



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

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

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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Readers will find out: • From Washington to Quebec, from offices at the NFL to the New York Times, from the NHL players union to the soccer fields of Anytown, USA, people are discussing concussions. on concussions, CTE, and keeping youth sports safe (Gregg Easterbrook, ESPN football columnist). At the center of the crisis— How concussions improperly treated can develop into post-concussion syndrome •s changing how America considers safety in youth sports.shines the light” Long believed by specialists to be a silent epidemic, concussions are fast becoming probably the most dominating and important concern in every of sports. Start to see the movie Concussion.and something of the key known reasons for this increased awareness—s leading expert on athletic human brain trauma and a pioneer in the study of the link between concussions and progressive brain disease in sportsmen. Robert Cantu, the nation’s Dr. He has treated a large number of patients who’ve experienced brain trauma, from high-profile professional sports athletes to peewees, including youthful children who play soccer, football, lacrosse, hockey, and various other sports. And he is on the frontlines of groundbreaking research that is changing just how sports are played. Concussions and Our Kids may be the first prescriptive reserve of its kind to address the issue of head trauma in sports and provide preventive solutions to protect athletes and present guidelines for the way sports can be played safely. Cantu and sports activities journalist Mark Hyman possess crafted a publication that’s part manifesto, component manual, explaining to parents and coaches what head trauma is definitely, why it has become a focus of national attention, and why some practices in youth sports must change. Dr. They also outline the actions we can consider to protect our children.A leading doctor “ The signs and symptoms of a concussion • Three concussion tests parents can give in the home •rest” Concussions and what “ actually means • But first read the classic book from the acclaimed concussion doctor who’ Why total brain trauma (not only the number of concussions) is usually a risk element for chronic traumatic encephalopathy (CTE) • Why helmets are no guarantee of security • Why concussions are prevalent in all sports, not only football and hockey Addressing what sportswriter Costs Simmons phone calls “the single most significant issue in sports today,” this publication is vital reading for parents, coaches, players, and all those interested in young athletes, their protection, and their potential well-being.



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