

# Post-Concussion Syndrome

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Headaches



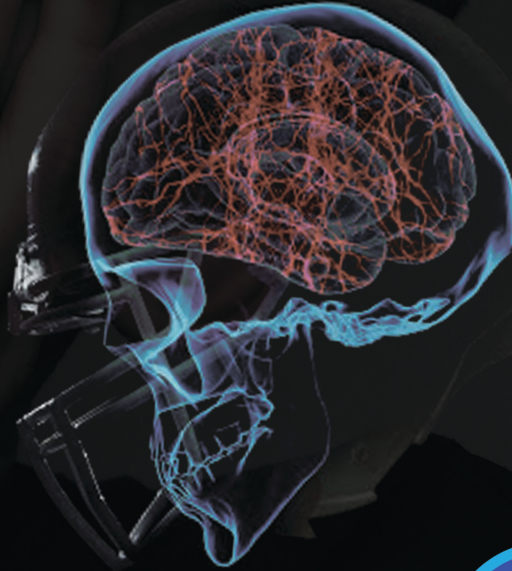
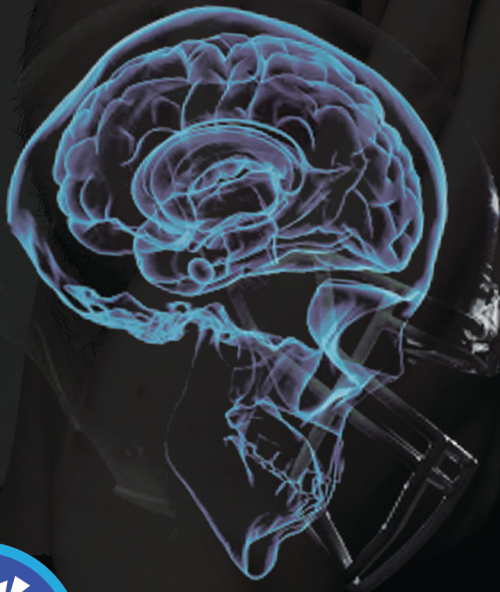
Sleep problems



Appetite changes



Fatigue



Trouble concentrating



Memory Problems



Depression or anxiety



Sensitivity to light and noise



Dizziness

# CONCUSSION INFORMATION

## What is a **concussion**?

Concussion is the word used to describe traumatic brain injuries (TBI) that results from trauma to the head. Symptoms can range from minimal and non-existent to more severe and debilitating.

## What is **post-concussion syndrome** and what are the symptoms?

Post-concussion syndrome (PCS) is a collection of symptoms that some people develop after they have had a concussion and may last weeks, months or years. Generally speaking, the more severe the head injury, the longer the post-concussion symptoms might last. Symptoms may include headache, dizziness, speech difficulties or repetitive speech, difficulty with thoughts, noise sensitivity, irritability, depression and anxiety and/or memory difficulties. Other symptoms may also be present.

## Other information that may be helpful if you have been diagnosed with PCS

- ✓ **Don't rush back** - it is generally advised that anyone who has had a head injury should take things slowly. If possible, try to return to your usual activities gradually after a head injury.
- ✓ **Sleep hygiene** - if you are having problems sleeping and are feeling very tired, try to stick to a regular schedule.
- ✓ **Medication to help symptoms** - your doctor may suggest some medication to help some of the symptoms of post-concussion syndrome, such as: Amitriptyline, Zofran, Tylenol PM, and similar.
- ✓ **Keep your stress levels down.**
- ✓ **Avoid alcohol and recreational drugs.**
- ✓ **Avoiding activities that worsen symptoms** such as screens and tv, loud sounds or music, or similar.
- ✓ **Activities such as driving should be reviewed with your doctor.**