



A concussion is a kind of trauma to the brain. Although common, this kind of injury is often a challenge to diagnose and treat. Direct blows to the head, collisions, and whiplash are all ways a concussion can happen.

The brain may temporarily dysfunction with this injury, causing symptoms like impaired memory, speech and balance. The loss of consciousness and severe headache can also occur.

CONCUSSION SIGNS & SYMPTOMS:

Effects of a concussion usually fall into one of four categories:

- Thinking or remembering
- Physical
- Emotion/mood
- Sleep

Symptoms of a concussion may vary from person to person, but can include:

- Difficulty thinking clearly
- Dizziness
- Headache
- Nausea
- Irritability
- More or less sleep than normal

EMERGENCY SIGNS:

If there has been a traumatic injury to the brain and any of the following are present, seek medical attention immediately:

- Severe or worsening headaches
- Sleepiness or confusion
- Restlessness, unsteadiness or seizures
- Vision difficulties
- Vomiting, fever or stiff neck
- Slurred speech
- Bladder or bowel incontinence
- Numbness or weakness involving any part of the body.

Southwest Medical Group cares about the health of young athletes in our community. We have made a commitment to support local athletes by:

- Donating ImPACT software to Montezuma County middle and high schools.
- Implementing concussion management protocols. These include a basic outline of return-to-play guidelines.
- Conducting regular training with those who coach athletes between the ages of 11–18 to ensure compliance with the Jake Snakenberg Act.

BASIC RETURN-TO-PLAY OUTLINE:

- The athlete must be completely free of any symptoms of a concussion at rest and with exertion.
- Athletes must be cleared by a medical professional to return to play, preferably their own primary care provider.

If an athlete experiences another concussion before all of the symptoms of a previous concussion have been cleared, Second Impact Syndrome can develop. This condition can be fatal. Repeated concussions may increase the possibility of developing depression and dementia later in life.

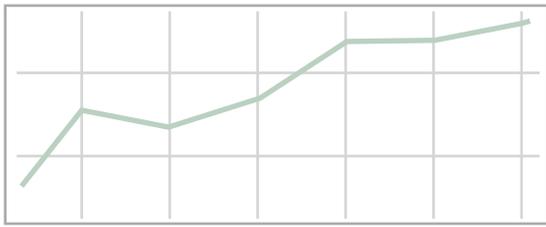
WHAT IS ImPACT?

ImPACT is a brief (20-minute) neurocognitive test that has been scientifically validated to measure effects of sports-related concussions. Follow-up tests can be administered over days or weeks so clinicians can continue to track the athlete's recovery from the injury.

ImPACT protects an athlete by answering difficult questions about an athlete's readiness to return to play. While traditional neurological and radiological procedures such as CT and MRI are helpful in identifying serious brain injuries (e.g., skull fractures and hematomas), they are ineffective at identifying the functional effects of concussion.



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ImPACT evaluates and documents multiple aspects of neurocognitive functioning, including verbal and visual memory, attention span, brain processing speed, reaction time, and post-concussive symptoms. It provides clinicians with invaluable information that takes the guesswork out of concussion management and promotes safe return-to-play for athletes.

MOBILE APP

Impact developed the Concussion Awareness Tool (ImCAT) app for iOS and Android devices to help educate the user about concussions.

JAKE SNAKENBERG



Jake Snakenberg played football as a freshman in a Colorado High School when he collapsed during a game after receiving a concussion. He

never regained consciousness and died a short time later. In the week prior to his death, it's believed that Jake had suffered another concussion. The Jake Snakenberg Youth Concussion Act went into effect on January 1, 2012. This law requires coaches to undergo yearly training in concussion management. The law also implements specific guidelines to prevent concussion-related injuries and deaths.

The American Academy of Neurology defines a concussion as a "trauma-induced alteration in mental status that may or may not involve loss of consciousness."

OUR MISSION:

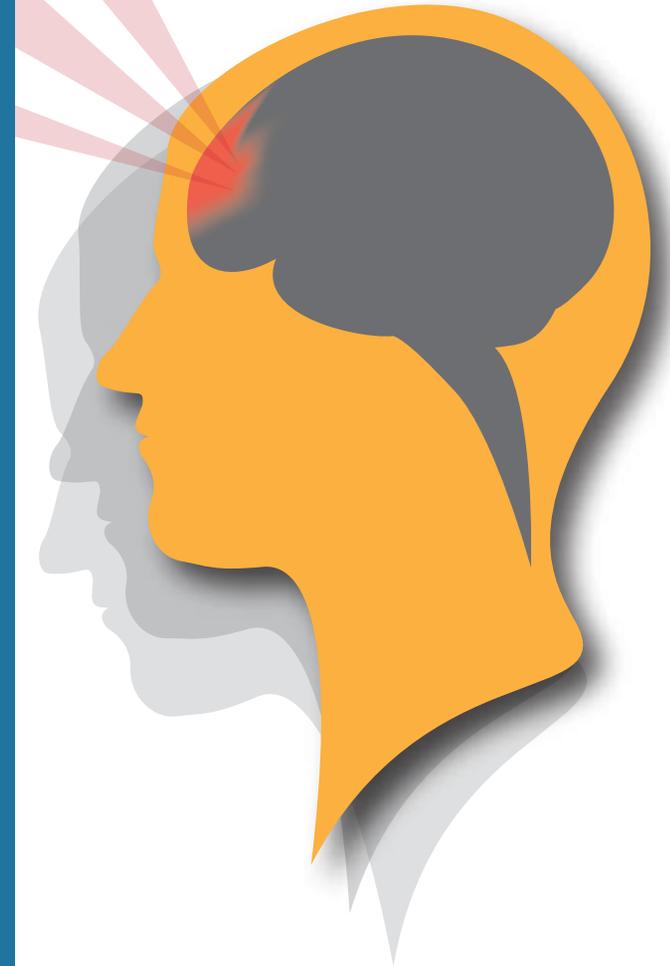
- To educate coaches, athletes, parents, administrators and medical personnel through state-of-the-art concussion management programs.
- To manage concussed athletes with a consistent, conservative, compassionate and caring approach.
- To save brains and to save lives.



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SOUTHWEST MEDICAL GROUP
CAN ASSESS AND MANAGE
CONCUSSIONS
IN YOUNG ATHLETES



**All concussions are serious.
If you think you have a
concussion:**



**DON'T HIDE IT.
REPORT IT.
TAKE TIME TO RECOVER.**



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**"IT'S BETTER TO MISS ONE GAME
THAN THE WHOLE SEASON."**



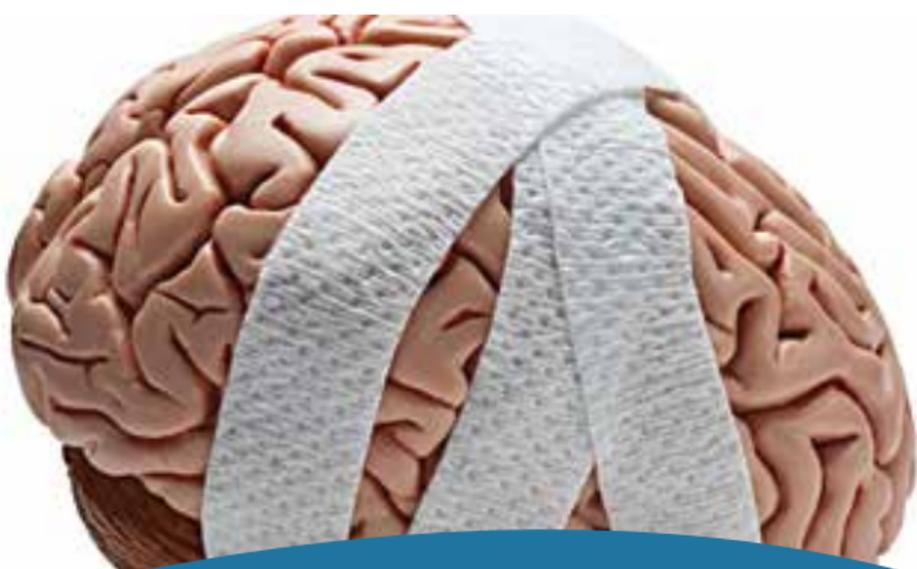
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CONCUSSION SYMPTOMS:



- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or “feeling down”





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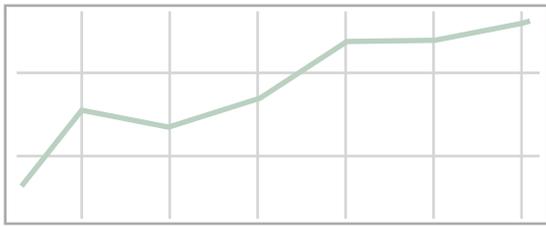
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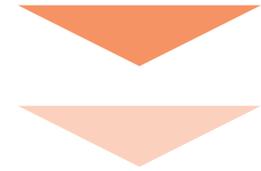
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