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20230328_March is Brain Injury Awareness Month

Kelleen Maluski

University of New Mexico, Health Sciences Library and Informatics

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HSLIC News - LibGuides at University of New Mexico

March is Brain Injury Awareness Month

by Alexis Ellsworth-Kopkowski on March 28th, 2023 in [Health Justice & Equity](#), [Population Health](#), [Psychiatry, Behavioral Sciences, & Mental Health](#) | [0 Comments](#)



March is Brain Injury Awareness Month. Brain injuries are a public health issue that impacts more than 5 million people in the U.S. living with a permanent brain injury-related disability, according to the [Brain Injury Association of America](#) (BIAA). With such a large number of Americans living with a brain injury, caregivers and family members are also impacted, and we would like to recognize them as well.

An Acquired Brain Injury (ABI) occurs after birth and can be either traumatic or non-traumatic. Traumatic Brain Injury (TBI) is an alteration in brain function caused by trauma or some external force. They can range from mild to severe. A TBI is usually caused by a fall, a firearm-related injury, a motor vehicle crash, or an assault.

According to the CDC:

[Falls](#) lead to nearly half of the TBI-related hospitalizations

[Motor vehicle crashes](#) and [assaults](#) are other common ways a person may get a TBI

We recognize the importance of those living with disabilities sharing their own experiences and would like to share the following [link with personal stories](#).

If you are a member of the UNM community who may have experienced a brain injury, the [Accessibility Resource Center](#) can help you with support and resources.

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