



Joanna believes Chris' life could have been saved if they had known more about the impact of his childhood head injury (Image: Joanna Lane)

The mother of a Croydon man who took his own life has succeeded in her battle to bring a change to vital advice given to brain injury sufferers.

Joanna Lane, 72, from **Coulsdon** believes her son's life could have been saved if they had known the potential impact of a head injury he suffered when he was seven.

Chris Lane was put into a coma following a serious head injury when he fell out of a tree. He killed himself in 2008 aged 31.



Chris Lane worked as an IT professional and loved nature (Image: Joanna Lane)

“I think we could have saved him,” explained Joanna. “A quarter of people who have head injuries have this problem.”

The retired teacher added she believed her son suffered post traumatic hypopituitarism (PTHP) due to his fall.

The condition causes a hormone deficiency caused by damage to the pituitary gland in the brain.

Symptoms include depression, infertility, weight fluctuation among other problems.

Following Chris’ death the family discovered letters to his girlfriend revealing he was impotent.



Chris Lane with his mother Joanna in their conservatory (Image: Joanna Lane)

Impotence can be caused by PTHP and Chris’ family began to wonder if his head injury had contributed to his depression.

Since discovering the connection between the head injury and depression Joanna has worked to warn people to look out for the signs of the condition.

It is estimated 30 per cent of serious brain injury survivors suffer from the condition. In 2019 20,648 people had the condition recorded in diagnoses.

Although hormone deficiencies are easy to screen for and treat they can have huge consequences if ignored.

Now for the first time the National Institute for Clinical Excellence (NICE) will begin to mention PTHP and the condition will be included in their next update in May 2022.

When asked what people should do to check out if they have the condition, Joana said: "If you have a head injury keep an eye out for depression and fatigue, impotence, weight gain and heart problems.

"All these things can happen. Keep an eye on it. If you think something is wrong Google it and look on my website."

You can find out more details about PTHP [here](#).

Where to get help if you're struggling

You don't have to suffer in silence if you're struggling with your mental health.

Here are some groups you can contact when you need help.

Samaritans: Phone 116 123, 24 hours a day, or email jo@samaritans.org, in confidence.

Childline: Phone 0800 1111. Calls are free and won't show up on your bill.

PAPYRUS: A voluntary organisation supporting suicidal teens and young adults. Phone 0800 068 4141.

Depression Alliance: A charity for people with depression. No helpline but offers [useful resources](#) and links to other information.

Students Against Depression: A website for students who are depressed, have low mood, or are suicidal. [Find out more here.](#)

Bullying UK: A website for both children and adults affected by bullying. [Find out more here.](#)

Campaign Against Living Miserably (CALM): For young men who are feeling unhappy. There's [a website](#) and a helpline: 0800 58 58 58.