

# Concussion – an epidemic condition?



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# Concussion – epidemic?



- In Denmark optometrists experience a dramatic increase of patients with concussions.
- Smaller impacts has a higher consequence.

# Concussions – what have changed?



- Visual demands
- Food
- Radiation from electromagnetic devices
- Increased physical passive time
- Increased stress – long term and acute
- Increased toxic exposure

# Visual demands



- **Books** (500 years)
- **Television** (50 years)
- **Computers** (30 years)
- **Smart phones** (10 -15 years)
  
- **Electromagnetic radiation**
- **Increased physical passive time**

# Food



- More sugar and simple carbohydrates (11,000 years)
- Less Nutrients (50 year)
- Less fat (30 years)
- More toxins and additives. (constant increased exposure)
  
- Unbalanced microbiom
- Unbalanced mineral profile
  
- Increased inflammation

# Less movements



- More physical passive time.
- Less blood flow to the brain
- The brains Lymphatic System depends on the blood flow
- Build up of toxins

# Long term stress



- Energy/ stress ratio.
- Burn-out

# Acute stress



- Psychological stress – hormone reaction – biochemistry response and the effect on the brain.
- Acute stress response to sharp pain.

# Toxins



- Air
- Water
- Food
- Dental
- Cosmetics
- Pharmaceuticals

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