

## *Types of Anoxic Brain Injury*

- **Anemic Anoxia** – Results from blood that cannot carry sufficient oxygen to the brain.

- **Toxic Anoxia** – Cause by toxins in the system that prevent the blood's oxygen from being used efficiently

- **Stagnant Anoxia** – An internal condition blocks sufficient oxygen-rich blood from reaching the brain

- **Anoxic Anoxia** – Caused when there is not enough oxygen in the air for the body to benefit with it. Occurs at high Altitudes.

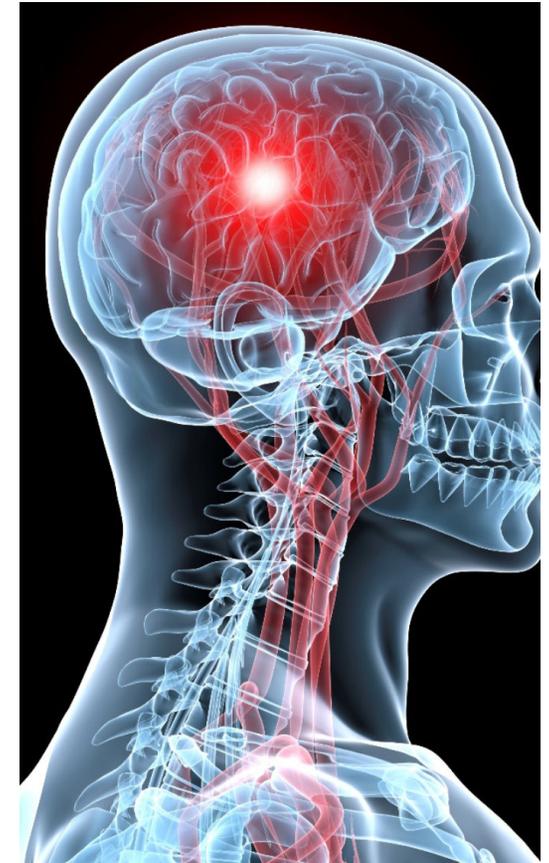
## *What is an Anoxic Brain Injury ?*

When oxygen levels are significantly low for four minutes or longer, brain cells begin to die and after five minutes permanent anoxic brain injury can occur. The greater the loss of oxygen, the more wide-spread and serious the injury will be.



## *Anoxic Brain Injury*

- Respiratory arrest
- Electrical shock
  - Drowning
  - Heart attack
  - Brain tumors
  - Heart Arrhythmia
- Extreme low blood pressure
  - Poisoning
  - Choking



## *Anoxic Brain Injury*

## *Cognitive Problems with Anoxia?*

- Short-term memory loss
- Poorer performance in executive functions including judgment making, reasoning, and processing information
- Having difficulty using words or processing what words mean and common words may not be understood.
- Visual disturbances and trouble processing visual information.

## *Physical Problems with Anoxia?*

- A lack of coordination
- An inability to do common tasks because they are unable to remember the sequence of common tasks like brushing the hair or drinking from a cup.
- Movement Disorders, rigidity of limbs, muscle spasms, involuntary movements, or trembling.
- Weakness in all four limbs
- Headaches, Confusion, depression, personality changes.

## *Factors That Play a Role in Success of an Anoxic Brain Injury*

### **The extent of the brain injury**

The less severe the injury, the better the chances for recovery.

### **The survivor's attitude**

A survivor's positive attitude can help him or her cope with difficult times and focus on getting better.

### **Family support**

A survivor's family can be the most important form of support during rehabilitation. Family members can reassure survivors that they're wanted, needed, and still important to the family.

### **Immediate rehabilitation**

Rehabilitation must begin as soon after the injury as possible. Even simple tasks such as exercising paralyzed muscles and turning the person in bed should begin very soon after the injury.

## *Focus of Rehabilitation*

- Restore physical function and enhance the skills needed to perform daily activities
- Build strength, improve balance and regain mobility
- Improve speech and swallowing
- Develop new cognitive and behavioral strategies to compensate for any deficits



## *For more information*

- [www.brainandspinalcord.org](http://www.brainandspinalcord.org)
- [www.biausa.org](http://www.biausa.org)
- [www.traumaticbraininjury.com](http://www.traumaticbraininjury.com)