

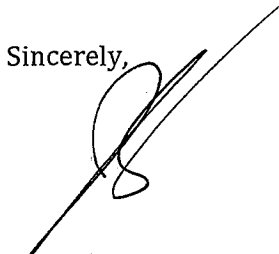
Jenna Sneva

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House Health Care Committee
Attn: Chairperson Mitch Greenlick
Salem, Oregon

I am Jenna Sneva, I was an athlete my whole life till my brain injury wouldn't allow me to do my sports any longer. I was a varsity athlete all through high school and played different club sports during my youth. I was in my first year of college when I ski raced for a national championship and won. 8 months later I was diagnose with post concussion syndrome and now deal with traumatic brain injury on a daily basis, because no one really cared if you hit your head hard and didn't know what the consequences are for a concussion. When I won the ski race for skier cross in the championship, I knew that was what I wanted in life. When I had off-season training, I was so excited to be skiing that winter. But after many months of painful migraine, a doctor finally told me that it was post concussion syndrome that was causing me to have horrible migraines and failing out of college with nine credits. The only good news was that there was a reason for all the pain and suffering. But being told that I was no longer allowed to do any sports that would risk hitting my head and that was every sport I was in. That crushed me to an emotional pain I would never be able to explain. And when I thought that doctors appointment couldn't get worse, there was a chance that my symptoms of not being able to do school work and the devastating pain in my head would never go away because of how bad my brain was damage from past concussions. One more serious hit to the head could put me in coma, if I am lucky. This diagnoses was preventable, but no coaches, referees and parents were educated in concussion. My life would be different right if I were pulled out of practice and the games to be checked out by a medical professional. I went through a lot of emotional and physical pain. No other individual, let alone kids should have to suffer the fate that I have for something that is preventable and easy to evaluated, but the reality is that the coaches and referees often times do not learn the dangers on their own, they need a push. I believe this bill will save many athletes like myself that was going to go professional. Only I will not have the honor of this bill protecting me but it would for thousands more. I am fine to sacrifice my outcome to save many more children.

Sincerely,



Jenna Sneva