

Mayo Clinic Minute: Why concussion screening is important

VIDEO	AUDIO
	Fall sports are in full play at many schools.
	All kids are at risk of concussion, especially those in contact sports. (NATS)
	“A concussion happens when there’s a force transmitted to the brain.”
	Sports medicine specialist Dr. Jennifer Maynard helped initiate a preconcussion screening program at Mayo Clinic.
	“Follow my finger.”
	Before athletes start, they go through testing to determine what’s normal. Then, if they get a concussion, they’re screened again and can’t return to play until their test scores are back to baseline.
Jennifer Maynard, M.D. Sports Medicine Mayo Clinic	“When in doubt, sit them out, because you don’t want to put them at risk for getting a subsequent injury that could lead to longer lasting effects.”
	Symptoms of concussion include headache, blurry vision, confusion, balance problems, sleep disturbances and emotional issues, such as anxiety and sadness. If you suspect a concussion, pull the child from play and follow up with a health care provider.
	For the Mayo Clinic News Network, I’m Jason Howland