



National Concussion Awareness Day – September 21, 2018

FOR IMMEDIATE RELEASE

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Dover, DE – The State Council for Persons with Disabilities is asking you to share your stories of mild, moderate and severe traumatic brain injuries as part of National Concussion Awareness Day. Share your stories here: <https://scpd.delaware.gov/frmYourStory.shtml>. Please include details such as how the injury occurred, when it happened, what symptoms you had, what treatment you received, how it affected your life and how long your recovery took. Be sure to include what personal challenges you've suffered due to the injury.

Concussions have become an epidemic in the United States, with millions of mild, moderate, and severe traumatic brain injuries happening every year. National Concussion Awareness Day® is recognized on the third Friday of each September annually. On Friday, September 17th National Concussion Awareness Day® will raise awareness across the United States through local educational events, social media, fundraisers and expert discussions in the media.

According to a poll by the University of Pittsburgh Medical Center nearly 9 out of 10 adults in the US can't correctly define a concussion. The Center for Disease Control (CDC) defines a concussion as a type of traumatic brain injury caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, creating chemical and physical changes in the brain including stretching, shearing, and damaging brain cells.

Up to 50% of concussions go undiagnosed and **untreated**. Symptoms commonly last 7-10 days, and include any one or more of the following: headache, confusion, difficulty remembering or paying attention, balance problems or dizziness, feeling sluggish, hazy, foggy, or groggy, feeling irritable, more emotional, or "down", nausea or vomiting, bothered by light or noise, double or blurry vision, slowed reaction time, sleep problems, or loss of consciousness. For some people with moderate to severe concussions, symptoms can persist longer and is known as Post-Concussion Syndrome. Post-Concussion Syndrome can last for weeks, months or even years.

A concussion is a mild form of a traumatic brain injury and should be taken seriously. Culturally, many Americans view a concussion as no big deal, perhaps having been told themselves to "shake it off" or "play through it." However, returning to situations where an injured person faces another potential blow to the head before a concussion fully heals can result in "Second Impact Syndrome" which can be serious and potentially life threatening.

If you have suffered a concussion, share your story on social media Friday, September 17th and use #NationalConcussionAwarenessDay to tag it. You can find additional information on our website at: <https://scpd.delaware.gov/braininjury.shtml> and on the Brain Injury Association of Delaware (BIADE) website at <https://biade.org/>.