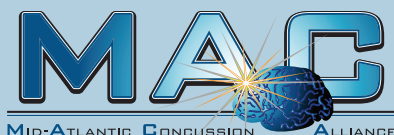


When to Seek Help?

- Headaches, dizziness, fatigue, fogginess and other symptoms lasting more than 3-5 days after Injury.
- You return to school, sports or work and the symptoms persist or worsen.
- Cannot tolerate car travel or crowds.
- Ongoing sensitivity to light and noise.
- Brain rest instructed by your primary care physician does not resolve symptoms.
- Screen time and reading cause headaches.
- Takes longer to do tasks at work, home or school.



MAC Offices in Delaware

Bear: 1st State Physicians – 12 Fox Hunt Rd. Phone: (302) 836-6150

Bear: Comprehensive Accident and Injury Center: (877) 577-6926

Claymont: Next Century Medical: 1400 Phila. Pike (302) 235-8808

Dover: At Southside Family Practice (302) 735-1880

Hockessin, DE: At MAC Concussion Care - 5936 Limestone Rd.,

Suite 301B, Hockessin, DE 19707 (302) 235-8808

Middletown: At First State Family Practice - Phone: (302) 378-5494

Phoenix Rehabilitation and Health Services - Work Place

Dover, DE (302) 672-0293

Seaford, DE (302) 404-5613

Georgetown, DE (302) 858-5101

West Fenwick Island, DE (302) 988-2294

Milford, DE (302) 725-5720

Wilmington, DE (302) 764-2008

Newark, DE (302) 533-5313

MAC Offices in Pennsylvania

West Chester, PA: At MAC Concussion Care - 839 Lincoln Ave. #3

West Chester, PA 19380 (302) 235-8808

AFC Urgent Care

Aston: (610) 228-0707

Narberth: (484) 424-0165

Downingtown: (610) 518-1060

Philadelphia: (215) 977-4820

Phoenix Rehabilitation and Health Services Work Place Health +

Easton, PA (610) 252-6967

Mansfield, PA (570) 662-2317

Elverson, PA (610) 286-0977

Mifflintown, PA (717) 320-5108

Elysburg, PA (570) 221-6312

Mount Lebanon, PA (412) 429-9775

Etters, PA (717) 212-9229

Natrona Heights, PA (724) 224-5090

Fleetwood, PA (484) 577-4410

Phoenixville, PA (610) 917-0725

Gratz PA (717) 365-5088

Pine Grove, PA (570) 915-4160

Hamburg, PA 484-660-3139

Richland Township (814) 266-1974

Harleysville, PA (215) 256-6740

Royersford, PA (610) 948-8680

Harrisburg, PA (717) 216-8699

Scottdale, PA (724) 542-9702

Hazleton, PA (570) 455-7108

Sellersville, PA (215) 257-3900

Horsham, PA (215) 646-2064

St. Mary's, PA (814) 834-1190

Johnstown, PA (814) 266-1974

State College, PA (814) 278-1912

Kingston, PA (570) 718-0933

Sunbury, PA (570) 286-0100

Kittanning, PA (724) 543-6452

Trooper, PA (610) 666-1702

Latrobe, PA (724) 537-2784

Watsonstown, PA (570) 538-1488

Lehigh Valley, PA (610) 377-5845

West Chester, PA (484) 887-0542

Lewisburg, PA (570) 768-4562

Wilkes-Barre, PA (570) 829-0539

Yardley, PA (215) 493-1889

MAC Offices in New Jersey

Paramus, NJ - Physical Therapy Now (201) 254-7144

AFC Urgent Care

Clementon, NJ -2001 College Dr. #11 (856) 566-3333

Pennsauken, 6630 S. Crescent Blvd (856) 665-1010

Sewell, 75 Hurffville-Cross Keys Rd B, (856) 553-6611

Williamstown: 165 S. Black Horse Pike (856) 516-4700

MAC Offices in Maryland

Phoenix Rehabilitation and Health Services - Work Place Health +

Columbia, MD (443) 917-2951

MAC Offices in Virginia

Phoenix Rehabilitation and Health Services - Work Place Health +

Goochland, VA (804) 556-0539

Richmond, VA (804) 366-7396

Norfolk, VA (757) 937-8642

Smithfield, VA (757) 542-3586

**For Appointment or Telemedicine
Call... 302-235-8808**



MID-ATLANTIC CONCUSSION ALLIANCE



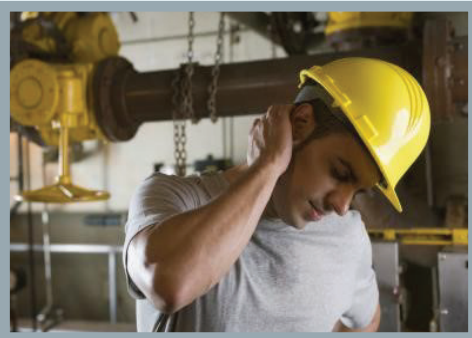
Comprehensive MAC Concussion Centers

- Utilize ImPACT and Cambridge Brain Sciences neurocognitive testing systems.
- Bring the latest University of Pittsburgh Medical Center (UPMC) technology to treat concussions in your community.
- Provide start to finish concussion care and **Telemedicine** for patients of all ages.



www.MacConcussion.com





Facts About Concussions: *Why the Big Fuss?*

- More than 4 million occur annually.
- Occur from acceleration/deceleration forces without even hitting your head.
- Regardless of severity, cannot be seen on a CAT Scan or a MRI.
- Rates are increasing, especially among middle school athletes.
- Not always an athletic injury... can be from a motor vehicle accident, a work injury, a fall or any daily mishap.
- If untreated, can lead to a higher risk of a second concussion.
- If a second concussion occurs before the first one is resolved, it can lead to permanent cognitive deficits. In rare cases, swelling of the brain and possible death can occur (*Second Impact Syndrome*).
- Go to www.MacConcussion.com to see a very informative 18 minute video from UPMC and University of Alabama. Click on **"Concussions - Know the Facts"** at the bottom of the home page.

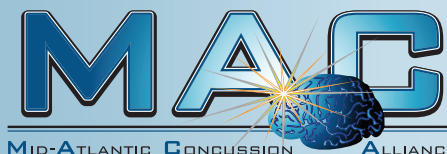
MAC Concussion Centers: *What to expect?*

- Each Visit will include a thorough evaluation by our medical staff including an intense vestibular challenge exam (VOMS) plus an EyeGuide infrared eye tracker.
- Repeat ImPACT or CBS testing to assist the highly trained MAC staff in following the patient's cognitive recovery.
- All results will be reviewed with and explained to the patient and family.
- A detailed plan will be developed to safely return to school, work, sports and exercise.
- 5 Stage UPMC Concussion Recovery Program & Vestibular Rehabilitation will be utilized by a local licensed physical therapist.
- All centers offer Telemedicine visits.



Technology - What's New?

- ImPACT Neurocognitive Testing: FDA approved for ages 5-70. Used by U.S.A. Armed Forces, college and professional sports. www.ImpactTest.com
- Cambridge Brain Sciences: Less intense cognitive test for ages 18-85, that can also predict ADD/ADHD post concussion. www.cambridgebrainsciences.com
- EyeGuide Infrared Eye Tracker: Allows 10 second portable baseline testing before injury and quick 10 second evaluation after injury in the field. Follows concussion recovery step by step. www.eye.guide
- Right-Eye Infrared Technology: Extensive FDA approved infrared tracking of eyes post concussion. Evaluates the brain's control of the eye muscles by tracking Pursuits, SACCADDES and Fixations of the eye's pupils. www.righteye.com
- BrainScope - EEG Technology: FDA approved, military grade EEG that can determine permanent structural brain injury after a concussion. www.brainscope.com



www.MacConcussion.com
For Appt. or Telemedicine, Call...

302-235-8808