

Protect Your Brain—It's the Only One You've Got

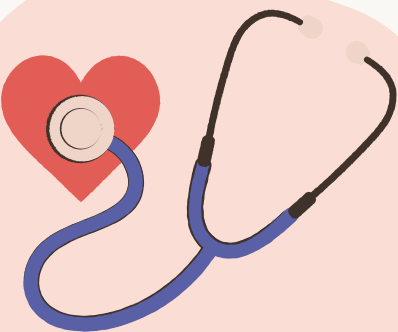
How to Spot a Concussion in Young Boys and Girls



What is a Concussion?

A concussion is a mild traumatic brain injury that affects brain function.

An impact on the head or body typically causes concussions, leading to a change in brain function. However, not everyone who sustains a blow to the head or body experiences a concussion (Mayo Clinic, n.d.).



Symptoms

Boys:

- Confusion
- Headache
- Memory loss

Girls:

- Drowsiness/discomfort
- Noise/light sensitivity
- Nausea

(Stanford Medicine, 2013) (Everyday Health, n.d.)



Risk Factors

- Female
 - Progesterone and neck strength
- Prior history of concussions
- Sports: men's ice hockey, football, and women's soccer
- Not wearing adequate equipment

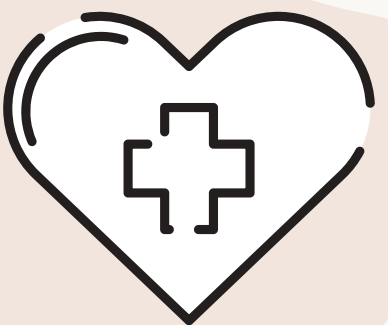
(Scopaz & Hatzenbuehler, 2013)



Prevention

- In sports that allow, wear well-fitted helmets and other equipment
- Use proper technique
- Neck-strengthening exercises
- Avoid head-to-head tackles and head-to-foot tackles

(Indharty et al., 2023)



Recovery and Treatment

- Seek medical care from an athletic trainer or physician
 - Concussion test, imaging, etc.
- Rest for a couple of days
- Light physical activity
- Resume normal activity once cleared by a physician

(CDC, n.d.)

Concussion - Symptoms and causes. (n.d.). Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/concussion/symptoms-causes/syc-20355594>

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