



# Concussions and Our Kids: America's Leading Expert on How to Protect Young Athletes and Keep Sports Safe

*Robert Cantu, Mark Hyman*

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**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.**

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. Long believed by experts to be a silent epidemic, concussions are fast becoming the most dominating and important issue in all of sports. 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. He has treated thousands of patients who have experienced brain trauma, from high-profile professional athletes to peewees, including young boys and girls who play soccer, football, lacrosse, hockey, and other sports. And he is on the frontlines of groundbreaking research that is changing the way sports are played.

*Concussions and Our Kids* is the first prescriptive book of its kind to address the issue of head trauma in sports and provide preventive solutions to protect athletes and give guidelines for the way sports can be played safely. Dr. Cantu and sports journalist Mark Hyman have crafted a book that is part manifesto, part manual, explaining to parents and coaches what head trauma is, why it has become a focus of national attention, and why some practices in youth sports must change. They also outline the measures we can take to protect our children. Readers will learn:

- The signs and symptoms of a concussion
- Three concussion tests parents can give at home
- Concussions and what “rest” really means
- How concussions improperly treated can develop into post-concussion syndrome
- Why total brain trauma (not just the number of concussions) is a risk factor for chronic traumatic encephalopathy (CTE)
- Why helmets are no guarantee of safety
- Why concussions are prevalent in all sports, not just football and hockey

And more

Addressing what sportswriter Bill Simmons calls “the single most important issue in sports today,” this book is essential reading for parents, coaches, players, and all those interested in young athletes, their safety, and their future well-being.

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#### **Donna Sedillo:**

The experience that you get from Concussions and Our Kids: America's Leading Expert on How to Protect Young Athletes and Keep Sports Safe is a more deep you looking the information that hide in the words the more you get interested in reading it. It doesn't mean that this book is hard to be aware of but Concussions and Our Kids: America's Leading Expert on How to Protect Young Athletes and Keep Sports Safe giving you buzz feeling of reading. The author conveys their point in certain way that can be understood by simply anyone who read that because the author of this reserve is well-known enough. This specific book also makes your current vocabulary increase well. It is therefore easy to understand then can go along with you, both in printed or e-book style are available. We suggest you for having this Concussions and Our Kids: America's Leading Expert on How to Protect Young Athletes and Keep Sports Safe instantly.

#### **Theodore Stewart:**

A lot of people always spent their very own free time to vacation as well as go to the outside with them family members or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, or even playing video games all day long. In order to try to find a new activity that is look different you can read some sort of book. It is really fun for you. If you enjoy the book which you read you can spent the entire day to reading a publication. The book Concussions and Our Kids: America's Leading Expert on How to Protect Young Athletes and Keep Sports Safe it doesn't matter what good to read. There are a lot of folks that recommended this book. They were enjoying reading this book. Should you did not have enough space to develop this book you can buy often the e-book. You can m0ore simply to read this book out of your smart phone. The price is not too costly but this book features high quality.

#### **Mark Mata:**

People live in this new morning of lifestyle always make an effort to and must have the time or they will get lots of stress from both lifestyle and work. So , if we ask do people have extra time, we will say absolutely without a doubt. People is human not just a robot. Then we ask again, what kind of activity do you possess when the spare time coming to you of course your answer will unlimited right. Then ever try this one, reading ebooks. It can be your alternative with spending your spare time, typically the book you have read is actually Concussions and Our Kids: America's Leading Expert on How to Protect Young Athletes and Keep Sports Safe.

#### **Kara Hogan:**

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