

# Concussions



Informative speech on Concussions Intro Imagine your head pounding and you don't know where you are, your eyes are dilated and you can't remember how or what happened. All of a sudden you're getting help being carried off by people you can't recognize. You get to the sideline and they start asking you multiple questions, who are we playing? What's the score? And you stumble to answer these questions and get them wrong. Then they make you take a seat on the bench and say your done playing and inform you that you have received a concussion. 1st body- what concussions are, causes

First I would like to discuss what concussions actually are. According to Web MD, a concussion is a type of brain injury that is caused by a blow to the head or body, or another injury that jars or shakes the brain inside the skull. By definition, a concussion is not a life threatening injury but it can cause both short term and long term problems. There most likely aren't any visible signs of a brain injury when a concussion occurs. Even though it is a minor traumatic brain injury, they are still very serious. It can affect how your brain works for a while.

A concussion can result from a fall, sports activities, and even a car accident. Your brain is a soft organ that is surrounded by spinal fluid and protected by your hard skull. The fluid around your brain acts like a cushion that keeps your brain from banging against your skull. If your head or body is hit hard enough though, your brain can collide with your skull and be injured. There are many ways to receiving a concussion; they aren't just involved with sports. Today there are three different types of grades you can receive for a concussion. A grade 3 concussion is the worst one you can get.

According to Center for Disease and prevention, recent data shows that, on average, approximately 1.7 million people sustain a traumatic brain injury annually. 2nd body-symptoms Now that we have a clear understanding of what a concussion is, let me share some of the symptoms with you. Symptoms of a concussion can range from mild to severe and can last for hours, days, weeks, or even months. E medicinehealthstates some very important concussion symptoms and they are loss of consciousness after any trauma to the head, confusion, headache, nausea or vomiting, or even blurred vision.

All of these may not occur when you sustain a concussion though; you could only get one or two of them. You don't have to pass out to have a concussion either, that's why they are always difficult to tell if someone has one. There are four main categories that concussion can fit into and they are thinking and remembering, physical, emotional and mood, and sleep. All four of these areas have different symptoms for each of them. 3rd body-treatments/my experience with them/prevention Now that I have discussed symptoms of concussions, let me explain the treatments and preventions.

According to MayoClinic rest is the best way to allow your brain to recover from a concussion. Any person who may have had a concussion needs to see a doctor. If a doctor thinks you have a concussion, he or she will ask you multiple questions about the injury. These questions will test your ability to pay attention and your learning and memory. A person who might have a concussion needs to immediately stop any kind of activity or sport. Being active again too soon increases the person's risk of having a more serious brain injury.

It is very important to allow yourself time to get better and to slowly return to your regular activities. Conclusion In conclusion, we have discussed what concussions are, its symptoms, and treatments. Concussions can be prevented in some situations, but not all of them. So the next time you receive a headache from hitting your head, the best thing you can do is call your doctor. Concussions are not something you want to mess with, they are a very serious matter and you want to get them treated right away. Thank you.