



Living With Post-Concussion Syndrome



Overview

After a concussion, you may have some unexpected physical and emotional effects. You may experience things like headaches, memory problems and depression. We call this "post-concussion syndrome." You can have this syndrome even if your injury didn't seem severe. And, these effects can last for a long time.

Recognize that it's real

Many people aren't aware of post-concussion syndrome. They may not understand that symptoms of a head injury can linger. But this syndrome is real, and you aren't alone.

It takes time

It's important to understand that healing can be a slow process. You may need to deal with your symptoms for weeks, months, or even longer than a year. You'll have good days and bad days. But over time, your symptoms will improve. If you don't feel like you're getting better, and especially if you have depression that won't go away, tell your doctor immediately.

Talk to your doctor

Post-concussion syndrome is different for everyone, and there is no single treatment to fix it. But each of your symptoms can be managed. Talk with your doctor about your symptoms so you can find coping strategies that work for you. Your care plan may involve medications. And things like physical, occupational and speech therapy can also help.

Conclusion

If you follow your doctor's advice and stick to your care plan, you can manage post-concussion syndrome successfully.

