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### Brain Train Archives Available

**May 13th 2014: Concussion Awareness with Tracy Yatsko**

Tracy Yatsko is passionate about raising awareness on concussions in youth sports. Her concussion story should NEVER happen to another youth athlete. By hearing her story, hopefully coaches, parents, and athletes will take the right steps in protecting their athletes, children, and selves from future damage. Concussions should stop being a "scary" topic that make parents fear of putting their children in sports. However, this is only the case if people are well informed and can take proactive steps, and not reactive.

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### Featured Guest



#### Tracy Yatsko

Tracy Yatsko is a 26 year old Concussion Awareness Advocate from Tamaqua, Pennsylvania. Tracy suffered a concussion during one of her high school basketball games that lead her on a journey of painful disabling migraines for 8 long years. Her doctors were unsure of how to treat her which caused her to be in and out of hospitals, seeing numerous doctors from neurologists to chiropractors to physical therapists until she recently found Dr. Pedro, a chiropractic nuerologist in Rhode Island. The past few years she has become an advocate for sports related concussions. Her story has been featured on NBC10, PBS, and her video from the Center for Disease Control is now watched by all coaches in th

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