



## SUMMA'S IMPACT<sup>®</sup> BASELINE CONCUSSION TESTING PROGRAM

**Schedule your team's baseline tests now!**

### Immediate Post-concussion Assessment and Cognitive Testing

The likelihood of concussion in a contact sport is estimated to be as high as 19% per season. While most athletes recover, a disturbing number experience Post-Concussion Syndrome, a host of chronic cognitive and neurobehavioral problems such as: headache; fatigue; sleep difficulties; dizziness; personality changes; deficits in short-term memory, problem-solving and academic functioning.

Proper concussion diagnosis and management is critical to an athlete's health, yet several factors make this difficult. Athletes' symptoms can vary widely or be so subtle as to go unnoticed. Because concussion is a metabolic rather than a structural injury, it does not show up on CT, MRI or EEG. Finally, athletes often minimize or deny their symptoms so they can return to play.

### Summa takes the guesswork out of concussion management

The Summa Center for Sports Health now offers ImPACT<sup>®</sup>, a concussion management instrument recognized by an international panel of sports medicine experts. Designed on a decade's worth of university research, ImPACT<sup>®</sup> is the most widely used

program of its kind in high school, collegiate and professional sports.

### Goal of the program:

To provide a baseline test for all contact sport athletes. This test provides a snapshot of the athlete's reaction time, attention, verbal and visual memory and processing speed. In the event the athlete sustains a concussion during their season, the athlete can then be post-tested providing more objective data regarding the athlete's readiness to return to play. It provides us to objectively evaluate an athlete's cognitive status to prevent the cumulative effects of a concussion.

### When:

Scheduled PRIOR to the start of their season; Minimum of one time during their high school career (good for all the sports that they participate in). Ideally during their freshman and junior years.

### Where:

Your school's computer lab or at St. Thomas Hospital. Requires internet access and one computer between each athlete during the test.

### Cost:

\$10 per student; checks made payable to Summa Health System

### Same day/next day appointments available

**Dr. Nilesh Shah, the Center's Medical Director, was the first certified ImPACT<sup>®</sup> consultant in this area.** He can provide ImPACT<sup>®</sup> testing and interpretation at either his Hudson or St. Thomas offices. Call (330) 379-5051 #4 for an appointment.

Dr. Jim Goff is also able to interpret and test athletes at the St. Thomas or Barberton office. Call (330) 745-8942.

Dr. Tom Bartsokas is also available to interpret and test athletes at the Hudson or Streetsboro offices. Call (330) 422-7820.

Summa Center for Sports Health can provide individual or team testing. Call 330-379-5356 to schedule pre-testing or for more information.

[www.impacttest.com](http://www.impacttest.com)



[www.summahealth.org/sportshealth](http://www.summahealth.org/sportshealth)