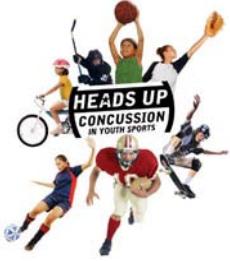


Tracy's story...

Keeping quiet can keep you out of the game



Her eyes focused on reaching for the rebound, Tracy didn't see the other player before she collided with her and hit her head. "I went to school the next day after the game, but I felt really sick." The feelings of nausea, dizziness, and blurred vision were all too familiar. As a seventh grader she had a concussion and felt the same way.

Concussion is caused by a bump, blow, or jolt to the head or body that causes the brain to move rapidly inside the skull. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

When a key game came up two days later, Tracy felt dizzy and nauseous and she thought she had a concussion. "The coach told me to tell the trainer. I didn't want to tell the trainer 'cause he would sit me out of the game. So I kept quiet, but I shouldn't have played." As a starter for her high school basketball team, Tracy played hard to win the game, but after the game she passed out in the locker room.

"They took me to the hospital and told me I had a concussion, which I knew, but I didn't know that my life was about to change." Tracy continued to feel nauseous, had headaches, balance problems, and difficulty concentrating and reading. "We had to put sheets

on the windows to block out the light and I couldn't watch TV because the lights and noise would make me feel sick. My mom also had to



help me walk 'cause my vision was blurry and I felt so dizzy all of the time. But the hardest part was not being able to go to school and missing most of my junior and senior years of high school."

Symptoms from the concussion, forced Tracy to stay at home. She visits the doctor every month and had to learn how to walk again because of her problems with balance. Three years after the injury, Tracy is beginning to feel better, but she still struggles with symptoms from the concussion. "I am 19 years old, but I am living the life a teenager shouldn't be living."

Tracy wants other teens to know that, "a concussion is a serious injury. If you think you have a concussion, don't hide it, report it. Take time to recover. 'It's better to miss one game than the whole season.'"

For more information, visit
www.cdc.gov/ConcussionInYouthSports

Also check out a 2-minute video
on Tracy's story online at
www.youtube.com/user/CDCStreamingHealth

