

## The Traumatized Brain: A Family Guide to Understanding Mood, Memory, and Behavior after Brain Injury (A Johns Hopkins Press Health Book)

By Vani Rao, Sandeep Vaishnavi

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
**The Traumatized Brain: A Family Guide to Understanding Mood, Memory, and Behavior after Brain Injury (A Johns Hopkins Press Health Book)** By Vani Rao, Sandeep Vaishnavi

A traumatic brain injury is a life-changing event, affecting an individual's lifestyle, ability to work, relationships?even personality. Whatever caused it?car crash, work accident, sports injury, domestic violence, combat?a severe blow to the head results in acute and, often, lasting symptoms. People with brain injury benefit from understanding, patience, and assistance in recovering their bearings and functioning to their full abilities.

In *The Traumatized Brain*, neuropsychiatrists Drs. Vani Rao and Sandeep Vaishnavi?experts in helping people heal after head trauma?explain how traumatic brain injury, whether mild, moderate, or severe, affects the brain. They advise readers on how emotional symptoms such as depression, anxiety, mania, and apathy can be treated; how behavioral symptoms such as psychosis, aggression, impulsivity, and sleep disturbances can be addressed; and how cognitive functions like attention, memory, executive functioning, and language can be improved. They also discuss headaches, seizures, vision problems, and other neurological symptoms of traumatic brain injury.

By stressing that symptoms are real and are directly related to the trauma, Rao and Vaishnavi hope to restore dignity to people with traumatic brain injury and encourage them to ask for help. Each chapter incorporates case studies and suggestions for appropriate medications, counseling, and other treatments and ends with targeted tips for coping. The book also includes a useful glossary, a list of resources, and suggestions for further reading.

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## **Editorial Review**

### Review

We can thank Drs. Rao and Vaishnavi for this remarkable contribution to patients, families, and clinicians. Few professionals, doctors included, know how to deliver their highly informed knowledge and experience in ways that lay readers can comprehend and use.

*(New York Journal of Books)*

Individuals who have experienced a TBI, as well as their families, will find this book useful and comforting, both for its clear explanations and its clinical guidance.

*(Library Journal)*

The Traumatized Brain puts victims and their families back in command: rewiring the brain, reshaping behaviors, inspiring compassion, and restoring one's sense of self.

*(Examineer.com)*

An approachably human and effectively informative book on a complicated and painful injury.

*(Johns Hopkins Magazine)*

*The Traumatized Brain* remains a valuable resource for brain-injured clients and their caregivers, and it can help bridge the language reference gap between providers and patients.

*(PsycCRITIQUES)*

Authors Vani Rao and Sandeep Vaishnavi write with a sense of warmth and care that is certain to help those who want to learn more about a timely subject...very accessible for a wide range of readers and an excellent resource.

*(American Reference Books Annual)*

*The Traumatized Brain* is a great resource for anyone with a loved one who has suffered a traumatic brain injury (TBI). Whether you're a caregiver, co-worker, friend, or survivor, this book is filled with useful information to help you understand and be prepared for the different symptoms of TBI and how TBI affects the brain.

(Amy Zellmer, writer, photographer, and TBI survivor)

This book will challenge and encourage the reader. Whether an interested lay person, a caretaker, a family member, or a professional in the medical, nursing, or social work fields, readers will find this pioneering book a useful guide to the complexities of traumatic brain injury.

(From the Foreword by Peter V. Rabins, MD, MPD, Johns Hopkins University School of Medicine, coauthor of *The 36-Hour Day: A Family Guide to Caring for Persons with Alzheimer Disease, Related Dementing Illnesses, and Memory Loss in Later Life*)

If ever there was a book that truly *could* save your life it would be this one. Drs. Rao and Vaishnavi have written a critical manual for parents, family, essentially anyone, to help recognize and explain the warning signs of a TBI. Without visible symptoms, sufferers have long remained silent or been deemed 'crazy,' but this important book not only details the physiological, cognitive and behavioral changes in the brain, it offers hope through treatment.

(Bob Woodruff, ABC News Journalist)

We are faced with an epidemic of traumatic brain injury (TBI) among victims of sports, accidents, and wars. The cognitive, emotional, and behavioral consequences of such injuries are varied and complex. Using a contemporary understanding of cognitive neuroscience and a gift for distilling complex ideas, Drs. Rao and Vaishnavi present a clear and coherent picture of TBI. Informed by their own substantial clinical expertise, they also offer practical advice, making this guide essential reading for caregivers and family members as well as the general clinical practitioner.

(Anjan Chatterjee, MD, FAAN, University of Pennsylvania, author of *The Aesthetic Brain: How We Evolved to Desire Beauty and Enjoy Art*)

Doctors Rao and Vaishnavi have written a valuable and timely book that is long overdue. It contains not only an excellent summary of TBI and its effects, but also strategies to deal with those effects. I highly recommend this excellent book.

(Thom Mayer, MD, Medical Director, NFL Players Association)

About the Author

**Vani Rao, MBBS, MD**, is an associate professor and the director of the Brain Injury Clinic and the Behavioral Neurology and Neuropsychiatry Fellowship Program within the Department of Psychiatry and Behavioral Science at Johns Hopkins University School of Medicine. **Sandeep Vaishnavi, MD, PhD**, is the director of the Neuropsychiatric Clinic at Carolina Partners. He is a neuropsychiatrist at the Preston Robert Tisch Brain Tumor Center, Duke University Medical Center, and is affiliated with Duke's Departments of Psychiatry and Community and Family Medicine.

## Users Review

**From reader reviews:**

**Bertha Underwood:**

The book with title *The Traumatized Brain: A Family Guide to Understanding Mood, Memory, and*

Behavior after Brain Injury (A Johns Hopkins Press Health Book) contains a lot of information that you can find out it. You can get a lot of benefit after read this book. That book exist new knowledge the information that exist in this reserve represented the condition of the world today. That is important to yo7u to understand how the improvement of the world. That book will bring you within new era of the the positive effect. You can read the e-book on your smart phone, so you can read the item anywhere you want.

**Shawn Hernandez:**

People live in this new time of lifestyle always make an effort to and must have the free time or they will get great deal of stress from both everyday life and work. So , whenever we ask do people have time, we will say absolutely of course. People is human not a robot. Then we request again, what kind of activity have you got when the spare time coming to an individual of course your answer will unlimited right. Then do you ever try this one, reading guides. It can be your alternative inside spending your spare time, the book you have read is usually The Traumatized Brain: A Family Guide to Understanding Mood, Memory, and Behavior after Brain Injury (A Johns Hopkins Press Health Book).

**Clarissa Holland:**

This The Traumatized Brain: A Family Guide to Understanding Mood, Memory, and Behavior after Brain Injury (A Johns Hopkins Press Health Book) is great guide for you because the content and that is full of information for you who also always deal with world and also have to make decision every minute. This book reveal it information accurately using great arrange word or we can state no rambling sentences inside it. So if you are read the item hurriedly you can have whole information in it. Doesn't mean it only provides you with straight forward sentences but tricky core information with attractive delivering sentences. Having The Traumatized Brain: A Family Guide to Understanding Mood, Memory, and Behavior after Brain Injury (A Johns Hopkins Press Health Book) in your hand like keeping the world in your arm, details in it is not ridiculous one particular. We can say that no publication that offer you world inside ten or fifteen second right but this reserve already do that. So , this really is good reading book. Hi Mr. and Mrs. occupied do you still doubt which?

**Clara Duke:**

On this era which is the greater man or who has ability in doing something more are more special than other. Do you want to become considered one of it? It is just simple way to have that. What you have to do is just spending your time not very much but quite enough to enjoy a look at some books. Among the books in the top record in your reading list is actually The Traumatized Brain: A Family Guide to Understanding Mood, Memory, and Behavior after Brain Injury (A Johns Hopkins Press Health Book). This book that is certainly qualified as The Hungry Hillside can get you closer in getting precious person. By looking upward and review this e-book you can get many advantages.

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