

Head Injuries

Head injuries can be frightening and can be very serious because of the potential for brain damage. However, not every head injury involves a concussion or injury to the brain.

What is a concussion?

A concussion occurs from a trauma to the head where there is a temporary loss of consciousness without underlying brain damage. There may be temporary amnesia. Headache, nausea, vomiting, and visual disturbances are also likely to be experienced.

What should I do?

There are certain steps to follow when someone suffers a blow to the head that will help you decide when to seek professional help. Because of the possibility of intracranial bleeding or other serious injury, a doctor should evaluate the person as soon as possible. Under no circumstances should he or she resume physical activities until such an evaluation has been completed.

Watch for the following symptoms:

- Vomiting or nausea
- Change in personality, state of alertness or any behavior that is strange or unusual
- Profound sleepiness or unconsciousness (can't wake up)
- Severe headache
- Weakness, poor balance or dizziness
- Blurred vision or unequal size of pupils of the eyes, any strange eye movements or unusual appearance of the eyes
- Clear or bloody discharge from ear or nose.
- A seizure or convulsion
- Inability to hear, see or speak.

If any of the above symptoms occur, see a physician for an evaluation.