

In This Issue

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Concussion Signs
Concussion can present in a number of ways. This infographic describes common issues people experience after a concussion.

Physical: Headache, Dizziness, Fatigue, Nausea, Post-traumatic amnesia — can't recall injury, Sensitivity to light/noise, Hot feeling rested after sleep.

Cognitive: Difficulty learning new information, Can't keep up with conversations, Feel like in a "fog" — can't think clearly, Word finding problems, Slowed reaction times.

Emotional: More emotional than usual, Sad, Changes in personality, Anxious, Sleep cycle disturbed, Trouble falling asleep, More impulsive, Sleeping more, Sleep not as sound.

Toll-Free: **1-800-444-6443**
National Brain Injury Information Center

Brain Injury Association of America • 1608 Spring Hill Road • Suite 110 • Vienna, VA 22182 • 1-800-444-6443 • www.biausa.org

March is Brain Injury Awareness Month!

Do you know the signs of a concussion???

CONCUSSIONS & BRAIN INJURY FACTS

Brain injuries (also known as traumatic brain injuries, or TBIs) are very serious. Unfortunately, they occur more often than many people realize. TBIs range from mild to severe, but all are dangerous and can cause medical problems for years.

FALLS
Are the leading cause of brain injuries in the U.S. Half of traumatic brain injuries among children ages 0 to 14 years are caused by falls.

TBI rates are higher for Males than for Females.

Young adults and the elderly are the age groups at **HIGHEST RISK** for a brain injury.

March National Nutrition Month

Accelerated Health & Wellness Centre

Mission Statement

Our mission is to provide a positive and healthy environment to accelerate our patient's health by incorporating a wide range of health care services.

Patient Care Commitment

During your visit, our health care professionals will take the time to provide an accurate diagnosis and customized treatment plan to quickly return you to an active and healthy lifestyle. All our professionals specialize in manual therapy techniques and have expertise with Graston, Active Release Therapy (ART), Acupuncture and Dynamic Decompression. We stay up to date with the latest and most effective treatments, equipment, and products available to provide the best service possible.

Our services include:

- [Physiotherapy](#)
- [Chiropractic](#)
- [Vestibular Rehabilitation \(Vertigo and Dizziness\)](#)
- [Occupational Therapy](#)
- [Naturopathic Medicine](#)
- [Massage Therapy](#)
- [Concussion Management](#)
- [Laser Therapy](#)
- [Acupuncture](#)
- Spinal Decompression
- Osteopathy
- [Custom Orthotics](#)
- [Custom Sports Bracing](#)
- Medical Compression Garments
- Hot Stone Massage Therapy
- Nutritional Counseling

National Nutrition Month



Along with regular exercise, eating a balanced diet will help reduce the risk of chronic illness and increase longevity. With [nearly half](#) of Americans living with chronic diseases that are partially preventable through healthy lifestyle choices, it's crucial that employees are educated on how their food choices at work can affect them long-term. The risk for these chronic diseases – like obesity, type 2 diabetes, heart disease and cancer – can be significantly reduced through a balanced, healthy diet.

Besides disease prevention, positive eating habits and a nutritious diet offer other physical and mental health benefits, including:

Healthier heart. A diet rich in heart-healthy fats, whole-grains, lean protein, fruits, and vegetables will help lower blood pressure and LDL cholesterol levels while promoting optimal heart health.

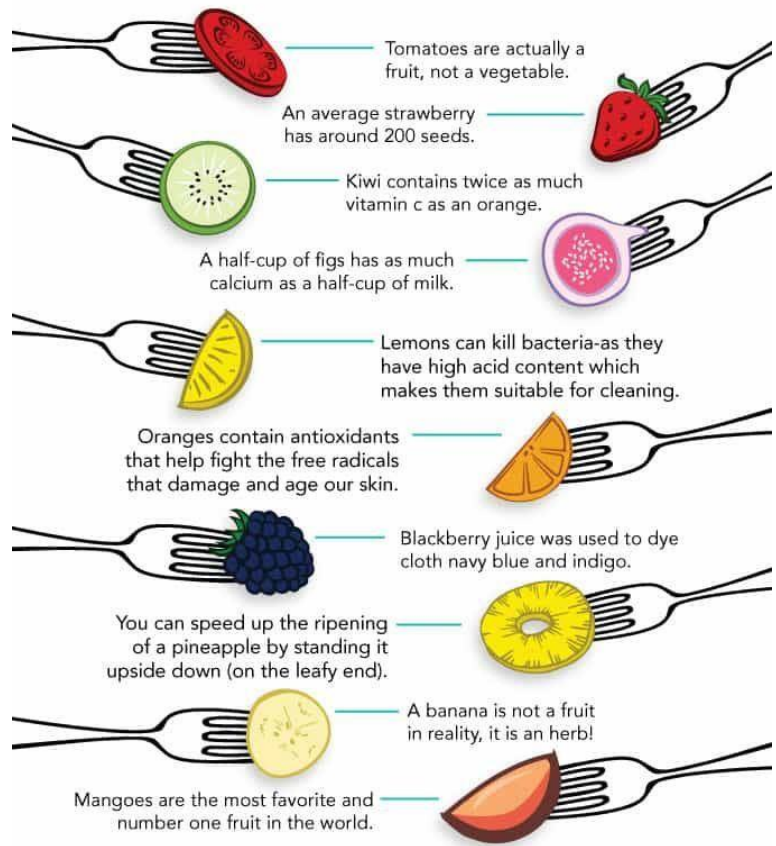
Better sleep. While fatty and sugary foods can make it difficult to fall and stay asleep, the nutrients found in many healthy foods promote quality sleep.

Increased energy. The vitamins, minerals and nutrients obtained from nutritious foods are essential for increasing and [maintaining energy](#) throughout the day.

Mental health benefits. [Research](#) found that healthy, balanced diets can significantly lower the risk of depression and help support mental and emotional well-being.

Stronger immune system. A balanced diet that includes healthy foods such as spinach, broccoli or yogurt, can [boost the immune system](#) and help reduce the chances of catching the common cold or flu.

Better brain function. Consuming a variety of nutritious foods boosts memory, concentration and overall brain function. Food choices also have a direct effect on [mood and attitude](#).



Contact Us:

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*Thank you for taking the time to read our Newsletter.
As always, go in good health!*