

## Post-Concussion Syndrome

### Overview

Post-concussion syndrome is the name given to the set of symptoms caused when your brain is injured by violently striking the inside of your skull (concussion). Car crashes, falls, or physical trauma to the head can cause concussions. You do not have to lose consciousness to have suffered a concussion.

### Symptoms

The symptoms of post-concussion syndrome include headaches, dizziness, problems with balance, loss of memory, and difficulty with thinking and mental processing. Concussion can also cause fatigue, insomnia, depression, anxiety, feelings of apathy, or irritability.



### How long it lasts

Usually, these symptoms resolve on their own over a short period of time. More severe concussions may cause post-concussion symptoms to last months or even a year. Extreme cases of post-concussion syndrome can be permanent.

### Treatment

There are several different types of treatment for post-concussion syndrome. Report the matter to a doctor quickly and follow the medical advice you are given. You may be referred for imaging or to a neurologist or other medical specialist who treats conditions of the brain.