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



"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.com

## Concussions and Our Kids

AMERICA'S LEADING EXPERT ON  
HOW TO PROTECT YOUNG ATHLETES  
AND KEEP SPORTS SAFE

ROBERT CANTU, M.D.  
AND MARK HYMAN



## 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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## Customer Reviews

Traumatic Brain Injury (TBI) is a clinical research interest of mine from a military standpoint. So when I saw this book listed on Vine from Robert Cantu, MD and dealing with concussions, I immediately ordered it. This review is for a pre-publication advanced copy, so there may be editorial changes to the final first edition. This book is not geared to the professional caregiver or scientist, but directly to parents and people who work with kids in athletics, both formally organized or not. The first few chapters deal with some background info on concussions and how they are defined and occur. Next come stories and commentary that distinguishes the traditional collision sports (e.g., football, boxing) from those sports that are considered non-collision. Basically, a concussion is serious however it occurs. I was amazed for example to learn that synchronized swimming has a problem with concussions because of swimmers hitting one another while doing turns and such. Soccer is another sport that causes concussions. I didn't really think about that before. Some of the others mentioned are tennis, cheerleading, baseball, wrestling, skateboarding, and more. While not written for professionals, there are lots of nuggets of useful information here for professionals who speak to the public regarding concussions / TBI. These nuggets of information are also here to educate kids, parents, coaches, trainers, etc. The next two chapters go into more detail about the brain injury itself and the end result. These are not overly technical, and are perfectly suited for the intended reader. Next come chapters on Myths, Moms and Dads, and After Concussions. The Myths chapter is nicely laid out with subheadings listing a myth and then the explanation behind it.

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