

Brain Injuries: Main Causes and Your Options

[Traumatic brain injuries](#) (TBI) can be caused by many different things, and many people don't fully understand the serious harm they can do. I hope awareness of the common causes of brain injuries can help people avoid injury. As [a Portland brain injury attorney](#), I see way these injuries can affect every aspect of people's lives, and I hope this never happens to you.

According to the Centers for Disease Control and Prevention (CDC) the main causes of traumatic brain injury include:

- Assaults (10%)
- Being struck by/against something (16.5%)
- Motor vehicle accidents (17.3%)
- Falls (35.2%)

Every year, 1.7 million suffer a brain injury – with 52,000 of those injuries being fatal and 275,000 being serious enough for hospitalization. Unfortunately, children are at the highest risk for these types of injuries. They are more likely to fall, and the younger children still have softer heads, making them more vulnerable to injury. Children ages 0 to 4, and adolescents 15 to 19 (the driving years!) are at high risk, as are adults over 65. Adults over 75 are at the highest risk of suffering a brain injury that requires hospitalization or causes death.

I'm a personal injury attorney, so I take cases for assault and motor vehicle accidents. While falling and being struck might not be anyone's responsibility, assault and car crashes are definitely claims where someone can be held liable. If someone is responsible for the brain injuries incurred by another, they should be held liable for damages.

If you've been assaulted or were in a car accident, you should go see a medical professional immediately. One of the reasons that brain injuries are so dangerous is because you might not even know you have one until the condition is worse and treatment is impossible. If you've bumped your head, go to the hospital and let them know so they can perform the tests that will examine whether you've suffered head trauma.

If you do have a traumatic brain injury, these can require a lot of expensive treatment – sometimes long term. Please consider hiring a personal injury attorney to help ensure that your medical needs and expenses are paid, either by the responsible party or their insurance. You deserve fair compensation, as do your children if they are injured.