MYTHS VS. FACTS

MYTH
You should not treat the headache from concussion with any medications because you might mask some symptoms.

FACT
Over the counter pain relievers, as ordered by the physician, are fine to use. At times prescription medicine may be needed.

MYTH
You need to wake someone up every 2-3 hours who has sustained a concussion.

FACT
Drowsiness and fatigue are common symptoms of a concussion. Rest and sleep play a key roll in aiding resolution of symptoms.

MYTH
Children and adults recover at the same rate.

FACT
Children and teenagers actually recover more slowly due to their developing brain. In addition it has been shown that more complications can arise in this age group.

MYTH
You have to lose consciousness in order to sustain a concussion.

FACT
Loss of consciousness is not the only sign of a concussion. Approximately only 10% of concussions involve loss of consciousness.

MYTH
A concussion is not a brain injury.

FACT
A concussion is a mild traumatic brain injury, or mTBI.

MYTH
Male and female athletes have the same rate and chance of sustaining a concussion.

FACT
Female athletes have a higher rate of concussions than their male counterparts in studies. Possible explanations for this are that female athletes are more open to report concussion and there are gender differences in anatomy and physiology.

MYTH
There are no long term effects of having a concussion.

FACT
Memory and emotion can be problematic for some time and a concussion that is not properly treated to start, can lead to post-concussion syndrome.

MYTH
A direct blow to the head is needed in order for someone to sustain a concussion.

FACT
Concussions can occur with any movement or jostling of the head as in whiplash injuries (front to back) or rotational force (side to side).

MYTH
Injury to the brain only occurs at the initial impact.

FACT
Traumatic brain injury is an evolving process at the microscopic level of the brain. Chemical and metabolic changes can occur for days, weeks to months after impact. It is important to prevent any additional concussions and avoid a second impact syndrome during this time period.

MYTH
Helmets and other equipment will prevent concussions.

FACT
No equipment can completely protect from concussion. Concussion/mild traumatic brain injury can be caused by straight-on impact, rotation with impact, whip-lash without impact and sideways impact. Headgear, mouth guards and other protective devices may lower the risk, but no equipment can prevent a concussion.