# Brain Injury

## Myths vs. Facts

Myth: Brain injury (BI) only results from traumatic events like accidents or injuries.

Fact: BI can occur from non-traumatic causes such as illnesses (e.g., encephalitis), oxygen deprivation (anoxia), or strokes.

Myth: BI symptoms are the same for everyone.

Fact: Effects can vary from one person to another, and are influenced by factors such as the injury's severity & location.

Myth: All BIs are immediately noticeable after an incident.

Fact: Symptoms of a BI may not appear immediately. It's crucial to monitor for any changes following a suspected brain injury in the days and weeks afterwards.

Myth: Once you have one BI, you're less likely to have another.

Fact: Individuals who have suffered a BI may actually be more susceptible to further injuries.

Myth: Recovery from a BI has a fixed timeline.

Fact: Recovery from a BI is a highly individual process without a set timeline. The injury's severity, access to treatment, age, and affected areas of the brain all factor in.

Myth: Children recover from a BI faster and more completely than adults due to their developing brains.

Fact: Recovery in children can be complex—BI can significantly affect their learning, social skills, and emotional control. The impact may not fully show until they’re a bit older.

Brain injuries are unique for each person, requiring early action and personalized support. Recovery involves not just medical treatment but also adapting to each individual's needs over time. It's important to keep learning, seek expert advice, and focus on well-being throughout the journey to recovery.

For more info, visit braininjurycanada.ca