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Ahead of the Game

Rosemarie Scolaro Moser, Bill Pascrell



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Sports-related concussions, also known as mild traumatic brain injuries, have become a national epidemic. As many as 63 percent of high school students have already had at least one concussion, while another 500,000 children between the ages of ten and fourteen visit ERs for concussion annually. New research has shown that there is no such thing as a simple "bell-ringer," and that sending a child back on the field too soon puts his or her physical and emotional health at risk. Yet it is all too easy to miss the warning signs of concussion, or to encourage kids to "walk off" a potentially devastating injury. Ahead of the Game is the first book to give parents of school-aged athletes the tools they need to keep kids safe on the field, court, diamond, or rink. A pioneer in youth concussion research since the 1990s, this leading brain-behavior expert, neuropsychologist, and sports mom, Dr. Rosemarie Scolaro Moser, has worked with thousands of youth athletes, as well as professional sports teams. Dr. Moser explains:

- Helmets and mouth guards, even when properly fitted, cannot prevent concussion
- Concussions may negatively affect a child's GPA, school performance, and emotional behavior
- Girls are more vulnerable to concussion than boys
- State concussion laws may not be enough to keep kids safe

Ahead of the Game clearly lays out the basics of identification, management, and treatment of concussion in kids, and details the vital steps we can take to protect their most vital organ—the brain—before an injury occurs.

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From reader reviews:

Julian Loredo:

Playing with family in a park, coming to see the sea world or hanging out with good friends is thing that usually you might have done when you have spare time, after that why you don't try point that really opposite from that. 1 activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love Ahead of the Game, you may enjoy both. It is excellent combination right, you still want to miss it? What kind of hangout type is it? Oh can happen its mind hangout men. What? Still don't have it, oh come on its named reading friends.

Robert Doyle:

The book untitled Ahead of the Game contain a lot of information on the idea. The writer explains your girlfriend idea with easy way. The language is very clear and understandable all the people, so do not necessarily worry, you can easy to read the idea. The book was written by famous author. The author brings you in the new age of literary works. You can read this book because you can keep reading your smart phone, or program, so you can read the book with anywhere and anytime. If you want to buy the e-book, you can open up their official web-site as well as order it. Have a nice study.

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