

If you have a brain or know someone who has a brain, the following message may be for you.

This is Jeff from Making Headway Center for Brain Injury Recovery. March is Brain Injury Awareness Month and frankly we hope that there is no need for you to seek our services.

Making Headway Center is in the business of preventing brain injuries while helping those with a brain injury to get back on their heads in the best way possible. How we do that is for another community comment.

A brain injury is any condition following birth that affects how our brain works.

How many of us have suffered a concussion, a stroke or perhaps Dementia or Epilepsy? The more concussions we have the more likely we are to have permanent damage to our brains. Symptoms may include memory loss, irritability, changes in vision, speech and hearing and headaches.

Many brain injuries are obesity-related and are therefore preventable with proper diet and exercise. In other words, a healthy heart helps us to have a healthy brain. After-all one fifth of our total blood circulation goes to our head. Better circulation reduces the chance of a stroke and other brain conditions.

Wearing a helmet can prevent death but keep in mind that concussions are caused by sharp jolts to the head caused by a collision with the ground, a windshield, or even another person.

Collisions with others are usually in contact sports, most-notably in Football. In fact many who play football develop Chronic Traumatic Encephalopathy. C.T.E. results from multiple concussions and has been known to disable and even cause suicides in athletes.

Interaction between prescription drugs and alcohol may cause brain damage or effect our judgement or driving to the point of collision. Even without this interaction, alcohol and drug consumption are likely to compromise our brains.

High blood pressure is a key cause of stroke. When circulation to the brain is reduced or internal bleeding occurs. Diet, exercise, appropriate drug and alcohol consumption and stress are all factors in Brain Injury prevention and blood pressure reduction

Stress is closely associated with a number of conditions affecting the brain. Negative thoughts cause negative chemical reactions which in turn cause more stress and pressure on the brain.

For those of you who think this message is academic, parental or preachy; ask yourself – do you have a brain? Do you want it keep it in good running order? Do you or anyone you know have Alzheimers or other forms of dementia? Have you lost loved ones to a stroke, hitting their head due to a fall or auto accident?

This is Jeffrey Smoller from Making Headway Center – Where your brain is always on our mind.