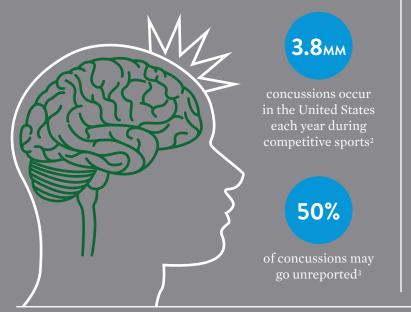
Sports and Concussion

WHAT IS CONCUSSION?

Concussion is a mild form of traumatic brain injury, which is caused by a bump, blow or jolt to the head or a penetrating head injury that disrupts the normal function of the brain. TBIs are classified by the severity of injury, from mild to severe.¹



COMMON SIGNS / SYMPTOMS³



PHYSICAL

Headache; fuzzy or blurry vision; nausea or vomiting (early on); dizziness; sensitivity to noise or light; balance problems; feeling tired or lacking energy



EMOTIONS/MOOD

Irritability; sadness; being more emotional than usual; nervousness or anxiety

THINKING/REMEMBERING

Difficulty thinking clearly; feeling slowed down; difficulty concentrating; difficulty remembering new information



SLEEP

Sleeping more or less than usual; trouble falling asleep

Some symptoms appear right away, while others may not be noticed for days or months after the injury

U.S. SPORTS WITH HIGHEST CONCUSSION RATES²

SOCCER

Soccer is the leading cause of concussions in female high-schoolers¹

In high school, 60% of concussions are football related¹

SPOTTING A CONCUSSION³

REFERENCES

Concussion is a clinical diagnosis. It isn't something that can always be identified on the field.

FOOTBALL



HOCKEY





BASKETBALL



IF IN DOUBT, SIT IT OUT³

RUGBY

Athletes who seem to have suffered a concussion should be immediately removed from play and evaluated by a licensed health care provider.

To learn more about concussion, please visit www.abbott.com and www.brainline.org

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cussion and sports. BrainLine.org. Website: www.brainline.org/content/2008/12/concussion-and-sports.html. Accessed \$

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 Skerrett, PJ. New concussion guidelines say "When in doubt, sit it out." Harvard Health. March 18, 2013. Website: www.health.harvard.edu/blog/new-concussion-guidelines-say-when-in-doubt-sit-it-out-201303185994. Accessed Sept. 3, 2014.