



Studies Show Incidences Of Concussions In Sports Continue To Rise

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Lifes LLC, which has released the book "The Unabridged Encyclopedia on Concussions: Concussions Answer Book 2015," Vol. 1, has revealed that studies have indicated that the incidences of concussions in sports continue to rise. The Centers for Disease Control and Prevention (CDC) has indicated that there are between 1 and 3.8 million sports related concussions every year in the United States. Those numbers continue to climb each year, to the point in fact where the CDC has concluded that sports concussions are at an epidemic level.

While many of these injuries are caused during school related sports programs, many coaches and parents are clueless when it comes to spotting the symptoms of a concussion, or knowing when a player should be under medical care. ER physician E. Whitehead cautions coaches and parents about the dangers of head injuries during sports play. He says, "We've seen a number of concussion patients didn't know that they were seriously injured. Many were still playing, even with neurological symptoms, because they just don't know what to look for in a head injury."

Doctors urge parents, coaches, and athletic advisors to watch for symptoms of a concussion anytime a blow

to the head occurs. Symptoms can include confusion, forgetfulness, moving about in a clumsy manner, slow to respond or answer questions, or generally appearing dazed or stunned. If at any time a player cannot recall events directly before or after a hit, medical attention should be sought. Knowing the signs and symptoms of a concussion can help to significantly lower the risk of a long-term and potentially fatal brain trauma. The problem here is that most school systems do not have requirements concerning head injury care for coaches, meaning that they are not required to know how to spot or treat a head injury in their players.

The CDC recommends that coaches who suspect an athlete may have a concussion should take that athlete out of play, to be safe rather than sorry, and to have the player examined by a healthcare professional. "You just don't want to take chances when it comes to head injuries," states Dr. Whitehead.

Knowing the signs and symptoms of a concussion can help to avoid serious injuries, and even death in severe cases. "The Unabridged Encyclopedia on Concussions" is a comprehensive and interactive digital book regarding concussions, that lists the things to look for when a head injury occurs. The book can be seen at http://www.amazon.com/gp/product/B0140JZHCW?*Version*=1&*entries*=0.

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