your sport or activity. Play fair. Play smart.
- Always wear a seat belt when travelling in a vehicle.
- Don't drink and drive, and don't get in a vehicle with someone who has been drinking.
- Don't text or talk on your cell phone when you drive. You are 5 times more likely to crash if you're on your phone.
- If you fall and hit your head while playing sports get checked by a medical professional right away. Only return to play if you have the consent of a doctor.

BRAINTRUST CANADA

BRAIN INJURY PREVENTION, EDUCATION, AND SUPPORT

www.braintrustcanada.com
info@braintrustcanada.com
(250) 762-3233

...in support of brain injury education & prevention

UCT
A.O.T. JNCT UNITED DOMINION REGIONAL COUNCIL
UNITED COMMERCIAL TRAVELERS
KELOWNA COUNCIL 1002