



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



3.8MM

concussions occur in the United States each year during competitive sports²

50%

of concussions may go unreported³

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 is the leading cause of concussions in female high-schoolers¹

In high school, 60% of concussions are football related¹



FOOTBALL



SOCCER



HOCKEY



RUGBY



BASKETBALL

SPOTTING A CONCUSSION³

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



IF IN DOUBT, SIT IT OUT³

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

REFERENCES

1. Concussion and sports. BrainLine.org. Website: www.brainline.org/content/2008/12/concussion-and-sports.html. Accessed Sept. 3, 2014.
2. Harmon, KG, JA Drezner, M. Gammons, KM Guskiewicz, M. Halstead, SA Herring, JS Kutcher, A. Pana, M. Putukian, and WO Roberts. American Medical Society for Sports Medicine position statement: Concussion in sport. U.S. National Library of Medicine, Br J Sports Med. 2013 Feb; 47(3):184.
3. 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.