



Traumatic Brain Injury
Resource Bundle
for **Alaska Natives**

Qamiqiqleq Picurlaggarluni Patrem Akngirtellra Qamiqiqartut yuut assiringnaqellriit TBI-amek.

Qamiqiqsaram

- Agtuumayugngaa yuungnaqsaraq
- Umyuartungnaqleq capernarivkalaraa
- Umyuaqengnaqilleq capernarivkalaraa



Qamiqulngurpagyarat

Qamiqierpanglartut pateq
caqeryukaarangaan, akngirnariluni.

Ayuquciit

Arenqianakluki tanqik nepa-llu,
miryaraluni, cakneq caknerpak-llu
nutngaluni.

Uyaqumek Ayagnirluni

Qamiqiquuryaraq

Arenqiyugluni elpeksuutmikun, enerteg-
gun, wall' yualuitgun uyaqum.

Ayuquciit

Akngiallra ayagniraqluni uyaquanek,
tusginek, tunucugmek-llu. Uyaquq
pek'taaraqan arcariaqluni akngialleq.

Engelluggluni Qamiqiqsaraq

Yualuut teggumaurallrit wall'
umyuaruuryaram qamiqiqevkarluku.

Ayuquciit

Teggumauraluni avatii qamiquum.
Qamiqiqleq ayagniraqluni erenrurtaqan.

Qamiqiqsuuterturpallalriit

Qamiqiqngevkallri

Qamiqiqngevkaraqluki
qamiqiqsuuterturpallagaqaata wall'
caffeine-arturpallagaqaata.

Ayagniutai Qamiqiqsaram

linrut calinringaaqata wall' caffeine-
artullrit cimiraqata alqunaq.

Amleret Qamiqiqellriit aarnarqellriarunritut cali egmian auluknarqevkenaateng.
TBI-allret assiringnaqellriit yuungcarnarqelartut watnaaqameng

- **Qamiqiqellra arcariinarluni.**
- **Miryalnguluni cali/wall' miryaraluni qamiqiqkuni.**
- **Piniarullutek tallik wall' iruak wall' cakviurnaqluku qalartellni.**
- **Qavarniurluni qamiqiqaaqami.**

Assiringcallerkaa iliini qamiqigtulim

- Ibuprofen-aat
- Yungcarvigmek iinruut
- Nengtaarluni wall' cangigarluni
- Tegg'inringnaqsaraq—
Amilleret qayagaurcuutmi app-at internet-akun-llu ikayuriyugngaut yugnek tegg'inrircelluki

Yuuyaraita cimillerkait ikayungnaqluku qamiqiqenricaraq

- Pitalqellriamek qavaraqluten
- Piniringnaquurluten piiyuagaqluten
- Caffeine-artuqsauinak cali allanek neqkanek wall' merkanek (red wine-atun wall' cheese-atun)
- Akngianrirrsutnek iinruqsauinak unuaquaqaan yungcaristevet taugaam iinrurkitellrukaten

Auluklerkai qamiqigtulit ataucirqunrilngurmek nitiilimi

- Temaitnek ikayuritulit assiringcarluki yualuit teggumaurallrita qamiqiqevkallri cali piniriinarcelluku
- Umyuurtuyarait ikayuryugngait auluksugngarivkarluki umyuarlugtellrit cali akngiavkarturallri qamiqiquaryaram
- Cangigaarcelluten
- Elpeksuutet assirivkangnaqluki mingqutyaarteggun
- Elpeksuutet caliyaurcetsuutait kallucuarteggun ikeglingnaqluki akngialriit

linruut qamiqellrianun atutulit

- Ilaait angniiterpaggsutet (e.g., amitriptyline [iinruq])
- linruut arulaicitulit protein-aneq aprumaluteng CGRP (calcitonin gene-related peptide receptor)
- linruut qistenrircuutet (e.g., topiramate)
- linruut augem nutngallrin aciqsigikanirrsuutai aprumalriit beta-blockers (e.g., propranolol)
- Botox-aat kaputait

Qalarutniaran calricaariurten assirinarqellriamek assiringcarrsuutekavnek.

Kangingutet: Tarenralget nallunairutet taimaut waken *Headaches After Traumatic Brain Injury*, napartellruluku Kathleen R. Bell, MD, Jeanne Hoffman, PhD, cali Thomas Watanabe, MD, calillgutekluki Model Systems Knowledge Translation Center-aag (<https://mskte.org/>).

Nalqigun: Matum nallunairutem cimingnaqenritaa yuungcaristet alerquatait. Qalarutniaran yuungcaristen naullutevnek wall' assiringnaqlerpet tungiinun. Tarenralget nallunairutet imait pilillruut kaigatkun akiikun National Institute on Disability-mek, Independent Living-aamek, Rehabilitation Research-aamek-llu (NIDILRR kaigatem akim nampaara 90DPKT0008). NIDILRR Center-aaruq iluani Administration for Community Living-aam (ACL), Department of Health and Human Services-aam (HHS). Tarenralgem nallunairutem imain pillerkiuraqenritai NIDILRR-aam, ACL-aam, wall' HHS-aam, umyuarturyaqunak cingumayukluki Anguyagtenun.

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