



Differences Between a Traumatic And Non-Traumatic Brain Injury

Quick recap

The meeting began with informal introductions and discussions among attendees before Kimia introduced herself as the Director of the Stroke Leadership Council and led a session on understanding brain injuries, distinguishing between traumatic and non-traumatic brain injuries. The group explored the potential link between traumatic brain injuries and subsequent strokes, sharing personal experiences and discussing the risks associated with chiropractic care. The conversation ended with information about staying connected with the organization and plans for new Slack channels, along with discussions about managing stress and collecting contact information for participants interested in local services.

Summary

Stroke Leadership Council Introduction

The meeting began with informal introductions and small talk among attendees, including discussions about travel experiences, family updates, and sports. Kimia introduced herself as the Director of the Stroke Leadership Council, explaining her role in developing content for stroke survivors and caregivers. She described her background in neuroscience and her efforts to bring relevant speakers and healthcare professionals to Young Stroke Group meetings.



Types of Brain Injuries Explained

Kimia led a session on understanding brain injuries, distinguishing between traumatic brain injuries (TBIs) and non-traumatic brain injuries (NTBIs). She explained that TBIs are caused by external forces, such as falls, sports injuries, and assaults, while NTBIs are caused by internal factors like strokes, aneurysms, and infections. Kimia shared statistics on the prevalence of both types of injuries and highlighted the contrast in hospitalization rates between TBIs and strokes, noting that strokes result in higher hospitalization numbers despite having a lower overall percentage of cases.

Comparing TBI and Stroke Recovery

Kimia and Nicole discussed the differences between traumatic brain injuries (TBIs) and non-TBIs, particularly strokes, in terms of recovery rates and outcomes. Kimia explained that mild TBIs typically result in full recovery within three months, while moderate to severe TBIs may lead to long-term disabilities for up to 30% of survivors. In contrast, stroke recovery is often longer and more variable, with the fastest improvements occurring in the first six months. Both conditions can share similar cognitive issues, emotional effects, and physical challenges, but strokes often require a more comprehensive rehabilitation approach involving physical, speech, and cognitive therapies. Kimia also mentioned a recent study suggesting that TBIs may be a new risk factor for strokes.

TBI and Stroke Connection

The group discussed the potential link between traumatic brain injuries (TBIs) and subsequent strokes. Kristi shared her experience of suffering a concussion at work, which led to a stroke three weeks later, while Susan mentioned a fall she had before her stroke. Max described his stroke occurring immediately after a chiropractic manipulation. Kimia presented data showing that the risk of



hemorrhagic stroke is over six times higher after suffering a TBI. The group explored the distinction between TBIs and non-traumatic brain injuries, with Max noting that even non-traumatic brain injuries can feel traumatic for those experiencing them.

Chiropractic Risks and Stroke Concerns

The group discussed the risks associated with chiropractic care, particularly in relation to brain injuries and strokes. Max shared his experience with a settlement from a chiropractic injury case, while Nicole and Kimia warned against chiropractic visits after a stroke due to the potential for further trauma. Kimia presented information on the mechanisms by which traumatic brain injuries can lead to strokes, emphasizing the importance of rehabilitation and support for stroke survivors. The discussion concluded with recommendations for resources, including the Brain Injury Association of America and the American Stroke Association.

Connecting and Supporting Organization Members

Kimia presented information about staying connected with the organization through social media and newsletters, and shared details about a tax-deductible donation option. Susan announced plans to create new Slack channels for speech and language issues, and physical therapy needs, with Preeti offering assistance for those within 100-150 miles of Baltimore. Layli discussed her upcoming presentation on managing stress by identifying what is within one's control. The conversation ended with Susan collecting contact information from participants interested in Preeti's services.