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## **PRESS RELEASE**

### **FOR IMMEDIATE RELEASE**

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### **SCCNJ Director is Co-Author of US CDC Guidelines and Systematic Review: *Improving Care for Children with Mild Traumatic Brain Injury***

**Princeton, New Jersey.** The Sports Concussion Center of New Jersey at RSM Psychology Center (SCCNJ) is excited to announce the publication of the new U.S. Centers for Disease Control and Prevention (CDC) *Guideline and Systematic Review on the Diagnosis and Management of Mild Traumatic Brain Injury Among Children* out today in the *Journal of the American Medical Association-Pediatrics*.

Dr. Rosemarie Scolaro Moser, neuropsychologist and director of SCCNJ, served as a co-author and subject matter expert on this exhaustive, comprehensive project that spanned over three years. In the process, thousands of research studies were reviewed and critiqued so that panel experts could develop a guideline that reflects the most up-to-date knowledge on the identification and treatment of mild traumatic brain injury in children.

Concussions, also referred to as mild traumatic brain injuries, have garnered much attention over the past two decades, especially as related to professional sports. Concussions occur when a strong force or blow to the head results in alterations in mental status or other physical, cognitive, emotional, and sleep symptoms. Symptoms can be short-lived or persistent, and significantly affect daily functioning. In adults, concussions typically resolve within a couple of weeks. However, children's brains appear to be more vulnerable to the effects of concussion, which results in a longer recovery time.

Dr. Moser, who is also one of the first group of 17 Fellows of the Sports Neuropsychology Society, praised the CDC and this landmark accomplishment: "The guidelines clinicians used for diagnosis and treatment of concussion were adult-centric. Those guidelines didn't make sense for younger brains. The new guidelines for children are based on the best scientific evidence we have, and they focus on the specific needs of children. This is a monumental occasion, and we have the CDC to thank for it. It was a privilege and honor working with my research colleagues in our workgroup."

The Sports Concussion Center of New Jersey at RSM Psychology Center, located in Princeton, New Jersey, provides comprehensive neuropsychological services, baseline and post-injury testing, and treatment for concussion and traumatic brain injury. The SCCNJ works with professional, amateur, young adult and youth athletes, as well as schools, teams, and sports organizations. Its motto is *Love your brain...Love your sport!*

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