

Quiz - *Just a Bang to the Head?*

1. Hard blows to the head
 - A. are not dangerous unless they result in a loss of consciousness.
 - B. are more dangerous for people who are older than for children.
 - C. result in brain damage that can be easily seen on brain scans.
 - D. are associated with symptoms such as memory loss and confusion.
2. The best method for determining whether someone has a concussion is
 - A. testing their coordination and mental ability.
 - B. studying their X-rays and brain scans.
 - C. counting how many blows to the head they had.
 - D. asking if they followed their coach's rules for safe play.
3. The cranium, meninges, and cerebrospinal fluid
 - A. cause twisting and shearing of nerve cells.
 - B. help to protect the brain from injury.
 - C. are brain regions involved in memory and consciousness.
 - D. may lead to headaches and seizures.
4. Most concussions occur when
 - A. the brain bounces violently against the skull.
 - B. a person loses consciousness.
 - C. a broken skull punctures delicate brain tissue.
 - D. a person is knocked unconscious.
5. Which part of the nervous system is most likely damaged with a concussion?
 - A. The prefrontal cortex
 - B. The medulla
 - C. The cerebellum
 - D. The spinal cord
6. The symptoms of concussions are most likely the result of
 - A. formation of new synapses.
 - B. twisting and tearing of axons.
 - C. increased myelin around neurons.
 - D. increased numbers of dendrites.
7. Damage to structure X is most likely to result in difficulties with
 - A. breathing and heart rate.
 - B. memory and concentration.
 - C. balance and coordination.
 - D. vision and hearing.
8. Brain injuries in children and teens may be more damaging because
 - A. the development of the myelin sheaths continues until adulthood.
 - B. they are more susceptible to depression and personality changes.
 - C. their neurons are dividing rapidly as their brains grow.
 - D. their cerebrospinal fluid has not developed yet.



9. In the week immediately following a concussion,
 - A. more oxygen and glucose is needed to repair damaged brain cells.
 - B. treatment is needed only if brain scans reveal brain damage.
 - C. headaches continue but other symptoms disappear quickly.
 - D. blood flow to the brain decreases.

10. A second concussion before total recovery from a first concussion
 - A. is rarely life-threatening.
 - B. is usually not a problem for fit and healthy athletes.
 - C. often leads to long-term brain damage.
 - D. is not a problem unless the first concussion is a severe one.

11. Following a blow to the head it is best to
 - A. rest and avoid vigorous physical activity.
 - B. return to normal activity.
 - C. see a doctor only if you were knocked unconscious.
 - D. see a doctor only if headaches persist for more than a month.

12. Symptoms of brain damage due to a concussion
 - A. may begin days or weeks after the concussion.
 - B. always include seizures, severe headaches, or loss of consciousness.
 - C. usually disappear with hours after the injury.
 - D. disappear more rapidly if an athlete returns to play immediately.

13. Which people are most likely to develop serious and long-lasting symptoms if they have a concussion?
 - A. Young children
 - B. Teen athletes
 - C. Adults
 - D. Elderly people

14. Which of the following statements about concussions is true?
 - A. CAT scans and MRI's usually do not indicate any abnormalities.
 - B. An individual who has had one concussion is more likely to have another concussion than a person who has never had a concussion.
 - C. An individual who has been knocked unconscious will suffer a worse concussion than someone who didn't lose consciousness.
 - D. An individual who wears a helmet cannot get a concussion.

15. A concussion may cause long-term changes in a person's
 - A. memory.
 - B. personality.
 - C. concentration.
 - D. All of the above