

CONFESSIONS OF A CONCUSSION



“SHE WAS KNOCKED OUT FOR A FEW SECONDS, BUT GOT UP AND CONTINUED TO PLAY. SHE COULD TELL PEOPLE WERE PLAYING, BUT SHE COULDN’T FOCUS, EVERYTHING WAS FUZZY.”



For more information on concussions and other traumatic brain injuries, contact:

Brain Injury Services of SWVA

3904 Franklin Road, Suite B
Roanoke, VA 24014
www.bisswva.org
Phone: 540-344-1200
Fax: 540-344-9755

Brain Injury Association of Virginia

1506 Willow Lawn Dr., Suite 212
Richmond, VA 23230
www.biav.net
Phone: 804-355-5748
Fax: 804-355-6381

Other helpful websites:

www.cdc.gov/concussion

www.ncaa.org/concussions

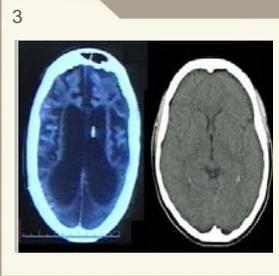
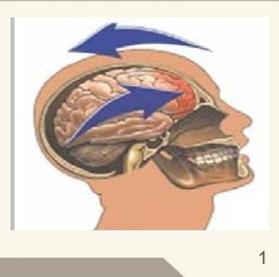
www.nata.org/health-issues/concussion

JANINE’S STORY

Janine Whittemore incurred 2 head injuries within days while playing volleyball in college. During senior year, her team was playing against a rival college. During play, the ball was about to drop so Janine dove for the ball. On her way down, her head collided into a teammate’s elbow and then the floor. She incurred a double impact head trauma. She was knocked out for a few seconds, but got up and continued to play. She could tell people were playing, but she couldn’t focus, everything was fuzzy. She assured everyone she was fine and received no medical treatment. She stated later that she “was an athlete” and she “would have played regardless of the circumstances because that is what she was trained to do”. She played in another game a few days later, not giving her body time to recover. After being forced to see a neurologist after the game, she was told she was done with volleyball. By playing through the trauma, her injury worsened to the point where she had to drop out of sports altogether. It took a full year after the injury for the physical symptoms to subside, and today, she is still not back at 100%, reporting problems with memory, vocabulary, and concentration.

“IT TOOK A FULL YEAR AFTER THE INJURY FOR THE PHYSICAL SYMPTOMS TO SUBSIDE, AND TODAY, SHE IS STILL NOT BACK AT 100%, REPORTING PROBLEMS WITH MEMORY, VOCABULARY, AND CONCENTRATION.”

CONFESSIONS OF A CONCUSSION



1 – During a concussion your brain slides forcefully against the inner wall of your skull causing brain damage.

2 – A doctor can use medical imaging equipment to help better diagnose the severity of your concussion.

3 – On the left is an image of a brain post multiple concussions. On the right is an image of a healthy brain.

4 – Post concussion headaches is one long term ailment of multiple or severe concussions.

What is a concussion?

A concussion is a traumatic brain injury that results from an impact to the head, directly or indirectly. As a result the brain is shaken or jarred inside the skull affecting normal brain function. The CDC estimates that 1.6 million to 3.8 million concussions occur every year, and many of those cases go untreated.

What are the symptoms of a concussion?

While symptoms may not be immediately apparent and can last for days major symptoms include: headache, confusion, amnesia (especially concerning the event that caused the concussion), loss of consciousness, dizziness, ringing in the ears, nausea/vomiting slurred speech, and fatigue.

What are the risk factors?

Anyone may be at risk of a concussion but major risk factors include: participating in high risk sports, lack of proper safety equipment, motor vehicle accidents, being a soldier involved in combat, physical abuse, and having had a concussion previously.

What are some ways to prevent a concussion?

The three simplest ways to help prevent yourself from getting a concussion include: wearing appropriate protective gear during sports and other recreational activities, buckling your seat belt while driving, and using caution around swimming areas.

What to do in case of a concussion?

Seek immediate medical attention for anyone who experiences head trauma and shows signs of any of the aforementioned symptoms. If the victim is an athlete it is also imperative that they do not return to play until they have been medically evaluated.

Mental and physical rest is by far the best way to treat a concussion. You may take acetaminophen (Tylenol) for a headache but avoid ibuprofen (Advil or Motrin) as it may increase the risk of bleeding. Ask your doctor about when it will be safe to return to vigorous activity and don't overstrain yourself.