

Concussion

What is it?

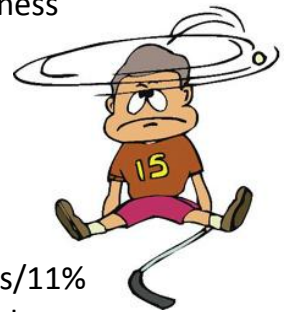
- **Concussion**- TBI/Traumatic Brain Injury is caused by a jolt or blow to the head, penetrating head injury, disrupts the normal function of the brain, mild change in mental status or amnesia after the injury

Signs and Symptoms:

- **Symptoms**- Subtle, no symptoms for days or weeks, confusion, blurred vision, neck pain, headache, problems with or slow concentrating or remembering, tired, no energy, mood changes, changes in sleep patterns, light-headedness, loss of balance, dizziness, nausea, vomiting, ringing in ears, loss of smell or taste, changes in performance, unsteady walking, changes in eating, sensitivity to sounds, light, distractions
- **Watch for**- stares blankly, delayed answers to questions, slurred speech, clumsiness, extreme emotions, problem with memory, loss of consciousness

Facts:

- **TBI in US each Year**- 1.4 million
 - Die- 50,000
 - Hospitalized- 235,000
 - ER Treat and Release- 1.1 million
- **Leading Causes** – Falls/28%, Vehicle rashes/20%, Struck by/19%, Assaults/11%
- **Long-Term Outcomes**- 2% of the population/5.3 million currently have a long-term need for help to perform activities of daily living with a wide range of changes as thinking, language, sensation, and emotions; can also cause epilepsy, increases the risk for Parkinson's disease, Alzheimer's disease, and other brain disorders that become more prevalent with age
- **Estimated Costs in 2000**– 60 Billion
- **Often the Result of**- Motor Vehicle Accidents, Cycling, Skates, Skateboarding, Scooters, Falling, Violence or Sports: football, soccer, boxing or an contact sport



What can I do?

- **See your Health Care Provider**- always due to delayed problems, even death,
 - **After a Head Injury**- always rest, avoid any risky sports or exercise, avoid drinking alcohol and only take drugs/medications prescribed by your health care provider, do not drive or operate any machinery without first talking with your health care provider
 - **Call your Health Care Provider**- or EMT immediately- if a seizure, not waking up, a headache that will not go away, repeated vomiting, personality change, loss of consciousness, weakness in legs or arms, blurred vision, ringing in ears or sensitivity to bright lights or loud noises

