

Shine Care Services

Concussion ...

(Not A Bump On The Head)



This photo is for illustrative purposes from Web Search. Thank you.

Concussion is known as “**The Invisible Injury**”.

(Source: Concussion Alliance, concussionalliance.org)

Concussion comes *from the Latin word, con cutere which means “to shake violently”. (Online Article by Suzanne Wright, August 17, 2023)

Injuries that may cause a concussion ... falls, car accident, sports related injuries, head banging (self inflicted), or physical abuse. A concussion is internal. A person may or may not have an injury that results in a bump on the head.

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Concussion Signs & Symptoms

Concussions are characterized by various signs and symptoms, which include, but are not limited to: loss of consciousness, headache or pressure in the head, dizziness, feeling dazed, disorientation, fogginess, short term memory loss, nausea or vomiting, balance problems, sensory concerns (vision problems: blurry vision, double vision, sensitivity to light, sensitivity to noise, heightened smell or burning sensation in nostrils, bitter/pungent taste) problems with teeth and gums, sleep a lot or sleep interruptions/insomnia, anxiety, depression, or just feeling 'blah'.

Concussion is also known as Mild Traumatic Brain Injury. It affects people in different ways. Multiple injuries increase the risk or variable complications.

Symptoms of concussion may appear right away or it may be months later. Some symptoms change over time (type and severity). Most symptoms are known to alleviate or go away within days or weeks. Yet, there are occasions when some symptoms persist longer than usual. Lingering effects of concussion is called **Post Concussion Syndrome (PCS)**. Post Concussion Syndrome *can last years or a lifetime*.

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Concussion (Population & Prevention)

Children suffer injuries to the head with less force than adults. Areas to the frontal and temporal lobes of the brain are still developing up into a person's 20's. Damage to these areas can lead to challenges in the future.

A seat belt can prevent some injuries, while riding in a car.

Wearing a helmet *may prevent some head injuries*, rather for those riding a bike or self imposed injury (for those with intellectual or developmental challenges). Wearing a helmet does not eliminate all causes of brain injuries.

Monitoring young children and securing perimeters with gates or other barriers may prove beneficial. Checking on senior citizens (grandparents, elderly neighbors, and those in assisted living housing), may limit the number of incidents. Providing guardrails/handrails to older adults or other housing modifications can prevent some head injuries due to falls. The preceding are ways in which we can protect those who are most vulnerable to injury due to falls.

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Concussion (Can Tests Detect?)

Concussion is not shown on an MRI (Magnetic Resonance Imaging). MR - Spectroscopy shows changes in brain chemistry. fMRI (functional Magnetic Resonance Imaging) allows active regions of the brain to be seen. A concussion can cause swelling of the brain, bleeding in the brain, and even death.

Chronic Traumatic Encephalopathy (CTE) is a progressive disease. It is similar to Alzheimer's. CTE may develop after multiple concussions. It is characterized by an accumulation of TAU protein in the brain. TAU protein in CTE clump together and tangle. This causes a disruption in the internal transportation system within the brain nerve cells. CTE is not identifiable until a person has died. It is shown on an autopsy.

{As an individual that experiences PCS, let us take it very seriously when individuals suffer head injuries. May we lovingly care for and assist those that experience symptoms of concussion, short term or long term. Thank you. Patricia J. Evans}

Resources: cognitivefxusa.com
qbi.uq.edu.au
cdc.gov

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