

HOW HEAD INJURIES ARE DIAGNOSED & TREATED

It can be a scary experience to suffer a blow to the head (for example, in a car accident or a fall). It can be even more frightening if you start experiencing symptoms such as headache, nausea, dizziness, loss of motor skills, etc. Do you have a head injury, and if so, how bad is it? Could this be life-threatening?

The first thing to remember is always get checked by a doctor after suffering a blow to the head, regardless of whether you're experiencing symptoms. Some symptoms don't show up until things get serious, and the earlier you're diagnosed, the better chance you have of avoiding a life-threatening situation and hopefully making a full recovery. The good news is that doctors have numerous ways of detecting and treating traumatic brain injuries. Knowledge is power, so let's look closer at this process, so you know what to expect.

Diagnosing Head Injuries

Let's start by reviewing the most common steps medical professionals will take in determining whether a brain injury is present.

Glasgow Coma Score

Immediately when first evaluating an injured person, the doctor, nurse or EMT will perform a Glasgow Coma Score (GCS). It is very simple and designed to recognize significant brain impairment that can be life-threatening. This test is not designed to be a predicter of long term functioning, but rather short term immediate impairment. They'll look at your eyes, test your motor skills and reflexes, and see how well you can remember things and answer questions. From this, the doctor will rate your Eye Opening (E),

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Verbal Response (VR), and Motor Response (MR) on a scale of 1-5 and combine these for your overall Glasgow Coma Score (from 3-15). The lower the number, the more severe your brain injury. A GCS of 13-15 indicates a mild brain injury; 9-12 is a moderate injury; and anything less than 9 is severe. (A score of 3 is a full-blown coma—hence the name.) If after an injury you are able to recognize that a question is being asked and formulate any answer, then the GCS will be normal. A person can have a serious brain injuryand still have a normal GCS. A person with an abnormal GCS after head trauma will always have a traumatic brain injury.

Physical Exam

First things first--the doctor will ask some questions about what happened (including how the blow occurred, whether you lost consciousness, etc.) and conduct a thorough physical examination. They'll check for visual cues like bruising, swelling, and bleeding, and if you're experiencing any symptoms, they'll try to rule out other possible causes like viral infections, etc.

Imaging Tests

Once doctors have determined that you have symptoms of a likely brain injury and assessed its severity, the next step is to conduct imaging tests. This will give them a better idea of the extent of damage and guide treatment. The most common imaging tests used for head injuries are computed tomography (CT) scans and magnetic resonance imaging (MRI) scans. CT exams are really good at finding brain bleeds caused by trauma. Standard MRI's can show evidence of gross swelling of the brain and gross injuries in focused areas of the brain. Standard MRI's often miss diffuse axonal injury (DAI) that we often see from trauma like car and truck wrecks as opposed to being struck on the head with a hammer or bat. If a person is having longer termeffects of a brain injury, enhanced MRI sequences like Diffuse Tensor Imaging (DTI) is now being used to confirm brain injury to the long narrow axon cells that act like telephone wires in the brain. The test measures the flow of water along these cells and scores the movement to see if the cells are stretched, torn or twisted from injuries like shock wave injuries (from explosions for instance) or coup contra coup injuries in automobile wrecks causing injury that is diffused throughout many areas of the brain. Other advanced images measure blood flow to certain areas of the brain (SPECT scan) or the way that the brain burns sugar for fuel (PET scan). All have their place and each could be valuable in verifying the injury we see by changes in the person's brain function after an injury compared to a normal brain.

Treating a Brain Injury

The severity of your impairment following a brain injury will dictate the appropriate treatment plan. Most mild head injuries may just require rest and over-the-counter pain

medication to achieve full recovery. A hard thing about brain injuries is that no two injuries are the same. An injury that is considered mild by the initial degree of injury can have a major impact on the functioning of the injured person. Although most persons with mild head injuries achieve full recovery after 3-6 months, 15-25 percent have serious longterm impairments that can be lifelong. Longer term impairment or more serious initial impairment require more intensive treatment, which may include any of the following:

> *Medication, Monitoring, and/or Emergency Treatment.* Doctors will monitor to make sure your brain is receiving enough oxygen and blood, often administering medications like anti-seizure meds and diuretics (to limit fluid accumulation). In emergency situations, the doctor may induce a temporary coma to reduce brain activity while the trauma subsides.

► *Surgery.* In life-threatening situations, doctors will perform emergency surgery to relieve pressure on the brain, remove clots, stem bleeding, or repair skull damage in an attempt to stabilize you.

► *Rehabilitation.* In the aftermath of moderate to severe head injuries, you may need some sort of therapy once you'restable and on the road to recovery. This may include physical therapy, occupational therapy, speech therapy, and/or cognitive rehabilitation.

Many head injuries are missed or overlooked in the immediate aftermath of an injury, particularly when the injured person has other more immediate affects from the injury. It is important to recognize these injuries early and document them in the medical record. Delay can result in insurance adjusters wrongfully doubting the injuries and harming your case. Delays in recognizing these injuries can also lead to less effective long term results. Early diagnosis and treatment maximizes your brain's ability to find or follow work arounds. If you have suffered a head injury due to someone else's negligence, you may be eligible for compensation to cover the full cost of your treatment and recovery. To schedule a free consultation, *contact McCraw Law Group today*.







Don't let Changes in Circumstance Defeat or Overwhelm You

This morning I woke up to a bunch of time-consuming personal issues, time consuming and money consuming business issues and several client issues that had all arisen literally since 5 pm the night before. I felt frazzled and defeated before I even started the day. My whole schedule for the next week would have to change. Other's decisions and actions had limited my sleep and were now dictating what I had to get done. For about 15 minutes I was in a mood. I decided to go to sleep for a little while and start over.

While lying there I started thinking about all the bad things that could have happened, but didn't and all of the blessings I have that make these little headaches, little headaches rather than much more. I got some rest, reset my mind and prepared to attack the day. I was not going to let a few problems keep me from being productive and positive. Circumstances come and they go. Sometimes they are a good and positive, other times not so much. As I started resolving the issues of the last day and building momentum I realized that I had the power to feel anyway I wanted to feel about those circumstances. They could rob me of my initiative and power to accomplish what I must or I could see in them opportunities to learn,

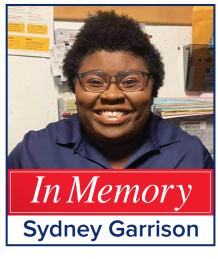
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It is part of the human condition to have challenges, defeats, and unexpected news. We all have them and we all have them regularly. The scale, depth and breadth are different. I have seen badly injured folks cinch up their belt, fight and grow from a circumstance inflicted on them. I have seen others start down a deep dark road and never come out. The difference is attitude and resolve. That you can control. When you feel yourself overwhelmed or just discouraged by circumstances of the day, take a little time and reset your mind. For me it can be a nap, physical exercise or just getting outside and enjoying the beauty that the Lord made for us to enjoy. Find your reset and then start working to defeat the circumstances. I promise if you do you will feel better even if the mountain ahead looks insurmountable. Small accomplishments will build and before you know it, circumstances will change. I hope that each of you has a blessed summer.

~ Lin McCraw

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It is with great sadness that we share the tragic loss of one of our valued team members. Our dear friend and colleague, **Sydney Garrison**, passed away suddenly at her home on May 20.

Sydney served as a Legal Assistant in our Pre-litigation department and specialized in medical record retrieval. Sydney was a vital part of the MLG team and was based in our Denton office.

Sydney was admired and respected by her colleagues and clients for her kindness and poise. She was known for her politeness and articulate speech. She always had a smile and was simply a joy to work with in every way.

Sydney enjoyed cooking and collecting vinyl records and adored her dog, Pickles. While the team is still shocked and saddened by this unexpected loss, we take great comfort in knowing how much Sydney loved her job at McCraw Law Group. The MLG team was blessed with the opportunity to attend a service honoring Sydney and offering support to her family.

IN THE COMMUNITY

Connecting Busin

Wylie Chamber of Commerce

Wylie Ribbon Cutting Ceremony (May 12)

We were thrilled to partner with the Wylie Chamber of Commerce to host the grand opening of our new office in Wylie, TX.

Direction 61:3 Charity Golf Tournament Denton, TX (June 13) • McKinney, TX (July 12)

We are pleased to sponsor two charity golf tournaments to support Direction 61:3, an organization that helps children who are aging out of foster care to transition into adulthood.

Princeton Onion Festival (April 23)

We had so much fun sponsoring the 18th Annual Onion Festival to benefit the Princeton Lions Club charities.





Youth Basketball Team

We are proud to announce that we are sponsoring Elite Skills Factory – a tournament basketball team for players aged 8th grade to high school!

May was Mental Health Awareness Month

As a law firm, we spend every day helping other people during their worst moments. It is important to make sure our staff are well rested and have the mental health support they need to continue showing empathy to our clients. We ditched the desk chairs for picnic blankets and spent some time outdoors as a team. This is one of many ways that MLG works to support our team's mental health.





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Meet Aprill She works as a legal assistant in our Denton office and brings to the company a unique set of skills and experiences that enable her to specialize in case closings. April lives in Denton with her family and has a number of interests including softball and dancing.



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We are so excited to announce two of our own attorneys have been selected as 2022 Rising Stars by Super Lawyers! Charlie Ginn and Bryce Hopson were both selected through an evaluation of 12 indicators including peer recognition and professional achievement. This is a selective award that is reserved for a small number of attorneys in each state. Please help us to honor and celebrate these two accomplished attorneys today!



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You have options when it comes to who handles your case. As a smaller firm, we will dedicate our time to providing you personalized service. We know the local court systems and are ready to help you get proven results, fast.



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Christopher Miller

This is by far the best legal team in Texas. The team is compassionate hard working. Knowledgeable skilled. They will bend over backwards to make sure there clients are taken care of. They treat you like family not just a client. I would recommend them to anyone. From start to finishes they are always making sure they are ok.

Bradley Higgins

Just started the process and they are on top of everything. Couldn't have chosen a better Law Firm

Michelle D

They did a great job and did not give up working for me or the case, until we had a favorable outcome.



Would you like to leave us a 5-star review? We love hearing that we've done a good job for you, and appreciate you sharing your experience with McCraw Law Group.

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