

# Keep Your Head in the Game

## Recognize the signs and symptoms of concussions and seek treatment

Across the country, athletic programs and medical professionals are putting a greater emphasis on identifying and treating concussions, which commonly are experienced by athletes who play contact sports such as football, soccer and hockey.

To treat a concussion, you first need to be able to recognize the signs and symptoms of one. At Northwestern Medicine the goal of the Sports Concussion Clinic is to increase awareness and understanding of concussions, and to encourage you to contact the Sports Concussion Clinic for a screening if you or someone you know believes they have experienced a concussion.

## What exactly is a concussion?

A concussion is a type of brain injury that can happen when the head hits an object, or when a moving object strikes the head. Concussions also can occur when the head experiences a sudden force even without being hit directly. In the United States, athletes experience up to 3.8 million concussions each year, so it's important to be able to recognize all the signs and symptoms.

## Locations:

---

### Geneva

351 Delnor Drive, Suite 410

### Warrenville

27650 Ferry Road

For more information or to make an appointment, please call 630.225.2663. TTY for the hearing impaired 630.933.4833.

## Sports Concussion Clinic

### *Collaborating Specialties:*

- Sports Medicine
- Neurology
- Neuropsychology
- Neurosurgery
- Pediatric Neurology
- Psychiatry
- Physiatry
- Physical Therapy

Know the Signs.  
Understand the Symptoms.

Raise your awareness today by familiarizing yourself with the signs and symptoms of a concussion

## COMMON SIGNS AND SYMPTOMS OF A CONCUSSION

### Signs you can observe:

- Memory loss of events before, during or after injury
- Behavior or personality change
- False/imagined memory
- Delayed spoken or physical responses
- Balance problems
- Disorientation (confusion about time, date, location)
- Trouble controlling emotions
- Loss of consciousness (blackouts)
- Slurred/unclear speech
- Empty stare

### Symptoms that an athlete can tell you:

- Blurry or double vision
- Confusion
- Dizziness
- Feeling very drowsy or having sleep problems
- Feeling hazy, foggy or groggy
- Headache
- Inability to focus, concentrate
- Nausea and/or vomiting
- Not feeling “right”
- Increased sensitivity to light or sound

If you or someone you know believes they have experienced a concussion, contact the Sports Concussion Clinic at 630.225.2663. TTY for the hearing impaired 630.933.4833.