Hey, girls! I'm currently absent today, as you can tell, so here's a little presentation I made on concussion education for the soccer team's safety purposes. Listen well because this is important for your upcoming game!

-Head Coach
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What is a Concussion?

A concussion is a brain injury in which the brain is violently shaken inside the skull due to some type of action such as a fall or strike to the head or body. Often times, it could lead to a state of unconsciousness however it does not need to necessarily happen as a result of a blow to the head.

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Why is it Important for High School Athletes?


9% to 12% of injuries in high school athletics are caused by concussions. A 2013 study, conducted by Sara P. Chrisehman and her colleagues, that consisted of 50 athletes from three football, two boys' soccer, and four girls' soccer teams found that one out of nine concussion reports resulting from sports activities didn't happen because the students were unaware of the symptoms, but because they insisted to keep playing, ignoring the dangers of a possible concussion occurrence. In other words, they chose to take action without thinking of the consequences.

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Causes & Potentially Dangerous Situations

In terms of sports, concussions are usually caused by a (strong), direct blow to the head, causing the brain to rattle and could result in possible cerebral damage. Other causes could include vehicle accidents (i.e. car crash or bicycle accident), falls, fighting, and/or severe whiplash. As stated previously, one of the most common reasons as to why students refuse to admit to their possible injury is because they do not want to let their team down. Although it may seem rewarding in the beginning, it is incredibly dangerous to push yourself in the state you are currently experiencing. The symptoms of a concussion become more noticeable and both your mental and physical health are suffering as well. Assume you were lucky enough to stay conscious, however due to the more amount of work is outputted, the higher the risk of becoming unconscious is. If you were to receive a blow to the head a second time, you may likely fall into a coma or die from second-hand syndrome.**

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**Fact:** Malignant brain edema syndrome or second-impact syndrome is a fatal head injury that occurs commonly at young ages. This rare TBI (traumatic brain injury) is believed to be caused due to an irregular flow of the blood supply in the brain. Consequently, rapid cerebrovascular blockage occurs and pressure within the skull increases quickly as well. If this injury continues without any immediate care, the individual may lead into a coma or death.

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How does it Affect your Health?

A concussion can actually affect all 7 of your body systems. The nervous system is what is affected the most as it is the brain that collides forcefully with the skull, eventually resulting into a concussion due to intercranial pressure. As symptoms begin to show, the digestive system plays a role in feeling nauseous. Another common sign of concussions are headaches and drowsiness, which the respiratory system helps with by supplying enough oxygen to balance the carbon dioxide amounts. If the concussion worsens, the lymphatic system will help any cerebral bleeding, producing immune cells and regulating excess fluid and damaged tissues. Similar to the lymphatic system, the circulatory system will transport nutrients and gases, and will repair the injured area of the brain. Since the brain is likely bruised due to the sudden collision with the skull, the skeletal system will "repair and restore the shape of the skull". Lastly, the muscular system will be affected greatly as well because the difficulties between cell communication in one's body will likely cause slow action responses, fatigue, and muscle soreness.

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Signs & Symptoms
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Physical:
- Nausea & vomiting
- Balance problems
- Increased sensitivity to light & noise
- Dizziness/Frequent Headaches
- Fuzzy or blurry vision
- Feeling tired or no energy

Thought Processing:
- Slower thought processing
- Unable to think clearly
- Unable to concentrate
- Trouble remembering new information

Emotional:
- Short-tempered
- Easily upset
- Nervous or anxious

Sleep:
- Difficulty sleeping/Insomnia
- Sleeping more/less than usual