

BALANCE AWARENESS WEEK

to DEFEAT DIZZINESS.

is easily taken for granted.

However, when the fragile vestibular organs the ability to balance.

BALANCE

However, when the fragile vestibular organs

of the inner ear and brain are damaged







SAVE THE DATE: SEPTEMBER 12-18, 2016

PRESENTING SPONSORS:





PLATINUM SPONSOR:



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IN-KIND:



Most concussions occur without losing consciousness. concussion is a mild traumatic brain injury (mTBI).

of trauma **Effects**

dysfunction Trauma can cause vestibular

- Ongoing dizziness
- Vertigo
- **Blurred vision**
- **Imbalance**
- Fatigue
- Falls



Symptoms

Thinking

Difficulty concentrating, memory

sadness Irritability, **Emotional**

Physical dizziness Headache,

Sleep More/less than usual

CQUSes Common

Falls: 41% Struck by/against: 15% Traffic accident: 14%

> **Other: 19%** Assault: 11%

Next steps stop

1. Stop sport/activity When in doubt, sit it out

2. Seek medical evaluation

What should I do? For more information, visit: vestibular.org



Learn about symptoms, diagnosis and treatment for vestibular related concussions at vestibular.org/concussion