


Spartanburg Resident, Brooke Mills, Continues to Promote National Concussion Day.





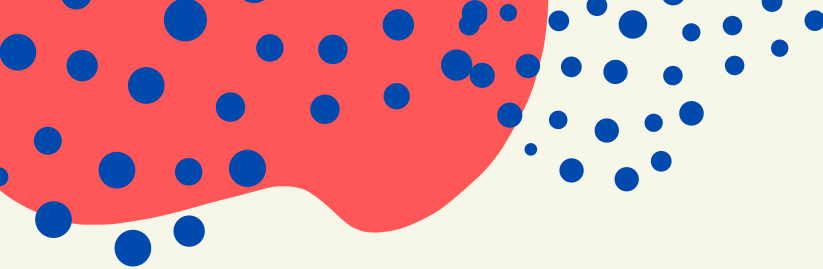


Brooke Mills currently resides in Spartanburg where she is a graduate student at Sherman College of Chiropractic. At 22, the Concord, NH, native has already turned a high school incident into a national mission by establishing the National Concussion Awareness Day in 2016.

“I was kicked in the head in gym class when I was a freshman in high school,” said Mills. “I was knocked unconscious and suffered from years of memory loss, headaches, light sensitivity, vertigo, mood swings, depression, and eye tracking issues. Many of these symptoms did not resolve until 5+ years after my injury.”

Mills, who has a Facebook and social media presence, has partnered with the Brain Injury Association of America as well as the Brain Injury Association of S.C. to promote brain injury awareness. When she was diagnosed with a concussion, she said no one knew how severe the injury would be.





“I lost weeks of school. Unfortunately, I had no baseline testing, so I was cleared to return to activities before I was fully healed,” said Mills, the soon-to-graduate doctor. “Academics became extremely challenging; many of my teachers did not know how to make the appropriate accommodations for Post-Concussion Syndrome. Over a year later, although improved, I continue to have post-concussion headaches and memory issues causing me to struggle to be the “A” student I was prior to my brain injury.”

Mills also shared that since moving to the Palmetto State, the Brain Injury Association of S.C. has helped her to reach a larger audience with a greater impact for National Concussion Awareness Day (National Concussion Awareness Day | Facebook). “I have a mission to share my story and help others thanks to the national and state associations.”

