

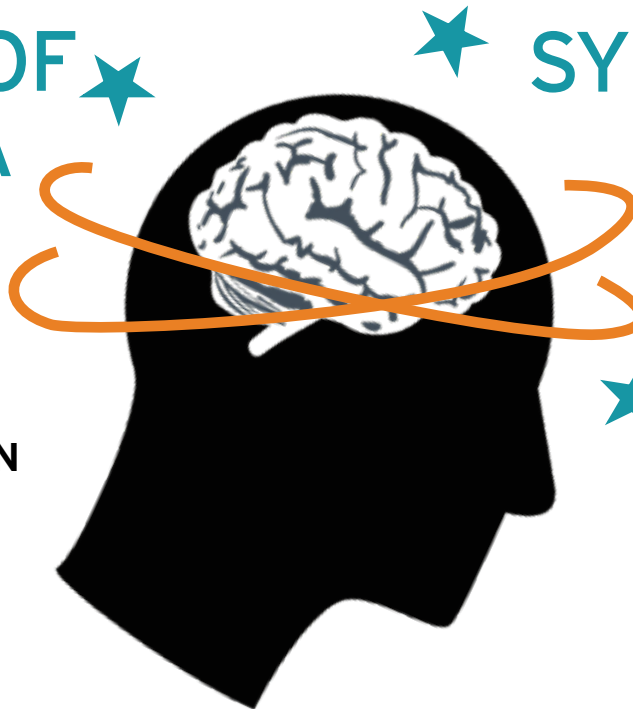
# THE TRUTH ABOUT CONCUSSION

A concussion is a mild traumatic brain injury (mTBI).  
Most concussions occur without losing consciousness.

## EFFECTS OF TRAUMA

Trauma can cause  
vestibular dysfunction

- **DIZZINESS**
- **VERTIGO**
- **BLURRED VISION**
- **IMBALANCE**
- **FATIGUE**
- **FALLS**



## SYMPTOMS

### THINKING

Difficulty concentrating,  
memory

### EMOTIONAL

Irritability,  
sadness

### PHYSICAL

Headache,  
dizziness

### SLEEP

More/less than usual

## COMMON CAUSES

FALLS: 41%  
STRUCK BY/AGAINST: 15%  
TRAFFIC ACCIDENT: 14%

ASSAULT: 11%  
OTHER: 19%

## NEXT STEPS



1. Stop sport/activity  
When in doubt,  
sit it out



2. Seek  
medical  
evaluation

What should I do?

For more information, visit:

[vestibular.org](http://vestibular.org)

# VEDA