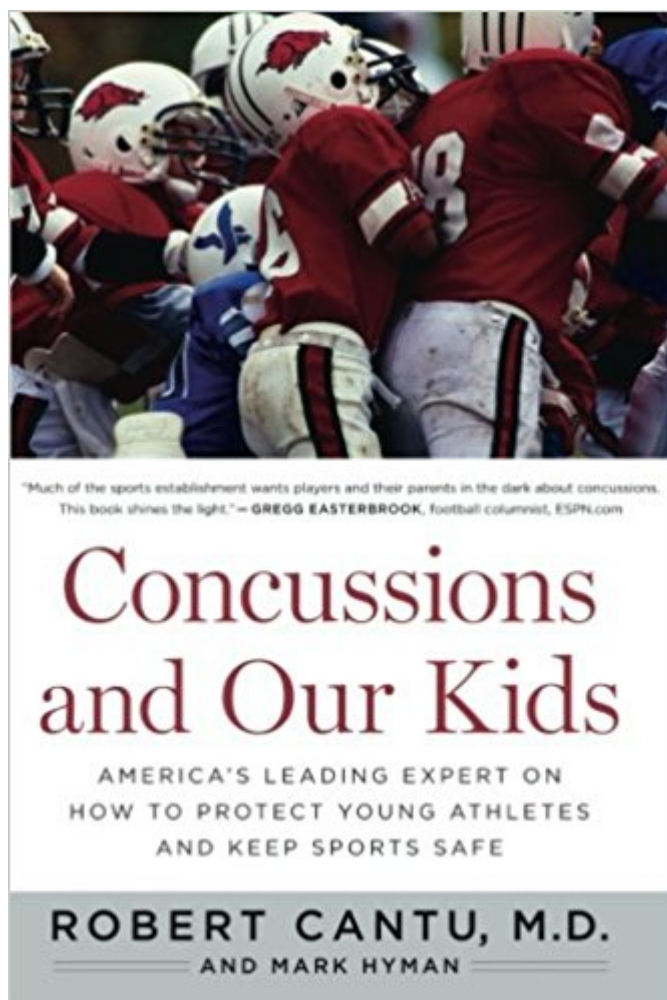


The book was found

Concussions And Our Kids: America's Leading Expert On How To Protect Young Athletes And Keep Sports Safe



Synopsis

See the movie "Concussion." But first read the classic book from the acclaimed concussion doctor who's changing how America thinks about safety in youth sports. "This is an important, cutting-edge work by the premier specialist in his field. If you watch sports, or if you have a young athlete in your family, you need to read this book." Dan Shaughnessy, author of *The Curse of the Bambino* From Washington to Quebec, from offices at the NFL to the New York Times, from the NHL players' union to the soccer fields of Anytown, U.S.A., people are talking about concussions. At the center of this crisis and one of the key reasons for this increased awareness is Dr. Robert Cantu, the country's leading expert on athletic brain trauma and a pioneer in the study of the link between concussions and progressive brain disease in athletes. *Concussions and Our Kids* is the first prescriptive book of its kind to address the issue of head trauma in sports and to offer guidelines for playing sports safely. Described as "the single most important issue in sports today," concussions are widespread and devastating. Dr. Cantu has treated thousands of patients, from pro athletes to peewee players, and his groundbreaking research is changing how sports are played. Parents, coaches, and players can learn from this combination manifesto/manual, helping to reduce concussions now and prevent more brain trauma down the road. "A well-researched, riveting story that every coach and parent of a young athlete should read." Christine Brennan, USA Today sports columnist and author of *Best Seat in the House*

Book Information

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Safety & First Aid

Customer Reviews

"Throughout this reasoned yet cautionary text, the authors arm readers with critical information... Each sport receives the author's scrutiny as he calls for awareness, honest dialog, and meaningful change...his life-saving message should be mandatory reading for all those involved in kids' sports."
--Publishers Weekly

"Neurosurgeon Cantu offers parents, coaches and athletes an authoritative look at concussions...Cantu offers comprehensive research on post-concussion syndrome, second impact syndrome and chronic traumatic encephalopathy....a sober look at a substantial health risk for young and mature athletes."
- Kirkus Reviews

"Concussions have become the most important sports story of the decade, and there is no better person to read on the subject than Dr. Robert Cantu. This book comes along at a crucial time in our national conversation on the dangers of head injuries throughout American sports. It's a well-researched, riveting story that every coach and parent of a young athlete should read."
Christine Brennan, USA Today sports columnist, ABC News commentator, author of *Best Seat in the House*

"This is an important, cutting edge work, by the premier specialist in his field. If you watch sports, or if you have a young athlete in your family, you need to read this book. It gives the expression, 'seeing stars' a whole new meaning."
- Dan Shaughnessy, Boston Globe columnist and author of *The Curse of the Bambino* and *Senior Year*

"Much of the sports establishment wants players, and their parents, in the dark about concussions. This book shines the light."
- Gregg Easterbrook, football columnist, ESPN

"Bob Cantu and Mark Hyman have been long-time leaders in America, widely disseminating common sense information on concussions in younger athletes; an issue so serious and newsworthy, that it warranted front page headlines in major media outlets. With this book, Bob and Mark will not sugarcoat anything; it's a truly sobering reminder that even our children can have serious medical and life consequences. If your children or grandchildren participate in sports, please read this book; you'll agree with me afterwards that properly reflecting and acting upon its conclusions will give all these young athletes a better chance to become healthy and active adults."
- Bob Bigelow, Co-author, *Just Let the Kids Play* and former NBA First Round Draft Choice and Player

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Excellent. Since my husband is a retired professional football player, (10 yrs. w/the Raiders), and is diagnosed with Chronic Traumatic Encphalopathy, or CTE, I bought this book for our 3

grandsons and of course their parents (our two sons). Fortunately, 2 of our grandsons are excellent water polo players. One plays high school football. We've been to one game and that was 3 years ago. He graduates next year and doesn't plan to play college ball. Hooray! CTE brain damage is the result of repetitive head hits sustained in football practices and games. It's the practices, in the "old years", where the players wore their helmets 5-days a week for several hours maybe 4-5. New rules have changed that. My husband is diagnosed with "short term memory."

Thank you! Thank you! Thank you, Dr. Cantu for writing this book! It's an easy conversational read, yet comprehensive in its coverage of head safety issues in sports. As the parent of a high school soccer playing daughter, I am very aware of the risk of concussion in this particular sport. She's already had one. Readable information on the subject is hard to come by, and you've answered so many of my questions in this book that I will recommend it every time this subject comes up conversation with the other parents. I will pass it around to my friends. A short time ago, Taylor Twellman, whose story was outlined in the book, came to speak to my daughter's soccer club. It was extremely eye-opening for many of us there to hear him, and I'm grateful for his honesty. We need to take this subject matter seriously and become well-informed. After that talk, however, I still had questions about how concussions work and what we parents should do about it. This book has addressed them all. Thank you particularly for the directive to trust our instincts when we observe subtle changes in their mood, behavior, etc. Update: this book was so invaluable I purchased a copy for the high school sports coach.

Dr. Cantu explains in plain English the troubling evolution in our sports-driven culture, the resulting multiple concussions, what we all need to know to take positive action, and what the most productive first steps would be. I do mean "all" - it's going to take all of us to solve the concussion epidemic and save our future: coaches, parents, grandparents, PLUS sports officials, PLUS school staff, PLUS the kids. As the parent of a former post-concussion-syndrome Cantu patient, I can hear his melodious voice in the prose - just as clear as if you were sitting in his office at Emerson Hospital. (Journalist Mark Hyman, as co-author, seems to have been knowledgeable, sensitive and humble.) This book is a great read: the science, the physics, the anatomy, the healing and the policy issues. As a school board member, I bought copies for my colleagues. (The superintendant and AD were already on board). Armed with fundamental knowledge, fellow members could finally understand why it was so important that we limit the number of full-contact football practices at our

high school and reduce the total load of subconcussive blows in a season (which did indeed dramatically lower our concussion cases). Sports officials should read it. They need support for their courage when they make a decision to send a brain-injured player to the sidelines (in the face of irrational coaches, screaming parents and roaring fans). It's also a very useful book for school administrators, teachers, and counselors. When the doctor says "rest is best," he or she also might add, "testing is not resting." Schools need to consider their proper roles, with ready-to-go age-appropriate model "academic emergency plans" for brain-injured students. Finally many kids, from middle school on, can read it for themselves. They will come away not only prepared to help themselves, but also teammates who need support and empathy to care for themselves properly after an injury. On the other hand, this is not the book I would recommend first to parents or grandparents as their guide to dealing with their own students' concussions. If your child is involved in any sport, you must have a list of concussion symptoms on your refrigerator, ready to scan when the child isn't "himself." (Because even simple accidents can cause concussion: a rower might have a boat fall on her; a young swimmer can slip on the pool deck.) You must also have a guide which quickly prepares you for YOUR students' concussion. You need to be ready to properly support his or her recovery. So, you might look a bit further for a book that spends more time on signs, symptoms, suggestions for finding a local health professional knowledgeable in concussion (don't assume it's your local neurologist), and tips on a variety of helpful therapies for extended cases (like vestibular rehab for balance issues).

This publication shows why Dr. Cantu is without question the preeminent expert in not only the US, but also the world. He sites examples from his own research and his own practice. He is not afraid to tackle the tough questions and give the unpopular answers. Ex. Taking the heading out of soccer (until a certain age or a level of physical growth and maturation. I have worked with coaches, at all levels, for almost 40 years, and they have made strides as to how they look at concussions. Parents need to be exposed to Dr. Cantu and his expertise. Many do not give this issue enough credence until it is their child. Often this is too, too late; when a life or the quality of life has need taken. This is a major tragedy. As Jesse Ventura stated in the preface of Chris Nowinski's book 'Head Games', just a little education can prevent so much heartache. Dr. Cantu's book, and more importantly, the ideas expressed in it, can help this vision of reducing and/ or eliminating concussion a reality.

Very informative and the medical stuff is in plain English. I got this book for my legal writing paper for law school. I'm writing about Concussion Liability in Youth Soccer. This book added a lot of good

research. I needed something that was in plain English after reading the medical journals on concussions. Robert Cantu is one of the top neurologists in the country and he is up there with the team of experts that are studying concussion injury in sports.

If you have a child or are a healthcare provider seeking to increase your awareness of concussion/post-concussive syndrome, Dr. Cantu has written a very accessible source of information. Most people reading this book will be doing so out of desperation to answer questions and to help someone they love find their way to recovery. It is also an inspirational resource for an athlete struggling to endure the symptoms of concussion or post-concussion syndrome, a situation that can spiral out of control if not attentively addressed.

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