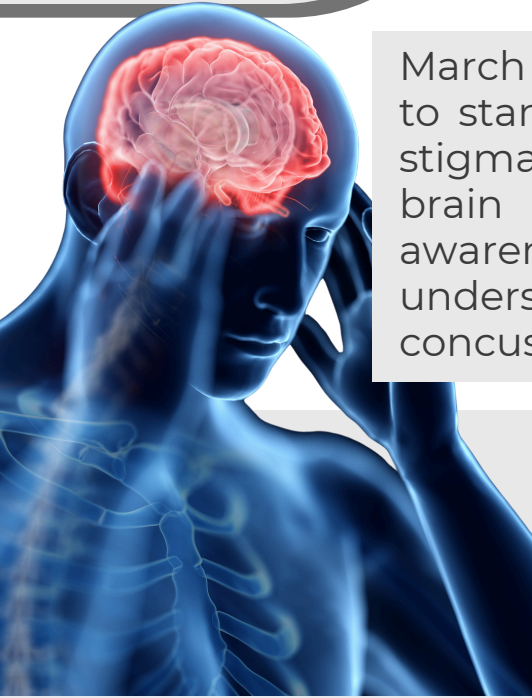




Health & Wellness



by OHG



March is **Brain Injury Awareness Month**, and we are proud to stand with the concussion community to break down stigma and empower those who have survived traumatic brain injuries. With this newsletter, we aim to raise awareness for one of the most common, yet least understood, forms of traumatic brain injury: the concussion.

What is a concussion?

A concussion is a form of brain injury that causes a temporary disturbance in how your brain functions. Concussions happen because of a hit, bump, or blow to the head or elsewhere on the body. This impact causes the brain to move back and forth inside the skull.

Symptoms

Physical

- Headache
- Neck pain
- Light sensitivity
- Dizziness
- Nausea/vomiting
- Balance issues
- Visual problems

Thinking

- Memory issues
- Difficulty concentrating
- Confusion
- Brain fog
- Feeling sluggish
- Clouded thinking

Emotional

- Anxiety
- Nervousness
- Depression
- Sadness
- Irritability
- More emotional

Sleep

- Fatigue
- Low energy
- Sleeping more or less
- Insomnia
- Difficulty falling asleep

WARNING SIGNS

Immediately go to the emergency if ANY of these symptoms are present:

- Seizures or convulsions
- Loss of consciousness
- Weakness or numbness in limbs
- Unable to wake up
- Worsening headache
- Bad nausea or repeated vomiting
- Increasing confusion
- Slurred speech
- Odd behaviour
- Bruising around eyes or ears
- Inability to remember injury
- Unsteadiness standing or walking

So You Had a Concussion... Now What?

If you suspect a concussion, or have been diagnosed, you should:

- Immediately stop playing your sport AND stop going to work or school
- See your doctor or licensed healthcare provider for an assessment
- Rest for at least 24-48 hours after the injury (physical and cognitive rest)



1 Clean Up The Diet

AVOID

- Alcoholic beverages
- Sweets/refined sugars
- Preservatives/processed foods
- Gluten (especially white bread & pastas)
- Bad oils (vegetable, corn, safflower, margarine, canola, soy, peanut)
- Dairy products



These foods are all pro-inflammatory which can impair your nerve cells (brain) from healing.

REPLACE WITH

- Cold water fresh fish (salmon, sardines, herring, mackerel, anchovies - high in Omega-3)
- Lean cuts of free-range, grass-fed meats or other sources of protein (tofu, beans, etc.)
- Fruits and vegetables - rich in antioxidants
- Good fats (olive oil, avocado, almonds, walnuts)
- Fermented foods - rich in probiotics

2 Improve Sleep

- Avoid caffeine
- Get up at the same time every morning
- Lower room temperature during sleep period
- Avoid bright lights/screen time after dinner
- Avoid napping during the day
- Practice winding down before bed
- Take sleep assisting supplements (melatonin and/or magnesium)

3 Stay Hydrated

Avoid dehydrators (caffeine, alcohol, tea, etc) and try drinking 2-3L water per day!

Come See Us!

Through gentle adjustments and specialized techniques, **chiropractors** can help alleviate headaches, neck pain, and dizziness that often accompany concussions.

4 Supplements

Omega-3 high DHA

- brain development and function
- anti-inflammatory
- nerve repair

Creatine

- energy homeostasis
- faster recovery and symptom reduction

Magnesium

- optimal nervous system function
- reduce headache symptoms

CoQ10

- mitochondrial energy production
- antioxidant system
- reducing duration & frequency of migraine attacks

Curcumin (Turmeric)

- high potential for neuro-inflammation reduction
- promotes energy homeostasis

 @OttawaHealthGroup

 @ottawa.health.group



Return to Play Timeline

1 Moderate, Symptom Limited Activity

You should rest and avoid any physical and cognitive activity that could increase symptoms. Remain at this stage until symptoms go away for 24-48 hours (up to max 3-4 days).

DO: light walks (15-30 min), household chores, limit screen time

DON'T: physical/cognitive activities that make symptoms worse

2 Light Cognitive Activity

You can gradually increase your cognitive activity such as light reading, homework, or working from home. If your symptoms come back, take a break and try again later. Work up to 1 hour of activity before moving on to stage 3.

3 Half Day of School/Work with Restrictions

You can go back to school or work for a half-day at this stage.

DO: lower workload (modified duties), adjust screen and monitor settings (light sensitivity)

DON'T: physical activity that makes symptoms worse, risk another hit to the head, participate in gym or recess, take tests, etc.

4 Full Day of Work/School with Restrictions

You can now attend a full day of work or school with certain restrictions. You should gradually increase cognitive activity.

Light Physical Activity

You should be evaluated by your healthcare provider to determine your ability to exercise and tolerance.

Healthy Shamrock Protein Shake



Ingredients

- 6 standard size whole milk ice cubes
- 4-6 regular water ice cubes
- 1/2 frozen banana
- 1/2 cup water milk, or non-dairy milk
- 8-10 stevia drops
- 1 scoop vanilla protein powder
- 1/4 teaspoon mint extract
- 1/4 cup spinach *the more you put in the darker green it will be*
- 0.5 ounces dark chocolate chips *for garnish*

