



**EXPERTISE IS
EVERYTHING FOR**

Concussion Management

We Are Leaders in Concussion Care

The **Concussion Management Clinic and Research Center** is a world-recognized center for research and innovation in the diagnosis, treatment and recovery of concussion and concussion-related trauma. Our research-based approach works to help patients return to their normal activities safely and more quickly, reducing recovery times and improving overall health outcomes.

Based at the Jacobs School of Medicine & Biomedical Sciences, the Concussion Management Clinic and Research Center continues to perform cutting-edge research into concussion, traumatic brain injuries and the symptoms of concussion-related illness, delivering comprehensive care for athletes and non-athletes in Buffalo and Western New York and actionable research findings for use of physicians around the world.



Concussions are treatable.

The UB Concussion Management Clinic and Research Center is a global leader.

The **Concussion Management Clinic and Research Center** provides evaluation and treatment for concussion and post-concussion syndrome. Our internationally recognized experts are the most experienced in Western New York for providing patients with sports-related concussion, Traumatic Brain Injuries (TBI) and various concussion symptoms (headache, nausea, dizziness, memory problems) through the development of research, care,

baseline testing, treatment and a safe return-to-activity (sport or work) program that fits the individual.

Our scientifically validated concussion treatment approach safely and effectively reduces symptoms and returns patients to their usual activities. Our exercise-based concussion protocol with computerized cognitive testing is carefully constructed specifically to each patient.

A concussion is a mild injury to the brain. The word 'mild' is used to distinguish concussion from the more severe brain injuries that are represented by days of unconsciousness and major motor and cognitive limitations. **Mild does not mean concussion can be ignored or not treated.** Concussion, like the more severe types of brain injury, result from external force which causes the brain inside the skull to move. The brain is more like a liquid than a solid so it is quite vulnerable to forced movement. The term 'concussion' is typically used in the context of sports; however, it can occur due to any traumatic event that causes force to the brain. A concussion leads to immediate symptoms like headache, dizziness, confusion or eye problems. The initial assessment of a suspected concussion in a sports setting

Along with many frequently asked questions you may have, below are some of the symptoms and risks to consider in relation to concussion.

- Amnesia (memory loss)
- Difficulty concentrating
- Dizziness or feeling off-balance
- Double or fuzzy vision
- Headache
- Loss of consciousness
- Trouble sleeping

Based on cutting-edge research developed at the University at Buffalo by John Leddy, M.D. and Barry Willer, Ph.D., our unique program is the most comprehensive for Western New York Buffalo Niagara concussion treatment.

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