

HAVE I HAD A HEAD INJURY?

Head trauma is one of the major BRIGHT MINDS risk factors, and they are far more common than you might imagine. In our database of tens of thousands of patients, 40% had a significant brain injury before they came to see us. At Amen Clinics, we routinely ask patients several times whether or not they have had a head injury. Many people think their head injuries were too insignificant to mention. For others, they simply do not remember the incident as amnesia is a common occurrence in head traumas.

Please check any of following that apply to you. Take your time in filling out this form and if you don't remember any head trauma, ask a parent, sibling, or other close friend or relative if they recall you having any injuries.

Did you ever...

- Fall out of a tree or off a fence and hit your head?
- Dive into a shallow pool, lake, or other body of water and hit your head?
- Fall off a horse, ladder, or roof and hit your head?
- Fall down a flight of stairs and hit your head?
- Slip in the shower and hit your head?
- Play contact sports and have a concussion?
- Get whacked in the head by a baseball bat, ball, tennis racquet, or other object?
- Repeatedly banged your head (for example, heading soccer balls, playing tackle football, or boxing)?
- Wipe out while skateboarding, skiing, or snowboarding and hit your head?
- Get in a motor vehicle accident and hit your head or experience whiplash?
- Get hit by a car as a pedestrian and hit your head?
- Fall off your bicycle and hit your head?
- Get in a fight and get hit in the head?
- Get assaulted and get hit in the head?
- Experience domestic violence or child abuse and get hit in the head?
- Serve in the military where you were exposed to explosive blasts or experienced combat injuries?

If you checked any of these, underlying brain trauma could be contributing to symptoms of mental illness. Consider seeking an evaluation.

