

FOR IMMEDIATE RELEASE
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March is Brain Injury Awareness Month

Organization provides free resources and research to support people living with traumatic brain injury

Crystal City, VA – In observance of Brain Injury Awareness Month in March, the [Model Systems Knowledge Translation Center](#) (MSKTC) is encouraging the public to utilize MSKTC's free resources designed for people living with traumatic brain injury (TBI) to live well.

The MSKTC translates health research into easy-to-understand language and accessible formats for people living with TBI as well as spinal cord injury (SCI) and burn injury. The national center has been a leader in developing research-based and easy-to-use resources to improve the lives of those with TBI, SCI, and burn, and the people dedicated to helping them, since 2006.

“The month of March places a spotlight on TBI, a type of injury that impacts millions each year. We are using this opportunity to promote resources to help those with TBI best manage their care,” said Xinsheng “Cindy” Cai, PhD, director of the MSKTC.

The MSKTC's TBI resources cover a wide range of topics such as concussion recovery, chronic pain, severe TBI, depression, alcohol use, balance problems, driving, seizures, memory, emotional changes, and couples' relationships, and are available in various formats such as fact sheets, infocomics, videos, and podcasts.

The [Centers for Disease Control and Prevention](#) (CDC) reports an estimated 2.9 million TBI-related emergency department visits per year. In response to these statistics, the MSKTC works in conjunction with [16 funded US-based TBI Model System centers](#) that carry out research activities connected to clinical care for people with TBI, including emergency, acute, neurosurgical, and inpatient and outpatient rehabilitation services.

“We encourage anyone living with TBI, or their family or caregiver, to connect directly with the TBI Model System center that is nearest to where they live to leverage their work and resources while also having a point of contact near their homes,” added Cai.

Materials are available on the MSKTC's website at <https://msktc.org/>. The organization also offers tips and tools via [Facebook](#), [Twitter](#), [YouTube](#), and [SoundCloud](#), and encourages the public to follow their channels as they update information on a consistent basis.

ABOUT THE MODEL SYSTEMS KNOWLEDGE TRANSLATION CENTER

The [Model Systems Knowledge Translation Center](#) (MSKTC) is a national center operated by the [American Institutes for Research](#)® (AIR®) that translates health information into easy-to-understand language and formats for patients with [traumatic brain injury](#), [spinal cord injury](#), and [burn injury](#) and their families and caregivers. The center reviews and synthesizes current research, publishes articles and technical reports, develops knowledge translation tools, and creates patient and family resources to inform clinical practice. The MSKTC is funded by [National Institute on Disability, Independent Living, and Rehabilitation Research](#), Administration for Community Living, U.S. Department of Health and Human Services under grant number 90DP0082.