What is a Concussion?

A concussion is a traumatic brain injury from a blow or jolt to the head or body that causes the brain to shake inside the skull and changes how your brain normally functions. If a concussion is not recognized and treated properly, there is a risk of death or severe health problems. Symptoms can present themselves immediately following a concussion or days, months or years after the injury. The symptoms of concussion may not appear immediately and may be subtle.

Some possible symptoms include:

- Changes in behavior
- Difficulty in concentrating
- Dizziness
- Forgetfulness
- Headache
- Ringing in the ears (tinnitus)
- Light sensitivity
- Nausea and vomiting
- Slurred speech (dysarthria)
- Difficulty sleeping

If you suspect a concussion:

Seek immediate medical help if a concussion is suspected. Do not return to play, work or any physical activity until you have been evaluated by a specialized concussion health care professional. Our experienced, integrated team can respond quickly if a concussion is suspected with a program called ImPact® (Immediate Post Concussion and Cognitive Testing).

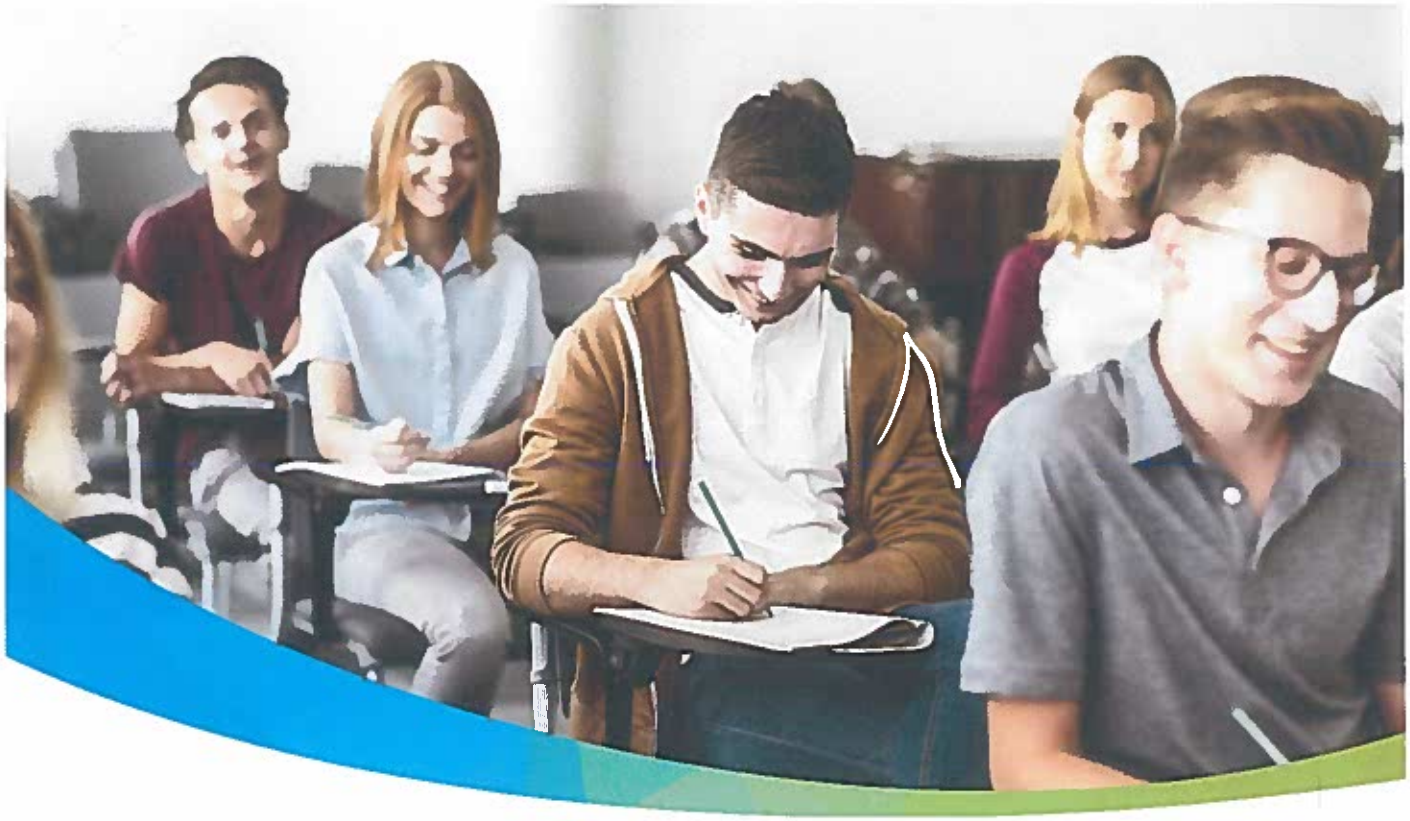
This group of specialists includes:

- Neurology
- Occupational Therapy
- Pediatrics
- Physical Therapy
- Primary Care
- Psychological Services/Neurological Testing
- Speech Therapy

Whether you have a recent or prolonged concussion, our multidisciplinary team will help you return to your daily activities.

For more information about OSF HealthCare Saint Anthony's Concussion Clinic, call OSF Rehabilitation at (618) 463-5171.

OSF HEALTHCARE



Baseline ImPACT TESTING

Offered by OSF Saint Anthony's Health Center Concussion Rehab Program

Thursday, August 16 | 3 – 4 p.m.

OSF Saint Clare's Information Technology Room
815 East Fifth Street, Alton, IL

ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) is the gold standard test of neurocognitive functions, showing a person's normal brain functions.

There will be 2 testing sessions: 3:00 pm and 4:00 pm.

Each session is limited to 8 persons.

Register at www.osfsaintanthonys.org, Click on View Classes and Events

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