

A concussion should
be taken **seriously.**

Headaches

Tiredness

Dizziness

Reduced memory and concentration

Irritability

Anxiety and depression

Sleep disturbance

Increased sensitivity to noise or light

Call the Concussion Clinic at

604-933-2050

Fax: 604-933-2065

104 - 218 Blue Mountain Street
Coquitlam, BC V3K 4H2



Concussion Clinic



fraserhealth

Better health. Best in health care.

What is a concussion?

A mild traumatic brain injury is commonly referred to as a concussion. A concussion causes disruption of brain function occurring when the head is struck or suddenly jolted. Although this type of injury is not usually life threatening, the symptoms following a concussion can disrupt a person's regular functioning for a period of time.

Symptoms of a concussion:

Immediately following the injury, you may experience confusion, memory difficulty, slurred speech, visual changes (changes in pupil size), nausea/vomiting, dizziness, and headache. If any of these are present, it is recommended that you seek prompt medical attention.

Some signs and symptoms may present themselves more gradually following the injury. If you notice any of these symptoms, or have any other medical concerns, please see your doctor:

- Headaches
- Tiredness
- Dizziness
- Reduced memory and concentration
- Irritability
- Anxiety and depression
- Sleep disturbance
- Increased sensitivity to noise or light

Getting Better

For some people, recovery from a concussion is rapid, occurring within hours, or days. For others, it may take weeks, or even longer. The important thing to remember is that

most people completely recover within three months following the injury.

One of the best ways to help in your recovery is to learn more about what to expect in the days following a concussion, so that you can better manage your symptoms.

Our service

In order to help in the recovery process, the **Fraser Health Concussion Clinic** can provide early intervention and follow-up service for people who have sustained a concussion.

Clients, family doctors, or other health care professionals can call the clinic, preferably within 3 to 4 weeks after the injury. Services available at the Concussion Clinic include:

- Providing information about recovery from concussion/mild traumatic brain injury
- Guidance in returning to daily activities and work
- Assessing rehabilitation needs and helping arrange community services, if needed
- Consulting with the family doctor and other health care providers involved in the client's care

Who is eligible?

Anyone 16 years of age and older, who has recently experienced a concussion and resides within the Fraser Health Region.

To contact the **Concussion Clinic**:

Telephone **604-933-2050** or

Fax 604-933-2065