



# COMMANDER'S CALL TALKING POINTS

## March 2021



### March Is Brain Injury Awareness Month

According to the Traumatic Brain Injury Center of Excellence (TBICoE), over 430,000 service members have been diagnosed with a first-time TBI since 2000.

A TBI is a disruption in the normal function of the brain that can be caused by a bump, blow, or jolt to the head, or penetrating head injury. These invisible wounds are not exclusive to combat zones and can present complex challenges.

This year for Brain Injury Awareness Month, the Department of Defense is encouraging medical providers, service members, leaders, and caregivers to “Be TBI Ready.” This means knowing about TBI prevention, recognition, support, recovery, and reintegration.

Here are some useful resources about TBI:

- [TBI Facts Infographic](#)
- [“Picking Your Brain” Podcast Episodes](#)
- [TBI Champion Stories](#)

Visit the [Military Health System](#) for more resources.

### Help Promote Help-Seeking Behavior and Prevent Injury

Airmen and Guardians diagnosed with a TBI can experience changes to psychological and social health, crucial components to Comprehensive Airmen Fitness (CAF). This month, help your Airmen and Guardians understand [psychological fitness](#), the ability to integrate and improve cognitive, emotional, behavioral practices, [social fitness](#), and the ability to engage in productive personal and professional relationships.

By understanding psychological health challenges, you can help your Airmen develop a holistic approach to treating a TBI. Further, creating strong interpersonal relationships can help identify a possible TBI, and assist in recovery.

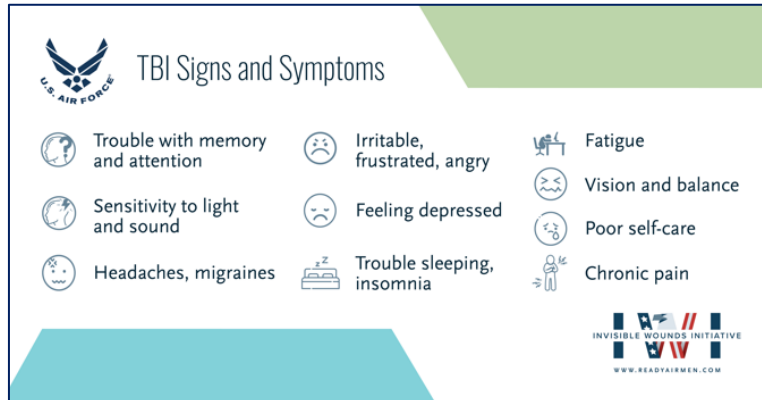
You can also help your Airmen by taking precautions when engaging in activities that could result in a TBI, even while not in combat. Here are three things you can do:

- Make sure appropriate safety gear is worn while in the workplace, training, or deployed
- Use appropriate safety equipment when playing contact sports or operating machinery
- Support good brain health through proper nutrition, sleep, and reduced alcohol consumption

### Be TBI Ready: Keep the Learning Going

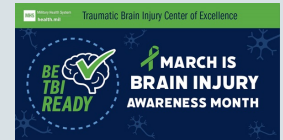
You can “Be TBI Ready” by attending [virtual information and training events](#) that are being offered by the Traumatic Brain Injury Center of Excellence (TBICoE).

The National Museum of Health and Medicine (NMHM) is also hosting a [virtual brain awareness day](#).

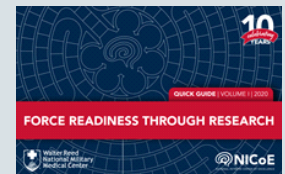


Share the full version of this infographic. Click [here](#) to download.

### Resources



The [TBI Center of Excellence](#) provides TBI clinical tools, educational resources, and research information.



The National Intrepid Center of Excellence (NiCOE) [Quickstart guide](#) highlights research that NiCOE is undertaking, as well as study impact.



The [Centers for Disease Control and Prevention TBI page](#) provides facts about TBI, publications and reports, TBI data, and healthcare resources.