

# August '15 Wellness Letter

Dear Patients and Friends,

August means the end of summer is drawing near and soon fall sports will be starting. A common question that I hear is: "should I let my child play sports and especially should they play contact sports"? I played sports and chiropractic was a part of my healthcare approach for injury prevention and treatment when injuries occurred (and they did!!).

I recommend sports for children because it promotes physical fitness, healthy competition and the ability to learn to work as a team. However, concussion has become a growing concern in recent years. Growing up we called it "getting your bell rung" and you almost never heard of concussion. Now, thanks to a greater awareness, we hear more about concussions. I recommend that any parent who has a child that plays sports become familiar with the signs and symptoms of concussion. <http://www.upstate.edu/pmr/healthcare/programs/concussion/>

Make sure that their coach has been educated on these signs and symptoms as well. To their credit, coaches today are better educated than at any time previously, but there's always new and updated information available. It never hurts to ask about their training and they should be glad to share their expertise with you.

The June 2015 issue of Men's Health quoted a 2015 study in the journal Neurology that found that NFL players who played tackle football before age 12 had worse cognitive and memory impairment than those who started later in life. According to Kim Gorgens, Ph.D., a neuropsychologist at the University of Denver, "trauma sustained during this critical period of brain development may have lasting effects".

Does this mean don't let your kids play sports? No, I'm not saying that. However, watch for signs of brain injury and if it occurs, please get the correct treatment. Do not let your child return too soon due to parental pressure or pressure from the coaches. Failure to recognize and adequately treat concussions can lead to impairment later in life!

Be safe and have a great season! We're here to "keep you healthy and keep you in the game"!

Make it a great day!

Dr. Ed