



THE CONCUSSION CONUNDRUM



Young people who play sports or are active other ways, such as riding bikes or playing on the playground, are at risk for a concussion. This is a blow to the head that affects how the brain works. It is a type of brain injury. You can't see it but it can cause changes in a person's behavior, thinking or physical actions.

Your brain is a soft organ that is protected by spinal fluid and your skull. Normally the spinal fluid acts as a cushion between the brain and skull. When your head or body is hit hard enough, however, your brain can get knocked against your skull and be concussed. Signs of a concussion can occur right away or hours or days after the injury occurs. It's possible to have a concussion even if you never lose consciousness. Signs and symptoms of a concussion can include:

- headache
- problems with memory
- upset stomach (nausea) or vomiting (throwing up)
- balance issues or dizziness
- double or blurry vision

- being sensitive to light or sounds
- feeling hazy, foggy or groggy
- problems concentrating
- confusion
- not "feeling right"
- seizures.

AT HOME ACTIVITY

Brain injuries such as concussions can interfere with the way other parts of your body, such as your eyes, nerves, or muscles, communicate. For an example of this try drawing a star on a piece of paper. It's no problem, right? That's because the signals are working. Now try *tracing* the star you just drew but instead of looking right at it try to do it only by watching in a mirror. You can have another family member hold a small mirror, or you can place the image on a surface in front of a large mirror. Be sure not to look at the paper! What's that like? Imagine trying to do many things this way...math problems, art projects, even writing your name. Brain injuries are definitely no fun!

BERRY GOOD-FOR-YOU BERRIES!



Berries come in all sorts of different shapes, colors and are full of vitamins and antioxidants to help keep you, including your brain, healthy. When it's berry season – use them to top a salad with grilled chicken, use them in a berry fruit smoothie, or keep a bowl of fresh washed berries in the fridge for easy grab-and-go snacking!