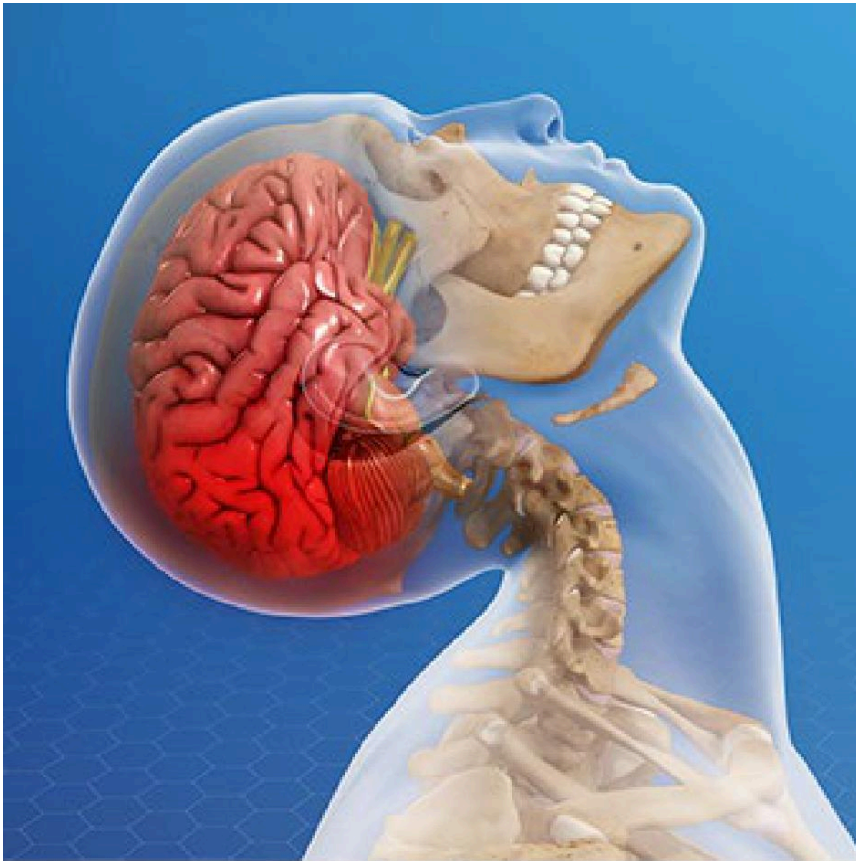




Concussion



Overview

This is a serious brain injury. It happens when your brain bumps back and forth violently inside your skull. A concussion can affect the way your brain functions. It can cause permanent problems.

Causes

How do you get a concussion? Often, it's caused by a blow to the head. It can happen if your head or upper body is hit or shaken violently. This causes your brain to move back and forth. It bumps against the inside of your skull. This damages delicate tissue, and can cause bleeding. The leaking blood then presses harmfully against your brain.

Symptoms

Concussions have a wide range of symptoms. When it happens, you may briefly lose consciousness. You may feel confused and tired. You may have dizziness and nausea. You may hear a ringing sound in your ears. You may not always recognize how seriously you've been injured. Even if you think you have a mild concussion, you may develop other symptoms hours or even days later. These can include things like memory and sleep problems, changes in mood, and sensitivity to light and noise.

Treatment

Treatment depends on how badly you've been hurt. After a concussion, you need to see a doctor so you can be evaluated and monitored. If you have swelling or bleeding in the brain, you'll need emergency care. Your doctor will create a care plan that's right for you.