

# BRAIN OXYGEN DEPRIVATION

**NOT ALL** BRAIN INJURIES INVOLVE A BLOW TO THE HEAD OR LESION. INDEED, YOUR BRAIN CAN BE INJURED EVEN WHEN **NOTHING COMES INTO CONTACT** WITH YOUR HEAD.

## ANOXIC BRAIN INJURIES



ANOXIC BRAIN INJURIES OCCUR WHEN THE BRAIN IS TOTALLY DEPRIVED OF OXYGEN DUE TO SUDDEN CARDIAC ARREST, CHOKING, STRANGULATION, AND OTHER SUDDEN INJURIES.

## HYPOXIC BRAIN INJURIES



HYPOXIC BRAIN INJURIES OCCUR WHEN THE BRAIN RECEIVES LESS OXYGEN THAN IT NEEDS, BUT IS NOT COMPLETELY DEPRIVED OF OXYGEN (ONLY GETS A FRACTION)

## HOW LONG CAN A PERSON SURVIVE OXYGEN DEPRIVATION?



0 MINUTES

LOSS OF OXYGEN



1-2 MINUTES

BRAIN DAMAGE MAY BEGIN



5 MINUTES

DEATH OF BRAIN CELLS & SEVERE BRAIN DAMAGE



10 MINUTES >>

DEATH IS LIKELY

OVERALL HEALTH AND SPECIALIZED TRAINING MAY IMPACT THE TIMELINE.

