

Concussion: What to Do Now

What is a concussion?

A concussion is a head injury that affects the brain. It can be caused by a blow to the head, such as from a fall, car accident, or sports injury.

Concussions can range in severity from mild to severe, and they can cause a variety of symptoms, including:



Concussion (What Do I Do Now)

★★★★★ 5 out of 5

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* Headache * Nausea * Dizziness * Vomiting * Confusion * Memory loss *
Balance problems * Coordination problems * Sleep problems * Fatigue *
Irritability * Difficulty concentrating * Sensitivity to light and noise

What to do if you think you have a concussion

If you think you or someone you know has suffered a concussion, it's important to seek medical attention immediately. Concussions can be serious, and they need to be treated properly to prevent further damage.

Your doctor will perform a physical exam and ask you about your symptoms. They may also Free Download imaging tests, such as an MRI or CT scan, to rule out other injuries.

Treatment for a concussion

Treatment for a concussion typically involves rest and relaxation. This means avoiding activities that could worsen your symptoms, such as exercise, contact sports, and loud noises. Your doctor may also recommend over-the-counter pain relievers, such as ibuprofen or acetaminophen, to help relieve your symptoms.

In some cases, more severe concussions may require hospitalization. This is typically necessary if you have:

* Severe headaches * Vomiting * Confusion * Seizures * Loss of consciousness

Recovery from a concussion

Most people recover from a concussion within a few weeks. However, some people may experience symptoms for longer. If your symptoms do not improve after a few weeks, it's important to see your doctor again.

There are a number of things you can do to help promote your recovery from a concussion, including:

* Resting and avoiding activities that could worsen your symptoms * Eating a healthy diet * Getting enough sleep * Managing your stress * Exercising regularly (once your doctor has cleared you to do so)

Preventing concussions

There are a number of things you can do to help prevent concussions, including:

- * Wearing a helmet when playing sports or riding a bike
- * Avoiding contact sports if you have a history of concussions
- * Driving safely and avoiding distracted driving
- * Falling out of trees, off of ladders, or off of roofs
- * Keeping your home and work environment safe to prevent falls

Concussions are a serious injury, but they can be prevented and treated. If you think you or someone you know has suffered a concussion, it's important to seek medical attention immediately.



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