



CTE Hope

Research. Development. Support. Advocacy.

WHAT IS A CONCUSSION?

A concussion is one form of a mild traumatic brain injury (mTBI) that is a transient or sudden alteration in brain function without structural damage to brain tissue. The rapid movement causes brain tissue to change shape, which can stretch and damage brain cells. This sort of damage can cause chemical and metabolic changes within the brain cells, making it more difficult for cells to function and communicate. Essentially, when the brain is shaken violently enough, brain cells are damaged to the point where they don't work properly.

The CDC estimates that approximately 3.8 million concussions occur in the U.S. annually through sports and recreational activities.

The effects of a concussion cannot be seen on any medical tests such as an MRI or CT-scan. This is why identifying brain biomarkers is paramount to properly diagnosing and monitoring concussions. This is why the importance of biomarkers is paramount in this field so that concussions can be properly diagnosed and monitored.

COMMON CONCUSSION SYMPTOMS

Concussion signs and symptoms have been categorized into various clinical categories:

COGNITIVE

- Feeling foggy
- Difficulty concentrating
- Difficulty remembering (amnesia)
- Feeling mentally slowed down/sluggish
- Confused
- Answers questions slowly
- Easily distracted
- Difficulty learning & retaining new information
- Inability to multitask
- Decreased balance

PHYSICAL

- Headache
- Fatigue or drowsy
- Changes in sleep patterns
- Nausea and/or Vomiting
- Balance problems
- Numbness and/or tingling
- Sensitivity to light and/or noise
- Vision problems (double vision)
- Dizziness
- Dazed or stunned
- Neck pain and soreness
- Tinnitus (ears ringing)

EMOTIONAL

- Irritability
- Sadness
- More emotional or Heightened emotions
- Nervousness
- Anxiety
- Depressed behavior
- Mood changes

MOST IMPORTANTLY: "I DON'T FEEL RIGHT"

This is a medical Disclaimer for CTE Hope. The information you will find on our media sources and in our presentation and literature are for educational purposes to help create a support system for people involved with TBIs and CTE. Any advice or suggestions found on our media sources, and in our presentations and literature are not intended to be medical diagnosis, create a treatment plan, or manage your specific complaints and/or signs and symptoms. If you would like to contact our Medical Research and Development Team, please send an email to: info@cte-hope.org.