

Concussions In High School Sports

Concussions in athletics have lately received a lot of media attention. Here are some facts about concussions from the Center for Disease Control and Prevention.

What is a concussion?

A concussion is a brain injury that:

- * Is caused by a bump, blow, or jolt to the head.
- * Can change the way your brain normally works.
- * Can range from mild to severe.
- * Can occur during practices or games in any sport.
- * Can happen even if you haven't been knocked out.
- * Can be serious even if you've just been "dinged" or had your "bell rung"

What are the symptoms of a concussion?

Nausea
Balance problems or dizziness
Double or fuzzy vision
Sensitivity to light or noise
Headache
Feeling Sluggish
Feeling foggy or groggy
Concentration or memory problems
Confusion

What should you do if you think that you have a concussion?

Tell the athletic trainer, a coach and your parents. Never ignore an injury to the head. You should also tell someone if one of your teammates might have a concussion.

Seek medical attention. A health care professional can tell you if you have had a concussion and when you are OK to play.

Give yourself time to recover. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause permanent brain damage, and even death in rare cases. Severe brain injury can change your whole life.

It's better to miss one game than the whole season!

Don't forget these facts about concussions:

A concussion is a **brain injury**.
All concussions are **serious**.

Concussions can occur **without** loss of consciousness.

Concussions can occur **in any sport**.

Recognition and proper management of concussions when they **first occur** can help prevent further injury or even death.

Here is a video clip from ESPN's Outside The Lines program :

<http://espn.go.com/video/clip?id=3094263>.