

FOR IMMEDIATE RELEASE:

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**NEXT WEEKEND THOUSANDS OF AUSTRALIANS
WILL GET CONCUSSED PLAYING SPORT.**

**AND IT WILL GO UNTREATED, UNDIAGNOSED,
UNREPORTED AND UNRECOGNISED.**

IT IS NATIONAL BRAIN INJURY AWARENESS WEEK

Every year in Australia more than 3,000 people are hospitalised after being concussed playing sport. Triple that number won't seek medical attention. And as many as ten times that number won't even report their concussion to teammates, coaches or family because they may fear being removed from play. Or they don't even know they're concussed. **Nine out of ten people hospitalised with concussion don't recognise the injury.** Returning to sport before the brain has recovered puts the player at risk of long-term brain damage.

"We just don't take concussion seriously enough in this country," says Sports Medicine Australia's Dr. Rob Reid, Australia's leading concussion educator. "As a result, ignorance is widespread. I reckon that most people still believe you've got to pass out to be concussed, or that wearing padded headgear is going to prevent a concussion. We urgently need a national concussion education program for everyone involved in sports – from administrators to coaches, from players to parents. That's why this year's Brain Injury Awareness Week is just so important."

For this year's Brain Injury Awareness Week, Brain Injury Australia wants everyone involved in sport to know the **"Five Rs" of concussion** - **R**ecognise the injury, **R**emove yourself from play, **R**eferral to a doctor, **R**est and then **R**eturn to play.

**For more information, or to arrange interviews with
Dr. Rob Reid, or Nick Rushworth, Executive Officer,
Brain Injury Australia, contact Nick on (0417) 373 622**