



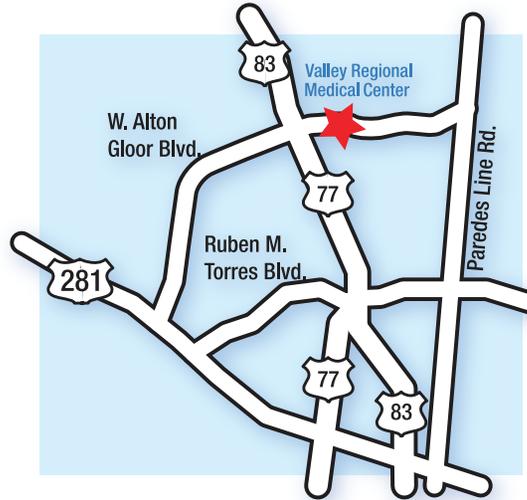
Are you **W**ithin **A**rms **R**each?

Traumatic Brain Injury (TBI) occurs when there is an impact to the head causing damage to the brain. TBI can be the result of falls, motor vehicle accidents, sporting events, or violence. The degree of damage can be mild or severe, depending on many factors. Symptoms may appear immediately or days later.

With a mild injury, the child may have loss of consciousness or not. They may feel dizzy or confused. Other symptoms may be blurred vision, mood changes or headaches. With a severe injury, the child may show the same symptoms along with nausea, vomiting, inability to awaken, restlessness, refusal to eat or inconsolable crying.

Any child with symptoms of a head injury should seek immediate medical attention.

Accessible Location Just off Expressway 77/83



VALLEY REGIONAL
Medical Center

An HCA Affiliated Hospital

Valley Regional Medical Center

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Within **A**rms **R**each



Valley Regional Medical Center is committed to educating our community on keeping our children safe and healthy.

W.A.R.

Within Arms Reach

Traumatic Brain Injury (TBI) is the leading cause of childhood death and disability worldwide.

(Kupperman, 2008) In the United States, childhood head trauma results in approximately 3,000 deaths, 50,000 hospitalizations, and 650,000 emergency department visits annually.

(Kupperman, 2008) In the patients that received CT scans, it is estimated that 1 in 1,000 to 1 in 5,000 will cause fatal brain cancer and children with developing brains are the greatest at risk.

(Mayo Clinic, 2011)

During an 18 month study at VRMC, there were 1,052 children under 17 diagnosed with head and face injuries as a result of a fall.

721 of these children were under the age of 5. These children fell from standing position, sofas, cribs, adult beds, changing tables, chairs, car seats, shopping cart seats and shopping cart baskets. In many cases, the caregiver reported that they were distracted or the child was left unattended. 227 of these patients required CT scans.

In age groups 6-10, 186 patients fell from playground equipment, bicycles, ladders, stairs and other structures. 27 of them required CT scans.

In age groups 11-17, 145 patients fell from standing, when being pushed, and during sporting events. 40 of them required CT scans.



Safety Measures

- Always be within arms reach (W.A.R.) of your child
- Hold your child's hand to provide balance and safety
- Never leave your child unattended
- Place crib mattress at appropriate height based on age of child
- Remove slippery rugs from children play areas
- Do not allow children to jump on beds
- Do not allow children to climb on furniture
- Wear appropriate safety equipment when riding a bicycle
- Wear appropriate safety equipment when playing sports
- Avoid distractions (Texting/Cell Phones/TV) during adult supervision
- Always secure your child in the appropriate car seat
- Always secure your child when in a shopping cart
- Always secure your child in the basket of the shopping cart
- Use a safety gate to restrict access to dangerous areas

Are You Within Arms Reach?

