



DOCTOR DISCUSSION GUIDE

# Managing Concussions

While most people don't have long-term problems after a concussion, it's best to have a check up with your doctor. Asking the right questions during your conversation will help you know what to expect and how to better navigate your condition. Familiarize yourself with these common terms before your appointment to help facilitate your discussion.

## Vocabulary to Know

Your doctor might mention these common terms. Here's what they mean.

<b>Traumatic Brain Injury (TBI)</b>	Any type of brain injury that occurs due to trauma. A range of symptoms and effects can result from TBI. All concussions are caused by TBI, but TBI doesn't always cause a concussion.
<b>Amnesia</b>	Being completely unable to recall events that occurred. It is not unusual to be unable to recall the events that occurred immediately before and after a concussion. A person may intermittently have amnesia for some events in the days and months after a concussion.
<b>Seizure</b>	An episode of impaired consciousness with or without involuntary moments of the body. It is very common to have a seizure right after a concussion-inducing TBI. Some people continue to have recurrent seizures after having a TBI.
<b>Convulsion</b>	An episode characterized by involuntary physical movements, and usually impairment of consciousness. Often, seizure and convulsion are used interchangeably, but a convulsion is used more often when describing a first time event that is unexplained or occurs as the result of a trigger, such as head trauma.
<b>Brain Imaging</b>	Diagnostic tests such as brain MRI and brain CT scans can identify disease and areas of injury, such as bleeds.
<b>Post-Concussive Syndrome</b>	The presence of persistent symptoms after a concussion. Symptoms include fatigue, headaches, impaired memory, trouble concentrating, depression, anxiety, and/or personality changes. Usually, these symptoms resolve after a few months, but sometimes they can last for longer.
<b>Chronic Traumatic Encephalopathy (CTE)</b>	A condition characterized by persistent cognitive (thinking) and emotional changes after recurrent head injuries, CTE is diagnosed by pathology (under a microscope) examination. Therefore, it is impossible for a person to know if they have CTE, as it has only been diagnosed during autopsy examination.
<b>Concussion Testing/Pre-Concussion Testing</b>	A series of tests that examine problem solving, thinking skills, and reaction time can assess a person's function after a concussion. There are a variety of acceptable tests used in concussion testing. You may take your concussion test on a computer, on paper, or by answering questions from an examiner in person. Often, athletes have to take pre-concussion baseline testing at the beginning of an athletic season so that scores can be compared in case they have a concussion at some point during the season.

