

# SPORTS CONCUSSION

## When in Doubt, Check it Out!



**UP TO 3.8**  
**million**  
sports/recreation  
concussions each year

## Helmets Save Lives

However, no one helmet can stop all concussions.

Helmets greatly reduce the risk of death by head trauma. But no helmet can eliminate the risk of concussion, which occurs when the brain is violently shaken.

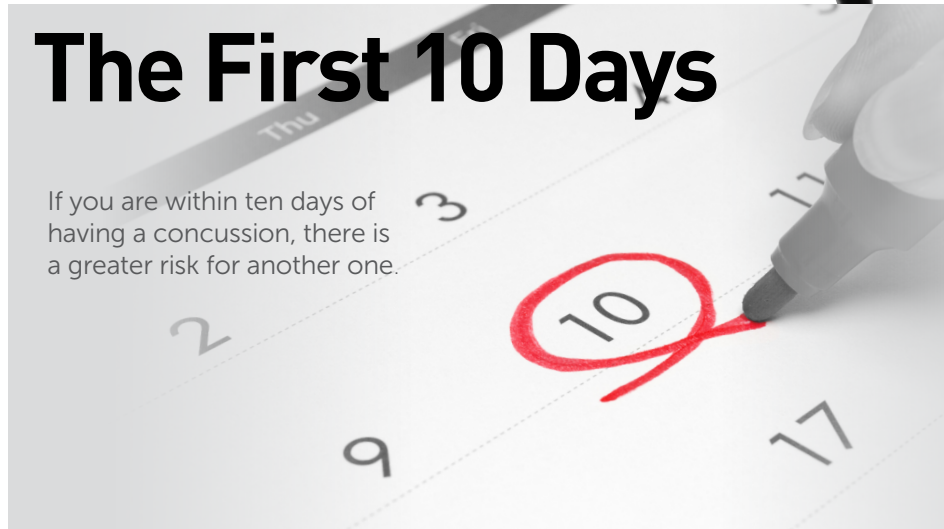


## What is a Concussion?

A condition resulting from the stunning, damaging, or shattering effects of a hard blow to the head.

## The First 10 Days

If you are within ten days of having a concussion, there is a greater risk for another one.



**HEAD TRAUMA**  
Followed by ANY  
of These?

- Headache
- Dizziness
- Confusion
- Memory Loss
- Difficulty Concentrating

**Seek a Licensed  
Neurologist**

Access resources on how to identify and seek treatment for sports concussion at [AAN.com/concussion](http://AAN.com/concussion)

