# Concussion

A concussion is a type of brain injury that happens when a sudden movement or impact shakes the brain inside the skull. It's often called a mild traumatic brain injury (mTBI). But even though it's called "mild" and doesn't show up on brain scans like a CT or MRI, a concussion can have a big impact on someone's health and their ability to do everyday things.

* 200k: The estimated number of Canadians who experience concussions each year.
* 5.2x: Youth aged 12 to 19 years old are about 5.2 times more likely to report a concussion than adults aged 40 to 62.
* 30%: The percentage of Canadians who experience persistent problems after a concussion.

The most common causes of concussion can vary between age groups

* Youth 12-18 years old: Sports & recreation.
* Adults: Motor vehicle accidents
* Older adults: Falls.

While certain causes are more prevalent in specific age groups, concussions can occur in a variety of settings and due to multiple reasons across all ages. This includes incidents like slips and falls at home, recreational accidents, assaults, workplace injuries, and more.

For more info, visit braininjurycanada.ca