

Concussions: More Common Than We Realize

A concussion is a mild form of traumatic brain injury caused by a bump, blow, or jolt to the head. Concussions can also occur from a fall or a blow to the body that causes the head to move rapidly back and forth. After a concussion, some people lose consciousness for a short time. However, most concussions do not result in a loss of consciousness. Doctors may describe these injuries as “mild” because concussions are not usually life-threatening. Even so, their effects can be serious. Understanding the signs and symptoms of a concussion can help you get better more quickly.

Most people with a concussion recover quickly and fully. But for some people, symptoms can last for days, weeks, or longer. In general, recovery may be slower among older adults, young children, and teens. Those who have had a concussion in the past are also at risk of having another one and may find that it takes longer to recover if they have another concussion.

People with a concussion need to be seen by a doctor as soon as possible. Your doctor may do a scan of your brain or other tests to assess your learning and memory skills, your ability to pay attention or concentrate, and how quickly you can think and solve problems. These tests can help your doctor identify the effects of a concussion. Even if the concussion doesn’t show up on these tests, you may still have a concussion.

Your doctor will send you home with important instructions which must be followed carefully. If you are taking medications—prescription, over-the-counter medicines, or “natural remedies”—or if you drink alcohol or take illicit drugs, tell your doctor. Also, tell your doctor if you are taking blood thinners because they can increase the chance of complications.

- This information is brought to you from the CDC.

To learn more, visit <https://www.cdc.gov/headsup/index.html> or <https://concussionfoundation.org/concussion-resources/what-is-concussion>



Leading causes of concussion (seen in emergency departments): falls, motor vehicle-related injury, unintentionally being struck by or against an obstacle, assaults, and playing sports.

Symptoms of a Concussion

Thinking / Remembering	Physical	Emotional / Mood	Sleep Disturbance
<ul style="list-style-type: none"> • Difficulty thinking clearly • Feeling slowed down • Difficulty concentrating • Difficulty remembering new information 	<ul style="list-style-type: none"> • Headache • Nausea or vomiting (early on) • Balance problems • Dizziness • Fuzzy or blurry vision • Feeling tired, having no energy • Sensitivity to noise or light 	<ul style="list-style-type: none"> • Irritability • Sadness • More emotional • Nervousness or anxiety 	<ul style="list-style-type: none"> • Sleeping more than usual • Sleeping less than usual • Trouble falling asleep

At Work, Home, or Play, Safety Always!