



Backgrounder

About ThinkFirst and Concussion (MTBI)

Concussion in sports and recreation has recently become a major health issue in many countries because it is now widely recognized that a concussion is a brain injury

A concussion is an 'invisible' brain injury that cannot be seen on x-rays, CT scans, or MRIs. It affects the way one may think and remember and can cause a variety of symptoms. Symptoms include, but are not limited to: nausea, headaches, loss of vision, loss of consciousness, and dizziness.

Repeated concussions can lead to long term disability.

ThinkFirst has developed a series of resources on concussion for parents, coaches, physicians, athletes and teachers based on international guidelines. For these up to date resources visit thinkfirst.ca/safetyinfo.

ThinkFirst's concussion resources are developed in partnership with its Concussion Education and Awareness Committee comprised of doctors, neuroscientists, educators, and industry leaders based on the most recent research on concussion.

About Traumatic Brain Injury (TBI)

Injury is the leading killer of young Canadians. As many as half of these deaths are from traumatic brain injury.

Each severe brain injury costs our health and social systems millions of dollars.

30 per cent of all traumatic brain injuries are sustained by children and youth, many of them while participating in sports and recreational activities.

Research shows as much as 90 per cent of injuries are predictable and preventable. For example, bike helmets can prevent up to 88 per cent of head injuries.

It's estimated that each dollar invested in a helmet saves 30 dollars in social costs.

About ThinkFirst Canada

ThinkFirst Canada works to reduce traumatic brain and spinal cord injuries for children and youth - through education, advocacy and work with research partners.

ThinkFirst Canada was founded in 1992 by renowned neurosurgeon, Dr. Charles Tator. He wanted to reach kids and youth before they landed on the operating table. ThinkFirst Canada has a small team of professional staff and 19 Chapters across Canada led by volunteer neurosurgeons, nurses, injury survivors, educators and coaches.

ThinkFirst Canada develops its educational programs – like ThinkFirst Brain Day and the TD ThinkFirst for Kids program– with a team of doctors, neuroscientists and educators, based on the most recent research in injury prevention. The aim of our programs is to empower kids, and those who care for them, to make smart choices.