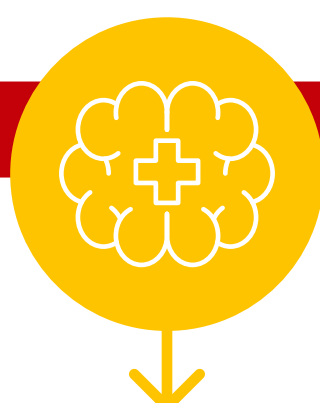




Weill Cornell Medicine

Play Winter Sports? Protect Your Brain



Skiing, snowboarding, skating and other winter sports are fun. However, they put you at risk for traumatic brain injury (TBI).



Know the Risks

There are two categories of TBI:

1

Blunt TBI

During a collision with another player or an object, the brain moves inside the skull, even though it remains intact.

2

Penetrating TBI

A foreign object, such as a hockey skate or other piece of equipment, passes through the skull and impacts the brain.

Concussions are one of the most common TBIs.



Recognize the Signs

Symptoms of a TBI may start immediately or a few days after injury and may include:

- ✓ Balance problems
- ✓ Dizziness
- ✓ Nausea
- ✓ Vomiting
- ✓ Confusion
- ✓ Headache
- ✓ Loss of consciousness
- ✓ Memory problems
- ✓ Depression
- ✓ Irritability
- ✓ Difficulty understanding speech
- ✓ Problems speaking
- ✓ Drowsiness
- ✓ Changes in sleep habits



Protect Yourself



Gear up.

Wear a mouthpiece, helmet and other safety equipment created for your specific sport.



Play smart.

Use proper technique, don't push beyond your skill level and pay attention to your surroundings at all times.



Recover fully.

Stay on the sidelines until you're recovered and cleared by your doctor. Concussion recovery usually takes two to four weeks.

Need help recovering from a TBI?
Visit weillcornell.org/doctors to find a doctor at
Weill Cornell Medicine to lend a hand.



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