



Dr. Kuzma's Health Tip of the Week

Pre-participation evaluation for concussion. My advice to every coach is to ask their players if anyone has suffered from a concussion in the past and if so that player is more prone to having another more severe concussion if injured again. Anyone that has suffered a concussion in the past will require coaches and parents to be even more vigilant as to their symptomatology following any impact.

Some of the common symptoms of concussion can be subtle but it's important to pay attention. Some primary symptoms of concussion include but are not limited to: Loss of consciousness, amnesia, headache, 'pressure in head', neck pain, dizziness, blurred vision, balance problems, feeling 'in a fog' or 'not feeling right', confusion, irritability, nausea and vomiting.

If an athlete is suspected of having suffered a concussion they should be immediately removed from play, urgently assessed medically, should not be left alone and should not be allowed to drive a motor vehicle.

Any further questions regarding concussions can be directed to Dr. Tom Kuzma at (763)684-1111 or on his cell at (952)484-0379.