

THINGS YOU SHOULD KNOW ABOUT CONCUSSION

In the Clinic
Annals of Internal Medicine

What is concussion?

- A serious injury that damages the brain
- Also referred to as "mild traumatic brain injury"
- Results from a jolt, collision, or bump to the head
- Causes include:
 - motor vehicle or bicycle accidents
 - falls
 - sports participation
 - combat-related blasts

What are the signs and symptoms?

- Headache, dizziness, balance problems, or blurry vision
- Nausea or vomiting
- Confusion
- Memory or concentration problems
- Light or noise sensitivity
- Emotional changes
- Impaired sleep

How is it diagnosed?

- Your doctor will ask questions about your injury and symptoms and conduct a physical examination.
- Screening tests may be used to assess your symptoms and their severity.
- Imaging tests, such as cranial computed tomography (CT) scan, may be needed to assess your injury.

How is it treated?

- Rest to help the brain heal.
- Avoid activities that could lead to another concussion.



- Avoid alcohol and other drugs that could slow recovery.
- Recovery is usually quick and complete, but in some cases the effects persist.
- The severity of the concussion and patient age and health before the concussion may affect recovery.
- If symptoms return or new symptoms develop, take more time for rest and recovery.
- Seek emergency treatment if symptoms worsen.

For More Information

www.chop.edu/concussion

Education, support, and other resources on concussion for student athletes, their families, coaches, teachers, and school personnel from the Children's Hospital of Philadelphia

www.cdc.gov/traumaticbraininjury/prevention.html

Information from the Centers for Disease Control and Prevention (CDC) on preventing concussion.

www.cdc.gov/concussion/what_to_do.html

Information from the CDC on what to do if a concussion occurs.

www.cdc.gov/concussion/feel_better.html

Information from the CDC on recovering from a concussion.

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