

Concussion

Every year 25,000 suffer a concussion. Most recover without complications, but one in ten gets long-term damages.

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A concussion can often give migraine, fatigue, dizziness, concentration and memory issues, vision difficulties and hypersensitivity to noise and light.

In most cases the issues disappear quickly, but for 10-15 percent of the suffering the consequences are prolonged and for some invalidating. The consequences can make it difficult to hold down a job or study as before.

When the concussion continues

With some the symptoms continue. This is called Post Commotional Syndrome (concussion = commotio cerebri)

In case of concussion damages on the nerve pathways and the supporting tissue may occur, and the chemical systems and the blood flow in the brain can be affected. The changes are often not visible at scan or neurological examination.

Intellectual functions of the affected are often only slightly affected, but the consequences of the concussion means that they only can in short period of time at once.

The offers to the affected are scarce. A part/some develop depression or anxiety, and never get the neuro professional support that can get them back in work or into education.

Physical activity

In the first days after the damage it can make sense to rest a lot. The brain has at this point of time need for more calmness. After a couple days you can/should quietly and calmly get started with everyday activities. It is important to exchange between activity and rest. The body has need for movement and the brain has need for stimulation in order to improve. Your symptoms may increase slightly during or after the activity, but they should fall again in a shorter time.

Sources

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