

ARE SPORT-RELATED CONCUSSIONS DIFFERENT IN MALE AND FEMALE ATHLETES

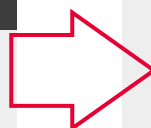


Yes, evidence suggests that concussions in male and female athletes are not the same!

Compared to male athletes, female athletes often exhibit:



number of symptoms
symptom severity
recovery times



Return to play may take longer for female athletes after a concussion



Did you know?

Girls are around

2X

more likely to sustain a concussion (Kerr et al., 2019) and have persistent concussion symptoms compared to boys (Zemek, 2021)



► PRELIMINARY EVIDENCE SUGGESTS THAT SEX-RELATED DIFFERENCES MAY BE DUE TO:



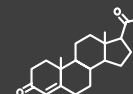
Biomechanics

Biomechanical differences (e.g., in the head neck-segment) may contribute to female athletes' increased risk of injury



Brain anatomy

Differences in brain anatomy (e.g., axon size) may contribute to female athletes' increased risk of injury



Hormone levels

Hormonal differences between male and female athletes may impact concussion recovery

More research is needed to fully understand how and why concussions differ in male and female athletes.

A sex-specific approach to concussion management and prevention is needed!

TIP

Women are more likely to report a concussion than men, but **concussion reporting in both groups remains low**. Challenging “play through the pain” and “win at all cost” attitudes may encourage more athletes to report a suspected concussion.

#HeadstrongCanada

For more information visit sirc.ca/concussion

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