



ATLANTIC HEALTH

Concussion Center
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Dear Friend,

The Centers for Disease Control has estimated that 1.6 to 3.8 million sports and recreational concussions (mild traumatic brain injuries) occur every year.

It is important to remember that a concussion is an injury to the brain, and roughly 5% of youngsters do not have a full recovery. These youngsters can have permanent memory loss, persistent headaches, persistent dizziness, and potentially a host of other symptoms. These complications can lead to poorer academic performance in school, inability to socialize with friends, and limitations with respect to participating in sports. These symptoms not only affect the life of the individual but also strongly impact the family unit. While less common, concussions can lead to death in the form of "Second Impact Syndrome." When concussions are managed properly, we can minimize long-term complications and allow youngsters to participate in activities of their choosing, such as football, soccer, cheerleading, basketball, hockey, and so on, and allow them to fully develop educationally and socially. We verify return-to-play by a comprehensive physical exertion protocol recommended by the Third International Conference on Concussion (Zurich, 1998).

The Atlantic Neuroscience Institute's Concussion Center at Overlook Hospital has been committed to the prevention, education, and management of concussions. As one of the largest concussion centers on the east coast, and the largest in New Jersey, we have seen well over 1000 youngsters. Our team consists of a psychiatrist, neurosurgeon, neurologist, a pediatrician board certified in pediatric sports medicine, nurse practitioners, neuropsychologists, and clinical staff dedicated to the comprehensive management of all aspects of concussion. We have partnered with *The Star Ledger* to reprint a comprehensive series of articles that provide an insightful review of concussions. It is easy to realize that these stories could be about any of our loved ones.

It is essential for us to remember if there is any doubt whether a youngster has had a concussion, they must be kept out of play until they have been evaluated by a qualified health care professional. One game is not worth taking a chance on an injury that can last a lifetime.

Sincerely yours,

John Knightly

Tim Leier

Joseph Rempson

Seth Stoller

John Knightly, MD

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THE PASSION TO LEAD