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Concussion

A concussion is a change in brain chemistry that happens when a blow to the brain causes the brain to move in the skull. This makes the brain more susceptible to permanent damage and research shows that it takes an average 8 - 10 days for a concussed brain to return to normal chemical balance. While many concussions resolve without permanent damage, a significant number result in **permanent brain injury**. The outcomes can go undetected in youth, and the results of an injury sustained at an early age may not be evident until teenager years. Also some youth who sustained concussion have been misdiagnosed with a learning disability.

Classic symptoms of concussion include loss of consciousness, confusion or memory loss. However you do NOT have to lose consciousness to sustain concussion. Symptoms in children can be much more subtle, such as cognitive or behavioral difficulties, fatigue and personality change. Recent research has discovered that a significant number of children and youth previously diagnosed with other forms of learning disabilities were actually suffering from long term impact from brain injury.

Brain maturation and cognitive development occurs in distinct stages; injury during a critical period can disrupt normal development in children, which can preclude the acquisition of critical skills. A person who has sustained a concussion is 4 times more likely to experience a second - and suffering a second blow while recovering from an initial concussion can be catastrophic: known as "Second Impact Syndrome," this condition has led to over 40 deaths over the past decade.

The best solution is PREVENTION through proper management.

For additional information on concussion assessment and management please visit:

www.impacttest.com
www.cogstate.com

