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.2

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-schoolers3

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

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