



"Much of the sports establishment wants players and their parents in the dark about concussions. This book shines the light." — GREGG EASTERBROOK, Football columnist, ESPN.com

# Concussions and Our Kids

AMERICA'S LEADING EXPERT ON  
HOW TO PROTECT YOUNG ATHLETES  
AND KEEP SPORTS SAFE

**ROBERT CANTU, M.D.**  
— AND MARK HYMAN —

Dr. Robert Cantu and

## Concussions and Our Kids: America's Leading Expert on How to Protect Young Athletes and Keep Sports Safe



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See the film "is Dr. At the center of the crisis But first browse the classic book from the acclaimed concussion doctor who'Christine Brennan, USA Today sports columnist and author of Best Seat in the House Robert Cantu, the nation' Described as " , people are discussing concussions." A well-researched, riveting tale that every coach and mother or father of a athlete should read. union to the soccer fields of Anytown, U.S. " In the event that you watch sports, or in case you have a athlete in your family, you need to read this book."and among the key known reasons for this increased awareness Concussion."s leading professional on athletic human brain trauma and a pioneer in the study of the hyperlink between concussions and progressive mind disease in athletes.Concussions and Our Kids is the first prescriptive publication of it is kind to address the problem of mind trauma in sports and to offer guidelines for playing sports safely.This is a significant, cutting-edge work by the premier specialist in his field.the single most important issue in sports today," concussions are widespread and devastating. Parents, instructors, and players can learn from this mixture manifesto/manual, assisting to reduce concussions right now and stop more brain trauma down the road. Cantu has treated a large number of patients, from pro sports athletes to peewee players, and his groundbreaking research is certainly changing how sports are played. Dr.A.Dan Shaughnessy, author of The Curse of the Bambino From Washington to Quebec, from offices at the NFL to the New York Moments, from the NHL players"" s changing how America thinks about safety in youth sports activities.



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Interesting book. Valuable lessons inside. Thank you! Many thanks! Many thanks, Dr. Cantu for composing this book! I'm authoring Concussion Liability in Youth Soccer. Cantu is definitely without question the preeminent professional in not only the United States, but also the globe. She's already had one. Critical Errors Earn this Book Less than Five Stars While it has very much to recommend it, this review is marred by several pieces of advice it offers - or omits to give - that seem to ignore critical adjustments in the thinking of concussion experts over the past 10 years, including some from Dr. My son was performing a presentation in concussions and bought this book for part of his research. Bennet Omalu found America from Nigeria. Excellent. We have to take this subject matter seriously and be well-informed. My husband is diagnosed with "short term memory. This publication has addressed all of them. Thank you especially for the directive to trust our instincts whenever we observe subtle changes in their feeling, behavior, etc. Update: this book was so invaluable I purchased a copy for the senior high school sports trainer. Cantu and his experience. I read it for more information on this issue because he takes on a whole lot of sports... It was extremely eye-opening for most of us there to hear him, and I'm grateful for his honesty. Since my husband is a retired professional soccer player, (10 yrs." Not a thrilling browse, but it's something parents of kids in sports ought to know about and of course their parents (our two sons). Thankfully, 2 of our grand sons are excellent water polo players. They need support because of their courage when they decide to send out a brain-injured player to the sidelines (when confronted with irrational coaches, screaming parents and roaring supporters). CTE brain damage may be the result of repetitive head hits sustained in soccer practices and games. He graduates next yr and doesn't intend to play university ball. Hooray! We've been to one video game and that was 3 years ago. It's the procedures, in the "older years", where in fact the players wore their helmets 5-days weekly for several hours maybe 4-5. Often this is too, too past due; After that talk, nevertheless, I still had queries about how concussions work and what we parents should do about it. w/ the Raiders), and is identified as having Chronic Traumatic Encephalopathy, or CTE, I purchased this publication for our 3 grandsons. I will move it around to my friends. Since my husband is certainly a retired professional football. I got this publication for my legal writing paper for law school. Dr. Dr. I would recommend the publication for youth sports instructors and parents. It's no exciting read by any stretch of the imagination, but you will learn some things that you ought to know. THE book for instructors, parents, sports officials, college administrators, and kids.) This book is a good read: the science, the physics, the anatomy, the therapeutic and the policy issues. I do mean "all" - it's going to take all of us to resolve the concussion epidemic and save our future: coaches, parents, grandparents, As well as sports officials, PLUS school staff, PLUS the children. Cantu explains in simple English the troubling development in our sports-driven lifestyle, the resulting multiple concussions, what most of us have to know to consider positive action, and what the most productive first steps will be. As the parent of a former post-concussion-syndrome Cantu patient, I can hear his melodious tone of voice in the prose - just as clear as if you were seated in his office at Emerson Hospital. Several athletes incur severe human brain damage. Dr. As a school board member, I bought copies for my co-workers. The facts of this book may be the only reason I gave any stars Horribly written book, I will not really sign my kid up for coffee table to football yet just wanted more information in symptoms, etc. Armed with fundamental knowledge, fellow people could finally understand why it had been so important that we limit the number of full-contact football practices at our high school and decrease the total load of subconcussive blows in a period (which did indeed significantly lower our concussion instances). Sports officials should browse it. One plays senior high school football. He produced a startling acquiring while performing autopsies in a morgue. When the physician says "rest is most beneficial," he or she also might add, "testing is not resting." Schools have to consider their appropriate roles, with ready-to-proceed age-appropriate model "academic crisis plans" for brain-injured college students. Finally many kids, from middle college on, can read it for themselves. By dissecting the mind of former National Football League player Mike Webster, he uncovered debilitating brain

injury. Outstanding publication This publication shows why Dr. If your son or daughter is involved in any sport, you must have a list of concussion symptoms on your refrigerator, ready to scan when the child isn't "himself." (Because also simple accidents can cause concussion: a rower may have a boat fall on her; You should be ready to properly support his / her recovery.) You must also have a guide which quickly prepares you for YOUR students' concussion. a swimmer can slip on the pool deck. So, you might look a bit further for a book that spends additional time on signals, symptoms, suggestions for finding a local health professional educated in concussion (don't assume it's your local neurologist), and tips on a variety of useful therapies for extended situations (like vestibular rehab for stability issues). However, this is not the publication I would recommend first to parents or grandparents as their guide to dealing with their own students' concussions. As the parent of a higher school soccer playing daughter, I am very alert to the chance of concussion in this specific sport. he sites examples from his own analysis and his own practice. He is not afraid to deal with the tough queries and present the unpopular answers. Ex. when a life or the quality of life has want taken. I have caused coaches, at all levels, for nearly 40 years, plus they have produced strides as to how they appearance at concussions. Cantu himself. Excellent. And Just Why is Football Still Big? New rules have changed that. Acquiring the heading out of soccer (until a certain age or a level of physical growth and maturation. That is a significant tragedy. As Jesse Ventura stated in the preface of Chris Nowinski's reserve 'Head Games', just a little education can prevent so much heartache. Cantu breaks stuff down fairly exclusively for the regular person and provides his professional opinion on a lot of what goes on with parents and youth sports activities. Repeated concussions endured by Webster led to permanent damage. Readable information on the subject is tricky to find, and you've answered therefore many of my queries in this publication that I'll recommend it each and every time this subject matter arises conversation with the other parents. Parents have to be subjected to Dr . Concussions and OUR CHILDREN is just the most recent in a slew of concussion books that I've read and reviewed over the past couple of years, and I was curious, for both personal and professional factors, to see how they handled a topic which has grabbed so much of the media's spotlight over the last five or six years, a lot of which has highlighted the work Bob Cantu did with his colleagues at the Sports (right now Concussion Legacy Institute ) Legacy Institute. which he co-founded, and the Center for the Study of Traumatic Encephalopathy at Boston University, of which he's the Director. Doctor Omalu's work was reported on in GQ magazine by journalist Jeanne Marie Laskas. Five Stars very useful and my older grandchild browse in addition, it. I needed something that was in basic English after reading the medical journals on concussions. This book added a lot of good research. I required something that was in simple .. Professional football, which decades back overtook baseball as the nationwide pastime, has turned into a cash cow. Extremely informative and the medical stuff is in basic English. The book has some good practical guidelines for kids who play sports, and it is probably a good idea to read it before your children play tackle football, hockey, or soccer. It's a straightforward conversational read, yet extensive in its insurance coverage of head safety issues in sports. This book added a whole lot of good research. He has had 3 concussions playing football. Robert Cantu is one of the top neurologists in the country and he is up there with the group of professionals that are learning concussion injury in sports. (The superintendant and AD were already on board). I could get that here but this publication is merely written horribly, searching for another reserve or study on the subject.. Many usually do not give this issue more than enough credence until it really is their child. Odds are pretty fair that if there is a grown-up male in family members, a TV set is often tuned to football during certain parts of the entire year.. Eyes are focused on your competition, with little interest being given a generally unseen negative facet of the overall game. Football players often suffer debilitating accidental injuries. (Journalist Mark Hyman, as co-author, appears to have been educated, sensitive and humble. There is definitely proof of this, thanks a lot to a guy from Africa. A short time ago, Taylor Twellman, whose tale was outlined in the book, came to speak to my daughter's soccer club. It is

also an extremely useful book for college administrators, teachers, and counselors. They'll come away not only prepared to help themselves, but also teammates who need support and empathy to care for themselves properly after a personal injury. Cantu's book, and moreover, the suggestions expressed in it, can help this eyesight of reducing and/ or getting rid of concussion a reality. Omalu later discovered that other football players had suffered the same fate. Five Stars Important book. She continued to pen a publication known as Concussion, which colorfully information the tragedy of what goes on to the brains NFL of players. That book was later turned into a film that shares the same name.



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