

## **“Concussions 101: What every parent and coach should know about sports concussions” – presented at Inly School on September 26**

*September 19, 2011, Scituate, MA*— Dr. Janet Kent, Director of the Sports Concussion Clinic at South Shore Hospital , will present “Concussions 101,” an important talk on the rising problem of youth sports concussions, on September 26th at 7:00 p.m. at Inly School . This Parent Insight Night is free of charge and open to the public.

Topics will include injury prevention; how to detect a concussion in your child; proper management of injuries, the new Mass. state concussion regulations; returning to the field and the classroom; and the long-term effects of concussion on your child's health.

“Where we once thought that the young brain was more adaptive and less prone to damage than an older, adult brain, we now know that children and teens are more vulnerable to the injury than adults, because young brains are still developing and take longer to heal,” explains Dr. Kent.

### **About concussions and school performance**

According to experts at the Sports Concussion Clinic, a blow or jolt to the head can temporarily or permanently impair a student’s physical abilities and change how the student thinks, acts and learns in school. A student’s speed of processing information is often affected by concussion, making reading and taking notes very difficult. In addition to slower processing speed, students may experience lapses in short-term memory, reduced/impaired concentration, shorter attention span, more difficulty learning new concepts, organizing, completing assignments and studying for tests.

### **About Dr. Kent**

Janet Kent, M.D., heads South Shore Hospital ’s Sports Concussion Clinic, a specialized program for athletes ages 18 and younger. She is board certified in physical medicine and rehabilitation and has ten years of experience working with brain injuries. In addition, she is a certified ImPACT consultant. ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing), is a computerized system designed to detect the effects of sports concussion and measure the severity of the injury.

For more information on the September 26 “Concussions 101” talk, please contact Cathy Harder-Bernier, Athletics Director at Inly School , at [charderbernier@inlyschool.org](mailto:charderbernier@inlyschool.org), or call 781-545-5544. Inly School is located at 46 Watch Hill Drive , off Rte. 123 near Rte. 3A in Scituate . For directions, visit [www.inlyschool.org](http://www.inlyschool.org).

### **About Inly School**

Located on Boston ’s South Shore , Inly is a progressive co-educational day school with programs for Toddler and Preschool through 8<sup>th</sup> grade. Inly blends Montessori curriculum and philosophy with educational best practices to teach core subjects, world languages, arts, athletics, problem solving, creativity, and life skills in a highly experiential manner.

Inly School takes its name from the adverb “inly,” which means to do something with great depth of knowledge and understanding. For more information visit [www.inlyschool.org](http://www.inlyschool.org).

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### **Did you know?**

Facts from the CDC (Center for Disease Control):

- A concussion is a brain injury and all are serious.
- Most concussions occur without loss of consciousness.
- Recognition and proper response to concussions when they first occur can help prevent further injury or even death.

Injury statistics from the Alliance of Youth Sports Safety:

<http://www.youthsportssafetyalliance.org>

- Around 8,000 children are treated in emergency rooms each day for sports injuries.
- 15.8 percent of football players who sustain a concussion severe enough to cause loss of consciousness return to play the same day.
- It has been reported that there are as many as 100,000 - 300,000 sports related concussions per year in the U.S. where the athlete loses consciousness. However, loss of consciousness occurs in as little as 1 out of 10 athletes.
- Concussion symptoms like headaches and disorientation may disappear in 15 minutes, but 75% of those tested 36 hours later still had problems with memory and cognition.
- 62 percent of injuries in team sports occur during practices.
- There are five times as many catastrophic football injuries among high school athletes compared to college athletes.