Why repeat concussions are dangerous

A concussion occurs when an impact or force causes the head to violently move. As the brain moves inside the skull, the brain tissue is stretched resulting in concussion symptoms. Common symptoms include:

- Headache
- Dizziness
- Nausea
- Confusion
- Concentration and memory complaints
- Loss of memory
- Irritability/personality changes
- Sensitivity to light/noise
- Sleep disturbances
- Depression
- Taste/smell disorders

You don't need to be "knocked out" to have a concussion. Less than 1 in 10 people with concussion lose consciousness. You don't have to hit your head. An impact anywhere on your body or a sudden deceleration/acceleration can cause brain injury.

All concussions should be assessed by a medical professional. One concussion can lead to another. After a concussion, you're 3-4x more likely to sustain another concussion within the same sports season. Repeat concussions can be fatal. Second impact syndrome, when someone incurs a second concussion while still recovering from the initial injury, may result in rapid brain swelling that's often fatal.

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