



Concussion Is Brain Injury

Shireen Jeejeebhoy

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In the year 2000, Shireen Jeejeebhoy died. Shireen had been in a car accident, and although she had not physically died, the person that she had been was gone due to the resulting concussion. Many believe a concussion is a mild injury, when in truth it is a traumatic brain injury in which the brain bangs about inside the skull. And a concussion that does not heal, called post-concussive syndrome, requires years of rehabilitation.

Traditional rehabilitation involving strategies and rest was not enough for Jeejeebhoy. She wanted this hidden injury healed; she wanted the plethora of problems from it, especially the cognitive ones, treated. She wanted to return to society. And so began her long quest to find better treatment. In Concussion is Brain Injury, Jeejeebhoy shares this journey and her discoveries to give hope to those who have suffered from concussions and the people who care for them.

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