# **What is** Post-Concussion Syndrome (PCS)?

CONCUSSION & CTE FOUNDATION

## The definition

**Post-Concussion Syndrome (PCS)** is the persistence of concussion symptoms beyond the typical course of recovery. After a month of persistent symptoms, doctors may diagnose patients with PCS.

## Can you treat PCS?

Yes! A concussion specialist can refer you to a number of targeted therapies for PCS symptoms.

**Visit our Resource Center to find our PCS treatments list at:** ConcussionAndCTE.org.

## You are not alone

- **10% of high school aged** concussion patients will have PCS.
- **About 20% of other age group** and population patients will develop PCS.
- **There is hope.** PCS symptoms will not last forever. Most patients make a full recovery.
- **PCS is not the same as CTE,** which is a progressive, degenerative disease caused by repetitive head trauma. PCS is the persistent symptoms from a single concussion, and gets better with time and treatment.
- **PCS is real.** It is important to believe anyone who says they are experiencing persistent concussion symptoms.

## SYMPTOMS

### Physical

- Headache
- Dizziness
- Nausea
- Sensitivity to light and noise
- Blurry or double vision
- Fatigue

### Sleep

- Sleeping more than usual
- Trouble falling asleep

### Cognitive

- Short-term memory loss
- Trouble concentrating
- Difficulty multi-tasking
- Lack of focus
- Slow processing

### Mood & behavioral

- Anxiety
- Panic attacks
- Depression
- Irrational anger
- Increased sadness
- Irritability

**Learn more**

Go to ConcussionAndCTE.org or scan QR code