# Concussion

## Myths vs. Facts

Myth: Concussion symptoms are always immediate.

Fact: Symptoms can develop up to days after the injury, and it's important to monitor for changes over time.

Myth: A concussion always involves loss of consciousness.

Fact: Loss of consciousness isn't a sure sign of concussion—many people don't experience it. Doctors now recognize symptoms like headaches, dizziness, and sensitivity to light as potential signs of concussion.

Myth: A CT scan, MRI, or blood test can diagnose a concussion.

Fact: There are currently no established imaging or blood tests for concussions— physicians determine a diagnosis based on symptoms and medical history.

Myth: Helmets and equipment can prevent concussions.

Fact: While helmets protect against more severe head injuries, they cannot prevent concussions.

Myth: All concussions are the same.

Fact: Recovery and symptoms can vary widely due to factors like biological sex, gender, previous concussions, and other health issues.

Myth: You need to wake someone with a concussion every 20 minutes.

Fact: Rest helps brain recovery. Initially, check every 2-3 hours for changes. Once cleared by a doctor, allow the person to sleep, as extended rest is crucial for healing.

Concussions are complex injuries that require both immediate attention & time to heal. While some practices around concussion management have evolved, the need for careful monitoring & rest remains important. Remember, each concussion is unique, so recovery times can vary. Stay informed, follow professional medical advice, & prioritize health & safety in all activities.

For more info, visit braininjurycanada.ca