

# LIFESTYLE

## LESSONS



## All About Concussions

The human brain has the consistency of gelatin, and it can be severely damaged if it's forced against the inner walls of the skull by a violent blow to the head or sudden acceleration—also known as a concussion injury. Review this guidance for more information about common warning signs and treatment options for concussions.

### Concussion Symptoms

The U.S. Centers for Disease Control and Prevention estimates that 4 million people experience concussions every year. These injuries can lead to long-term damage, so it's important to recognize the symptoms of concussions to ensure prompt and effective treatment.

Although each concussion can exhibit different symptoms, here are some common warning signs:

- Severe headaches
- Dizziness
- Vomiting
- Trouble concentrating

Severe concussion symptoms include loss of consciousness, blurred vision, confusion and unresponsiveness. If you experience any of these symptoms, seek medical attention immediately.

### Home Treatment Options

Some minor concussions don't require hospitalization and can be treated at home with these tips:

- Stay near a friend or family member for 72 hours so they can monitor your symptoms.
- Don't engage in activities that are physically or mentally demanding.
- Call your doctor if you believe your symptoms are worsening.

### Concussion Risk Factors

Concussions can occur in almost any environment; however, high-risk sports and vehicle collisions are common causes. Additionally, children and the elderly are more at risk because of their likelihood of falling. As such, be sure to educate all family members on concussion prevention practices, and call your doctor if you believe that you or anyone in your household is experiencing head trauma.

For additional lifestyle and well-being guidance, contact us today.

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[www.evergreeninsurance.net](http://www.evergreeninsurance.net)  
800.662.2020

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