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CONCUSSIONS IN YOUTH ATHLETES ONLY DETECTED IF SIGNS AND SYMPTOMS ARE UNDERSTOOD

Dr. Dean Karahalios, neurosurgeon and concussion expert at NorthShore University Health System in the Chicago area is offering a concussion reference card for parents, coaches and others interested in protecting the brains of youth participating in sports. The card is available for download at www.dkneuro.com.

Concussion experts agree that early diagnosis of a concussion is critical to effective resolution of symptoms. Complicating early diagnosis is the subtlety of the signs and symptoms. Anything from personality changes to sleep disturbances to nausea and concentration problems may be a sign of concussion. While national media attention on high school sports is resulting in a larger number of concussions being detected in those players, concussions in youth sports are also of concern. Unfortunately, concussion education for pee wee coaches, pediatricians, and others involved with youth sports hasn't yet hit mainstream, so not surprisingly concussion experts are not routinely seeing those kids. Dr. Karahalios strongly believes that youth athletes are not immune to concussion. Some of the points he urges parents, coaches and pediatricians to consider include:

- Benign falls, hits, etc. CAN result in a concussion; even though these kids aren't hitting as hard or falling as hard, they still suffer from concussion
- Youth typically take a longer time to recover from concussion
- Staying home from school may be part of the treatment, which many parents do not understand
- If you aren't looking for concussion, you're not going to find it.

Dr. Karahalios invites you to visit his website at www.dkneuro.com and to download the Ahead of the Game concussion reference card. Dr. Karahalios also acknowledges the valuable contributions made by the Illinois Athletic Trainers Association, who were instrumental in development of the tips and tools offered through this concussion reference card.

If you would rather not receive future communications from Lisa Dombro, let us know by clicking [here](#).

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