



Your Care is Our Cause

Collingwood General & Marine Hospital Foundation

Media Release – For Immediate Distribution
April 4, 2011

CGMHF Hosts Free Seminar Tackling Concussions

Collingwood, ON

As part of its ongoing commitment to healthy living and injury prevention, the Collingwood G&M Hospital Foundation's Education Advisory Committee will tackle one of the most controversial subjects in professional and amateur sport. "Concussions, Let's Take the Brain Injury Out of Play" is a **free** seminar dealing with the problem of concussions in young athletes "head on". The seminar will be held on Thursday, April 28th at 7:00 pm at the Collingwood Legion.

A panel of experts will discuss this very important and timely subject headlined by Carol DeMatteo. DeMatteo is an occupational therapist and associate clinical professor in the School of Rehabilitation Science at McMaster University.

Ms. DeMatteo recently wrote, "Despite the perception that concussions are benign, they are actually an injury to the brain that can leave patients with a severe headache, amnesia and sometimes a loss of consciousness. While most patients recover, concussions can have lasting effects. Some patients develop 'post-concussion syndrome,' a poorly understood complication that causes symptoms to last for weeks and sometimes months."

"Our study suggests that if a child is given a diagnosis of a concussion, the family is less likely to consider it an actual injury to the brain," DeMatteo said. "These children may be

sent back to school or allowed to return to activity sooner, and maybe before they should. This puts them at greater risk for a second injury, poor school performance and wondering what is wrong with them.”

The panel will also include Dr. Mark Quigg, Family Physician, Dr. Matt Distefano, Emergency Physician & downhill racing coach and Rhonda Lennox, Occupational Therapist & parent.

The seminar will be held at the Collingwood Legion on Thursday April 28, at 7:00 pm and doors open at 7:00pm

The G&M Hospital Foundation’s Education Advisory Committee’s (EAC) mandate is to provide community education initiatives to promote wellness and injury & disease prevention. The goal of the program is to provide to the community, the information they need to make knowledgeable lifestyle choices that will help to prevent illness and injury.

For further information and to book a seat please visit. www.cgmhf.com or call the Foundation Office at 705 444 8645.

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If you have any questions about this release, please contact Anna Benedict, Coordinator Community Education, Collingwood General & Marine Hospital Foundation at 705.444.8675

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