Individuals suffering from a minor brain injury or any trauma to the brain should be monitored for the following:

1. Reduced attention and concentration
   Excessive sleepiness
   Excessive alertness or agitation

2. Memory problems

3. Emotional/personality changes
   Decreased frustration tolerance
   Easily angered
   Anxiety
   Overreaction to events
   Decreased emotional responsiveness

4. Cognitive Changes
   Reduced reasoning and problem solving
   Difficulty following directions
   Misunderstanding what is said by others
   Difficulty expressing thoughts verbally

5. Social/Behavioral Changes
   Impulsive or inappropriate social behavior
   Reduced judgment
   Decreased insight into self and others
   Difficulty establishing and maintaining relationships
   Difficulty following through with responsibilities

6. Physical Complaints
   Headaches
   Nausea
   Dizziness/Balance problems
   Muscle weakness
   Numbness and tingling
   Fatigue or difficulty sleeping
   Blurred vision
   Ringing in ears

7. Denial of Lack or Awareness of Deficits

8. Difficulty on the Job or at School

If any of these symptoms are observed, further evaluation or consultation with your physician should be obtained. For further information call:

- Family and Friends of the Head Injured (916) 734-3437
- Head Trauma Support Group (916) 447-7063
- The National Head Injury Foundation 1-800-444-NHIF