

Understanding Traumatic Brain Injury (TBI)

As we move into Brain Injury Awareness Month, we wanted to take some time to review the differences between traumatic brain injury and non-traumatic brain injury. The Brain Injury Association of America defines a traumatic brain injury as an external force alters a function of the brain. This force can happen when something strikes the head, the head hits something, or a jolt causes sudden brain movement.

Levels of Brain Injury

- Mild TBI (Concussion): Brief loss of consciousness, vomiting, lethargy, and memory loss.
- Moderate TBI: Loss of consciousness up to 24 hours, signs of injury on neuroimaging, and evidence of brain trauma.
- Severe TBI: Loss of consciousness for more than 24 hours with more severe and persistent symptoms.

What Causes a TBI?

- Falls (leading cause of concussions)
- Assaults
- Motor vehicle accidents
- Sports injuries
- Combat

Treatment and Recovery

While there are guidelines for treating a TBI, no two individuals are alike, which means no two treatment plans are the same. Treatment may be acute (hospital-based) or post-acute (long-term rehabilitation after discharge). Severity of injury, symptoms present, and insurance coverage often influence care decisions. The family and the individual are the most important factors when developing the treatment plan.

Impact on Survivors and Caregivers

Brain injuries affect more than just the survivor. Memory, mobility, speech, emotional regulation, and personality may change. Caregivers often face emotional strain, financial stress, and role changes within the family. It is important to remember that no two recoveries are the same, just as no two brains are the same.

Caregiver Wellness Matters

- Seek counseling or behavioral health support
- Utilize respite care when available
- Join caregiver support groups
- Access community-based rehabilitation resources
- Explore Employee Assistance Programs (EAP)

Resource:

<https://biausa.org/brain-injury/about-brain-injury/what-is-a-brain-injury/traumatic-brain-injury>

Community based treatments

State Brain injury Association: <https://biausa.org/find-bia/texas>

<https://biausa.org/brain-injury/about-brain-injury/treatment/community-based-treatment>



Call: 210.920.9301

qpicsa.com

COLON CANCER AWARENESS STARTS WITH KNOWING YOUR RISK

SCHEDULE A **SCREENING COLONOSCOPY** TODAY!

Risk Meter by Age



Colon cancer is the
2ND leading cause
of all cancer-related deaths
in the United States.

↑ 3% PER YEAR
Colon Cancer Rates
Under Age 45 Are Rising.

Screening is the

#1

way to prevent
colon cancer.

Colon Cancer affects
1 in 24 men
& **1 in 26 women**

3rd leading cause of cancer
in men and 4th in women



60%
of deaths

could be prevented
with screening.

75%

Percentage of colon and rectal
cancers that happen to people
with no risk factors

1 in 3 adults aged 45-75 are **NOT**
up-to-date with recommended
colon cancer screening.



Learn More



Healthy Recipe

Grilled Lemon–Pepper Salmon in Foil

Recipe by: Carolyn Malcoun, Updated on September 28, 2025

Ingredients: Serves 4

Prep: 15 Mins | Total Time: 25 Mins

- 4 (6 ounces) skin-on salmon fillets
- 2 tbsp. unsalted butter
- 1 tsp lemon pepper
- ½ tsp salt
- 8 thin slices lemon (from 1 lemon)
- 4 sprigs flat-leaf parsley



Directions:

1. Preheat grill to medium-high (400-450 degrees F).
2. Prepare (12-in) foil squares in a single layer on a work surface; coat with cooking spray.
3. Place 1 salmon fillet, skin-side down, in the center of each.
4. Top each fillet with 1 ½ tsps. Butter, ¼ tsp lemon pepper, 1/8 tsp salt, 2 lemon slices and 1 parsley sprig.
5. Crimp the sides of each foil packet together to tightly seal.
6. Place the packets on the grill;
7. Cover and grill until the fish flakes easily with a fork, about 8 to 10 minutes.

Recipe developed by Robby Melvin; Updated on September 28, 2025 by Carolyn Malcoun

Originally appeared: EatingWell.com, April 2019

Reviewed by Dietician: Emily Lachtrupp, M.S., RD

<https://www.eatingwell.com/recipe/273012/grilled-lemon-pepper-salmon-in-foil/>

Nutritional Information:

1 fillet: Calories: 256kcal | Total Carbs: 1g | Dietary Fiber: 1g | Total sugars: 1g | Protein: 34g | Total Fat: 12g | Saturated Fat 5g | Cholesterol 95mg | Vitamin A | 501IU | Vitamin C 9mg | Folate: 20mcg | Sodium: 165mg | Calcium 75mg | Iron 1mg | Magnesium: 48mg | Potassium: 653mg

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