

# 脑损伤的类型

## Types of Brain Injury

The bones of the skull are hard to protect the brain. When your head is hit or moved with force, the brain is injured when it moves at a different speed than the skull. The brain or a part of the brain can be bruised, stretched or torn to cause bleeding.

A person may have one or several types of brain injury. Recovering from a brain injury can take a long time. Read on to learn about the different types of brain injury.

### Concussion

A concussion is the most common type of traumatic brain injury. It results from a fall or hit to the head that causes the brain to twist and turn inside the skull.

A concussion may cause bruising, bleeding or swelling of the brain. A skull fracture may occur along with a concussion.

A concussion is normally not life-threatening, but it can be serious. If your signs get worse after 7 to 10 days, see your health care provider. Medicines may be used to treat dizziness or headache, but time and rest is needed most for brain healing.

### Contusion

Contusion means bruise. When the head is hit, the brain moves back and forth inside the skull. When the brain is pushed up against the ridges and sides of the skull, bruising to the brain can occur.

人类的颅骨非常坚硬，可保护大脑。但当头部受外力撞击或加速移动时，大脑会因移动速度与颅骨不同而受损。大脑或大脑的某部分可能因瘀伤、拉伸或撕裂而导致出血。

患者可能出现一种或几种类型的脑损伤。脑损伤的康复可能需要很长的时间。继续阅读，了解不同类型的脑损伤。

### 脑震荡

脑震荡是最常见的脑损伤类型。它是在摔倒或头部受到撞击时，大脑在颅骨内扭曲和转动所致。

脑震荡可能导致大脑瘀伤、出血或肿胀，还可能并发颅骨骨折。

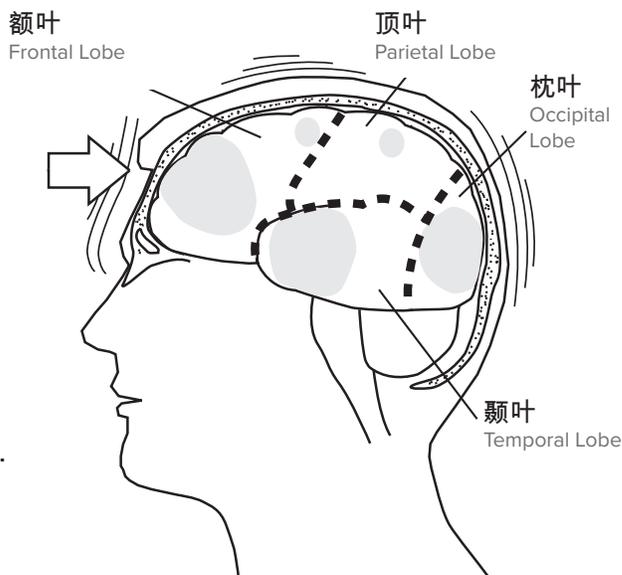
脑震荡通常不会危及生命，但可能很严重。如果您的症状在 7 到 10 天后恶化，请及时就医。您可以服用药物治疗头晕或头痛，但大脑的康复最需要时间和休息。

### 挫伤

挫伤即瘀伤。当头部受到撞击时，大脑会在颅骨内来回移动。大脑被推至颅骨的嵴和两侧时，就会发生大脑瘀伤。

Because a big force is needed to create a contusion, the person may also have other brain injuries.

It often takes a long time for the person to recover from this injury. The location of the contusion and the amount of damage impacts recovery time.



由于产生挫伤需要很大的外力，患者可能还会伴有其他类型的脑损伤。

脑损伤的康复往往需要很长的时间。挫伤部位和损害程度会影响康复时间。

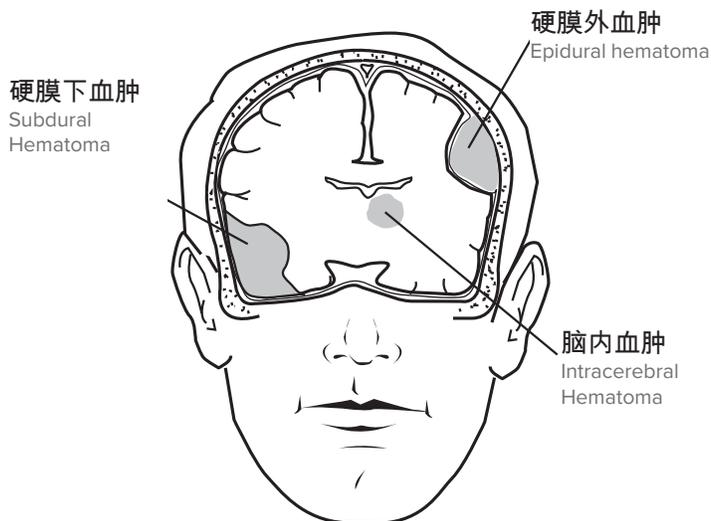
## Hematoma

A hematoma is a form of brain injury that involves a blood collecting around the brain.

Hematoma may develop right after a brain injury or later. There are different types of hematoma, depending on where the blood collects.

- Epidural hematoma – the outer layer of the brain between the brain and skull
- Subdural hematoma – the middle layer of the brain
- Intracerebral hematoma – the inside part of the brain

Treatment of a hematoma may include surgery to remove it. Recovery depends on how serious it was and is there were other injuries with it.



## 血肿

血肿是血液在大脑周围聚集而造成的脑损伤。

血肿可能在脑部受损后立即或稍后发生。根据血液聚集部位的不同，血肿可分为不同类型。

- 硬膜外血肿：大脑和颅骨之间的大脑外层
- 硬膜下血肿：大脑中间层
- 脑内血肿：大脑内部

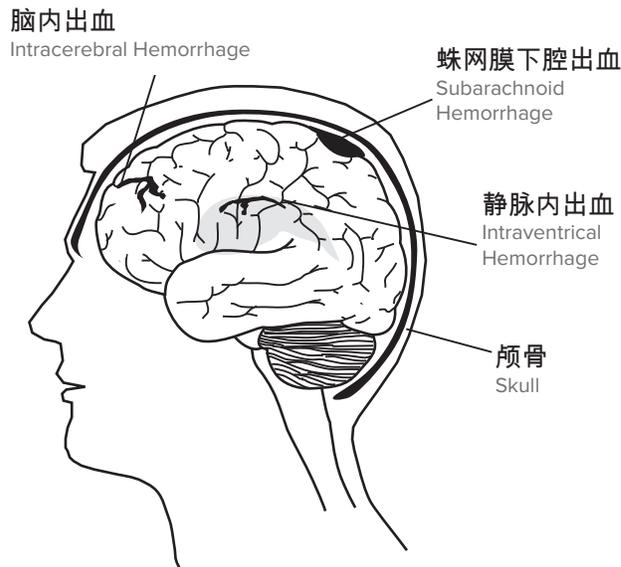
血肿的治疗可能包括手术切除血肿。康复情况取决于严重程度以及是否伴有其他类型的脑损伤。

## Cerebral Hemorrhage

This means bleeding in the brain. There are different types of hemorrhages, depending on where the bleeding is.

- Over the outer surface of the brain, called subarachnoid hemorrhage
- Into the spaces of the brain or ventricles, called intraventricular hemorrhage
- Into the brain tissue, called intracerebral hemorrhage

Treatment depends on how serious it is and where the bleeding is. It may include surgery and medicines. Recovery depends on how severe the bleeding is and whether there are problems from the bleeding.



## 脑出血

即脑内出血。根据出血部位的不同，脑出血可分为不同类型。

- 大脑外表面出血，称为蛛网膜下腔出血
- 大脑或脑室内出血，称为脑室内出血
- 大脑组织内出血，称为脑内出血

治疗方法视严重程度和出血部位而定，可能包括手术和药物治疗。康复情况取决于出血的严重程度以及出血是否造成其他健康问题。

## Lack of Oxygen - Anoxia

Injury to the blood flow of the brain may cause anoxia (an-ox-ee-a) or a lack of oxygen to the brain. Any injury to the blood flow of the brain that decreases oxygen can cause brain damage. This includes heart attack, stroke, drowning or injuries with blood loss.

Treatment of anoxia includes supporting breathing and blood pressure, medicine and treating the cause of anoxia, if possible.

There may be problems such as loss of memory, changes in behavior, problems with speech or seizures. With severe anoxia, a long-term coma or brain death may occur.

## 大脑供氧不足 – 缺氧症

大脑血流受损可能导致缺氧症或大脑供氧不足。大脑血流受损导致氧气减少，会造成大脑受损。包括心脏病发作、中风、溺水或失血性损伤。

缺氧症的治疗包括提供呼吸和血压支持、药物和对症治疗（如果可能）。

缺氧症的症状可能包括失忆、行为改变、语言问题或癫痫发作。严重缺氧时，可能出现长期昏迷或脑死亡。

## **Diffuse axonal injury (DAI)**

An injury where the brain slides back and forth inside the skull, causing the brain's nerves to be stretched or torn. Damage to the brain may be widespread. When the nerves are torn, they die. It is a moderate to severe form of brain injury.

The recovery process can take a long time. The person with this injury may be in a coma for months.

**Talk to your doctor or nurse if you have any questions or concerns.**

## **弥漫性轴索损伤 ( DAI )**

这是因大脑在颅骨内来回滑动，导致大脑神经拉伸或撕裂的一种损伤。这种情况可能对大脑产生大面积的损害。神经断裂后就会坏死。这是一种中度至重度的脑损伤。

康复过程可能需要很长的时间。弥漫性轴索损伤患者可能会昏迷几个月。

**如果您有任何疑问或担心，请咨询医生或护士。**