

City Of Mission's







Live Well, Work Well

March 2018

Welcome to this month's edition of *Live Well, Work Well*. In this issue, we will be focusing on the importance of a Traumatic Brain Injury.










What is a Traumatic Brain Injury?

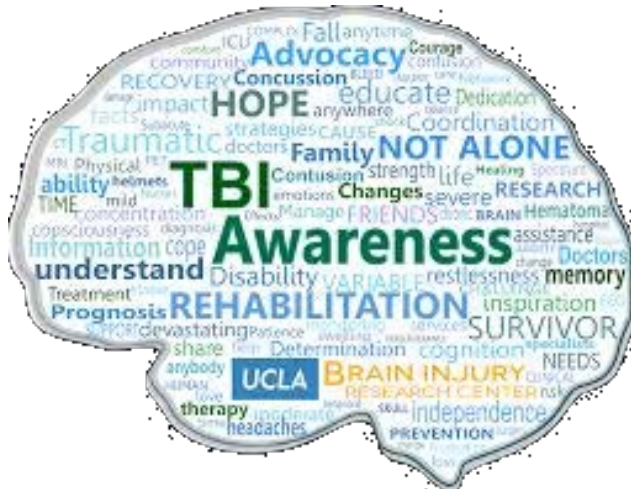
Traumatic brain injury (TBI) is any physical harm to the brain. TBI can result from:

-  Quick, sudden head movements such as in a car crash or shaken baby syndrome
-  A hit to your head
-  Something cutting into your skull and going into your brain
-  A fall or accident during sports or on the playground

TBI can range from a mild concussion to a severe brain injury. A more severe TBI may cause problems with speech, memory or movement, paralysis or even death. Some symptoms show up right away, while others might not show up for a few days.

Symptoms can include:

-  One pupil (the black part of the eye) larger than the other
-  Convulsions or seizures
-  Can't recognize people or places
-  Feelings confused, restless or irritable
-  Losing consciousness or passing out
-  Problems thinking clearly, speaking or concentrating
-  Headaches, nausea, blurry vision, low energy, problems with noise or light and trouble staying balanced
-  Crankiness, sadness or feeling nervous or anxious
-  Sleeping more or less than usual or trouble falling asleep



Sources: Centers for Disease Control and Prevention, Be Smart. Be Well

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Next Month's Issue:
Obesity Causes and Consequences



Treatment for TBI

Anyone suffering from TBI, including those with medium to severe TBI signs or symptoms, needs to be seen by a doctor or taken to the emergency room right away. A doctor can tell you if the TBI is mild, moderate or severe. The doctor may suggest some other things, such as:

- 👤 A brain scan to see if there is damage to the brain or skull
- 👤 X-rays to check for skull fractures
- 👤 Tests to look for injuries to the neck or other parts of the body
- 👤 Medications to limit damage to the brain
- 👤 Surgery or an operation on the brain
- 👤 Therapy to help in the recovery process



Some things you can do to lower your risk for a TBI through concussion include:

- 👤 Wearing the right bicycle helmets for all bicycling activities
- 👤 Wearing the right helmets and gear for contact sports, including football and hockey
- 👤 Reporting all cases of head trauma and injury right away

Sources: Centers for Disease Control and Prevention, Be Smart. Be Well.

Danger Signs

Danger Signs in Adults

In rare cases, a person with a concussion may form a dangerous blood clot that crowds the brain against the skull. Contact your health care professional or emergency department right away if you experience these danger signs after a bump, blow, or jolt to your head or body:

- 👤 Headache that gets worse and does not go away.
- 👤 Weakness, numbness or decreased coordination.
- 👤 Repeated vomiting or nausea.
- 👤 Slurred speech.

The people checking on you should talk you to an emergency department right away if you:

- 👤 Look very drowsy or cannot wake up.
- 👤 Have one pupil (the black part in the middle of the eye) larger than the other.
- 👤 Have convulsions or seizures.
- 👤 Cannot recognize people or places.
- 👤 Are getting more and more confused, restless, or agitated.
- 👤 Have unusual behavior.
- 👤 Lose consciousness.



Danger Signs in Children

Take your child to the emergency department right away if they received a bump, blow, or jolt to the head or body, and:

- 👤 Have any of the danger signs for adults listed above.
- 👤 Will not stop crying and are inconsolable.
- 👤 Will not nurse or eat.

Sources: The Center for Disease Control and Prevention

What Should I Do If a Concussion Occurs?

People with a concussion need to be seen by a health care professional. If you think you or someone you know has a concussion, contact your health care professional. Your health care professional can evaluate your concussion and determine if you need to be referred to a neurologist, neuropsychologist, neurosurgeon, or specialist in rehabilitation (such as a speech pathologist) for specialized care. Getting help soon after the injury by trained specialists may improve recovery.



While most people are seen in an emergency department or medical office, some people must stay in the hospital overnight. Your health care professional may do a scan of your brain or other tests. Additional tests might be necessary, such as tests of your learning, memory concentration, and problem solving. These tests are called “neuropsychological” or “neurocognitive” tests and can help your health care professional identify the effects of a concussion. Even if the concussion doesn’t show up on these tests, you may still have a concussion. Your health care professional will send you home with important instructions to follow. Be sure to follow all of your health care professional’s instructions carefully.

Puzzle



Traumatic Brain Injury

D D T H O L G C I S P N H N S
 A E D S R R O U C P E O R O E
 M M T Y I N N A Z U A A Q I I
 U Y T A F G N L R N V R P S Z
 A X V U T S O O J I H T K S U
 R W S N O I S L U V N O C U R
 T E X H N U G E O W J X H C E
 D I C U R U H A L R Q C F N S
 D F O G Z C M I N J U R Y O V
 W R E E A H N B C U Y E I C Y
 J O O D W E A K N E S S N B B
 N X A W S F B S S E L T S E R
 L E Y J S L M Y J N S D J W A
 H T H R F Y O R G N U S X D I
 G G L T Z U A S D G D J L W N

- Agitated
- Brain
- Concussion
- Confused
- Convulsions
- Drowsy
- Headache
- Injury
- Neurologist
- Neurosurgeon
- Numbness
- Restless
- Scans
- Seizures
- Trauma
- Weakness

Let's Get Moving! Move Of the Month:

MARCH MADNESS CHALLENGE

1 1 Burpee 5 Push-Ups 10 Squats 30 Sec Plank	2 1 Burpee 5 Push-Ups 10 Squats 30 Sec Plank	3 1 Burpee 5 Push-Ups 10 Squats 30 Sec Plank	4 1 Burpee 5 Push-Ups 10 Squats 30 Sec Plank	5 REST	6 3 Burpees 13 Push-Ups 13 Squats 30 Sec Plank	7 3 Burpees 13 Push-Ups 13 Squats 30 Sec Plank
8 3 Burpees 13 Push-Ups 13 Squats 30 Sec Plank	9 3 Burpees 13 Push-Ups 13 Squats 30 Sec Plank	10 REST	11 5 Burpees 15 Push-Ups 15 Squats 30 Sec Plank	12 5 Burpees 15 Push-Ups 15 Squats 30 Sec Plank	13 5 Burpees 15 Push-Ups 15 Squats 30 Sec Plank	14 5 Burpees 15 Push-Ups 15 Squats 30 Sec Plank
15 REST	16 7 Burpees 18 Push-Ups 18 Squats 30 Sec Plank	17 7 Burpees 18 Push-Ups 18 Squats 30 Sec Plank	18 7 Burpees 18 Push-Ups 18 Squats 30 Sec Plank	19 7 Burpees 18 Push-Ups 18 Squats 30 Sec Plank	20 REST	21 8 Burpees 19 Push-Ups 19 Squats 30 Sec Plank
22 8 Burpees 19 Push-Ups 19 Squats 30 Sec Plank	23 8 Burpees 19 Push-Ups 19 Squats 30 Sec Plank	24 8 Burpees 19 Push-Ups 19 Squats 30 Sec Plank	25 8 Burpees 19 Push-Ups 19 Squats 30 Sec Plank	26 REST	27 9 Burpees 20 Push-Ups 20 Squats 30 Sec Plank	28 9 Burpees 20 Push-Ups 20 Squats 30 Sec Plank
29 10 Burpees 20 Push-Ups 20 Squats 30 Sec Plank	30 11 Burpees 21 Push-Ups 21 Squats 30 Sec Plank	31 12 Burpees 22 Push-Ups 22 Squats 30 Sec Plank	FOR WORKOUTS AND RECIPES VISIT WWW.HEANDSHEEATCLEAN.COM			

What Can I do to Help Prevent Traumatic Brain Injury?

There are many ways to reduce the chances of sustaining a traumatic brain injury, including:

- 👤 Buckling your child in the car using a child safety seat, booster seat, or seat belt (according to the child's height, weight and age).
- 👤 Wearing your seat belt every time you drive or ride in a motor vehicle.
- 👤 Never driving while under the influence of alcohol or drugs.
- 👤 Wearing a helmet and making sure your children wear helmets when:
 - Riding a bike, motorcycle, snowmobile, scooter, or all-terrain vehicle;
 - Playing a contact sport, such as football, ice hockey, or boxing;
 - Using in-line skates or riding a skateboard;
 - Batting and running bases in baseball or softball;
 - Riding a horse; or
 - Skiing or snowboarding.
- 👤 Making living areas safer for seniors by:
 - Removing tripping hazards such as throw rugs and clutter in walkways;
 - Using nonslip mats in the bathtub and on shower floors; Installing grab bars next to the toilet and in the tub or shower;
 - Installing handrails on both sides of stairways;
 - Improving lighting throughout the home; and
 - Maintaining a regular physical activity program, if your doctor agrees, to improve lower body strength and balance.
- 👤 Making living areas safer for children
- 👤 Making sure the surface on your child's playground is made of shock-absorbing material, such as hardwood mulch or sand.



Source: The Center for Disease Control and Prevention

Potential Effects of TBI

The severity of TBI may range from "mild" to "severe". A TBI can cause a wide range of functional short – or long-term changes affecting:

- 👤 **Thinking (memory reasoning)**
- 👤 **Sensation (sight and balance)**
- 👤 **Language (communication, expression, and understanding)**
- 👤 **Emotion (depression, anxiety, personality changes, aggression, acting out, and social inappropriateness)**

A TBI can also cause epilepsy and increase the risk for conditions such as Alzheimer's disease, Parkinson's disease, and other brain disorders.

About 75% of TBIs that occur each year are concussions or other forms of mild TBI. Repeated mild TBIs occurring over an extended period of time can result in cumulative neurological and cognitive deficits. Repeated mild TBIs occurring within a short period of time can be catastrophic or fatal.



Source: The Center for Disease Control and Prevention

Tips to Help Aid in Recovery

- 👤 Get lots of rest. Don't rush back to daily activities such as work or school.
- 👤 Avoid doing anything that could cause another blow or jolt to the head.
- 👤 Ask your health care professional when it's safe to drive a car, ride a bike, or use heavy equipment. Your ability to react may be slower after a brain injury.
- 👤 Only take medications your health care provider has approved. Don't drink alcohol until your health care provider says it's OK.
- 👤 Write things down if you have a hard time remembering.
- 👤 You may need help to re-learn skills you lost. your health care professional can help arrange for these services.



Source: The Center for Disease Control and Prevention



Healthy Recipe

Winter Berry Smoothie Bowl

Frozen Fruit-harvested ripe and frozen quickly-is packed with vitamins, minerals, and phytochemicals. No wonder diets rich in fruits (fresh, canned, frozen or dried) can help protect against chronic diseases. This easy smoothie bowl is filled with frozen berries, and topped with nutrient-rich toppings. It's healthy enough for your next breakfast, lunch or filling snack.

Makes 1 Large Serving

Per serving: **389 calories, 19 g total fat, 4.5 g saturated fat, 52 g carbohydrate, 13 g protein, 17 g fiber, 46 mg sodium**

Ingredients:

- 1 cup frozen berries (raspberries, blackberries, blue berries, strawberries)
- 1/3 cup plain, unflavored soy milk
- 1/2 banana, ripe
- 1 tablespoon chia seeds

Directions:

1. Place all ingredients in a blender container. Process until smooth.
2. Pour into a bowl and top with additional frozen berries, hemp seeds, and cocoa nibs.
3. Enjoy immediately.

*Note: Try additional toppings, such as unsweetened, dried coconut, slivered almonds, sunflower seeds, chopped walnuts, and pistachios.

Last Month's Events



Upcoming Events:

**Lunch & Learn:
What is Airrosti?
Thursday, March 1, 2018
12:00 p.m. – 1:00 p.m.
Central Fire Station**

**Blood Drive
Wednesday, March 14, 2018
9:00 a.m. – 12:00 p.m.
Community Room**

**Health and Wellness Seminar
Thursday, March 22, 2018
2:30 p.m. – 3:30 p.m.
Council Chambers**