



A MINUTE OF HEALTH WITH CDC ***Heads Up!***

Nonfatal sports and recreation-related traumatic brain injuries treated in emergency departments — United States, 2001-2005
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This program is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

Millions children and adults participate in organized sports and other recreational activities every year. While these activities provide health benefits, they also pose a risk for injury to the brain. Traumatic brain injury or TBI can cause changes in how the brain works, affecting thinking, language, learning, emotions, and behavior. A concussion or other TBI can exist even if you haven't lost consciousness, and can result in long term health problems. CDC has created a tool kit called "Heads Up: Concussion in Youth Sports" for coaches, parents, and athletes. The kit is free and can be ordered at www.cdc.gov/ConcussionInYouthSports.

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