

## **What are the Most Common Causes of Traumatic Brain Injuries (TBI)?**

A major cause of death and disability in the United States, traumatic brain injuries (TBIs) result from a blow or jolt to the head that damages brain tissue and disrupts the normal function of the brain. Every day, an average of 155 people with a TBI die in the United States, with more than 2.87 million TBI-related emergency department (ED) visits, hospitalizations, and deaths taking place [in 2014](#).

TBI causes vary by both age and gender, with men older than 75 years having the [highest age-adjusted rate](#) of traumatic brain injury. Women are overall less likely than men to suffer a traumatic brain injury for every cause of TBIs except falls. In general, the most common causes of traumatic brain injuries are:

- Falls
- Being struck by or against an object
- Motor vehicle crashes

One concern moving forward? While the number of TBI-related hospitalizations and deaths decreased from 2007 to 2013, the number of fall-related TBIs among older adults rose sharply. To reduce your chances of sustaining a brain injury, the CDC has a list of [prevention tips](#) to take:

- Always wear a seatbelt when you are in a motor vehicle
- Place children in the car seat or booster seat recommended for their age and size
- Never drive or ride with someone under the influence of alcohol or drugs
- Wear appropriate headgear during activities like cycling or skateboarding
- Make your home safer with railings and grab bars
- Have your eyes checked, and ask your doctor to check your risk for falling
- Perform strength and balancing exercises to make falling less likely

Even if you take all the necessary precautions, you still run the risk of suffering a TBI. And given the serious nature of [brain injuries](#), significant financial resources are often available to TBI survivors and their families through a traumatic brain injury lawsuit. Today's complicated legal system means that the best way to protect the value of your TBI case is to hire a brain injury lawyer.

Delivering excellence without compromise since 2007, Wilshire Law Firm's award-winning team of more than a dozen attorneys focuses on putting brain injury victims FIRST. Our straightforward legal experience is designed to help TBI survivors heal while getting them the care and compensation they deserve.

Choose results that are nothing short of exceptional—call Wilshire Law Firm today at (800) 522-7274, or fill out our [online contact form](#) to get your FREE case consultation.