

SIMPLY CONCUSSIONS

A Concussion Guide For Teens By a Teen



When to speak up?

CONCUSSIONS CAN BE SERIOUS. IT IS MUCH BETTER TO ADDRESS YOUR SITUATION, THEN HIDE IT.

If you have any kind of forceful bump, blow, or jolt to your head or body; and if you have any concussion symptoms or change in your behavior, thinking, or physical functioning, report it to an adult!

1

FACTS

What are the facts you need to know about Concussions

2

SYMPTOMS

How to know if you are experiencing a concussion

3

RECOVERY

What you should do if you have a concussion



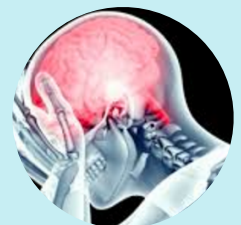
Causes

What Causes a Concussion?



Myths

What myths have you heard that are false?



Prevention

What can you do to help prevent a concussion?

1 FACTS ABOUT CONCUSSIONS

According to the Centers for Disease Control and Prevention (CDC), a concussion is a type of traumatic brain injury (TBI).

- A concussion is an invisible injury that temporarily changes how the brain works
- A concussion may be caused by a direct blow to the head, face, neck, or elsewhere on the body if the force of the impact is transmitted to the head.
- All concussions are serious because every concussion is a brain injury.
- Concussions can occur in any organized or unorganized sport, recreation activity, or other events like a car accident.
- A repeat concussion that occurs before the brain recovers from the first—usually within a short time period (hours, days, weeks)—can be very dangerous and may

slow recovery, or increase the chances for long-term problems.

What causes a Concussion?

Your brain is surrounded by fluid and protective membranes, which cushions the brain. During an impact, the brain is pushed against the inside of the skull. This rapid motion can create chemical changes in the brain, bruise the brain, and sometimes damage brain cells.



Do not try to judge the severity of your injury yourself. Always ask for help!

SIGNS AND SYMPTOMS OF A CONCUSSION

Be familiar with the signs and symptoms of a concussion. Take care of yourself and your teammates! It is much tougher and stronger of you to speak up, sit out, and allow your brain time to heal. It is very dangerous to get a second injury while your brain is still healing from an initial injury. It is always better to miss one game or activity, than hide it and then suffer for longer. www.cdc.gov/Concussion

**IF IN
DOUBT,
SIT OUT!**

2 CONCUSSION SYMPTOMS

- Have a headache
- Have sensitivity to noise
- Have sensitivity to light
- Feel dizzy
- Feel off-balance
- Feel confused
- Feel nauseous
- Feel “pressure” in your head
- Have double or blurry vision
- Feel sluggish, hazy, foggy, or groggy
- Have trouble falling asleep, staying asleep, or having daytime sleepiness
- Have mood, behavior, or personality changes
- Feel depressed
- Have trouble concentrating
- Have trouble remembering
- Just don’t “feel right”

If you have one more of these symptoms, it is time for you to tell an adult (parent, coach, athletic trainer, teacher, neighbor, friend’s parent, school nurse).

Be honest about how you are feeling.

Sometimes symptoms can appear immediately after you sustain an injury, but others may not show up for 24 hours or longer. Symptoms can also last days, weeks or months.



Debunking MYTHS

- If you are not directly hit in the head, you cannot get a concussion. **FALSE**
- If you wear a well fitting helmet, you cannot get a concussion. **FALSE**
- Male athletes are more prone to concussions. **FALSE**
- If you don't lose consciousness, you could not get a concussion **FALSE**
- An injury to the brain only occurs at the initial moment of impact **FALSE**
- The harder the blow, the worse the concussion will be. **FALSE**

3

RECOVERY

Recognizing and getting a proper response to a concussion when it first occurs can help prevent further injury.

First, always visit your doctor. You can start with your pediatrician or go directly to a neurologist. Your doctor should be your quarterback to guide you through what tests, medications and treatment plan you should follow.

I found some things helped me like a particular ice pack that wrapped around my head and blue light blocking glasses for viewing digital screens like my phone, computer, and television. These were not things that were on a typical treatment plan and they are not things that your neurologist or pediatrician will likely tell you about. Some of the things that helped me, besides lots of rest, are:

- Magnesium Supplement
- Omega 3 Fish Oil Supplement
- Chiropractor
- Acupuncture
- Ice Packs and Wraps



- Light exercise
- Eat healthy foods
- Visit with friends
- Wear blue light blocking glasses



PREVENTION

- Take care of yourself
- Wear proper equipment
- Use Mouthguards
- Use headguards
- When in doubt, sit out.



DISCLAIMER:

I am not a doctor; I am a teenager; you should always talk to your doctor about your conditions and treatment. It is my hope that this guide can help you and that you can ask your parent or doctor about these tips and suggestions.

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MORE INFORMATION

www.simplyconcussions.com



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