

HOUSTON METHODIST CONCUSSION CENTER

A “ding”, “getting your bell rung”, or what seems to be a mild injury caused by a bump, blow, or jolt to the head or body can lead to a concussion and should be considered significant.



What is a Concussion?



A disruption of brain functioning caused by a chemical imbalance.



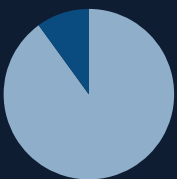
Symptoms are often immediate, but can develop over several hours.

It's estimated that up to

 **3.8**

MILLION concussions occur each year.

Concussions accounted for about 8% of all injuries in high school sports.



90% of concussions DO NOT have a loss of consciousness.

HOUSTON
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LEADING MEDICINE



COMMON CAUSES OF CONCUSSION IN CHILDREN AND TEENAGERS:



■ Females have a higher rate of post-concussive symptoms.

■ Females are more likely to have cognitive problems.

SYMPTOMS OF A CONCUSSION

- Headache
- Mood and behavior changes
- Double or blurry vision
- Confusion & forgetfulness
- Nausea or vomiting
- Fatigue
- Loss of balance
- Light & noise sensitivity
- Difficulty concentrating
- Disturbed sleep



DANGER SIGNS

Symptoms getting worse = 



One pupil is larger than the other



A headache that gets progressively worse



Weakness, numbness, or decreased coordination



Vomiting more than two times



Confusion and slurred speech

HOUSTON METHODIST IS THE OFFICIAL HEALTH CARE PROVIDER FOR



HoustonBallet

For referrals or appointments, please call **713.441.8277** or visit **houstonmethodist.org/concussion**