

CTE and Sports

Frequently people associate Chronic Traumatic Encephalopathy or CTE, as they know it, with older ex-football players. But what if I told you, it wasn't just found in the elderly and not just football players were affected? Two studies were conducted which disproved these very popular theories. The first study was done in 2012. This study tested a group of high school football



players to see what the effects of repeated head trauma throughout the season would have on the players, not only physically, but psychologically. The scientists in charge tested the students for a baseline and then hooked them up to a monitor which would track them throughout the season. Every week they tested the kids to see the changes based on things which would occur, such as, concussions. The kids were then divided into groups based on whether or not they had been diagnosed with a concussion or showed any impairments. After their findings, they discovered it did not matter whether a player had been diagnosed with a concussion or if they showed signs of impairment because all the kids tested relatively the same regardless of injury. All of the student

athletes tested lower on their tests throughout the season. (Breedlove, E. L., Robinson, M., Talavage, T. M., Morigaki, K. E., Yoruk, U., O'keefe, K., . . . Nauman, E. A. (2012))



The second study conducted was completed in 2014, it reviewed 153 cases in which CTE was diagnosed in the patient. The subjects were then placed into different categories based upon which physical activity they partook in during their

life time. Of the 153 cases; 45.1 percent were boxers, 41.2 percent were football players, 3.3 percent were hockey players, 3.9 percent were military veterans, 2 percent were wrestlers, and 4.6 percent were unknown (Maroon, J. C., Winkelman, R., Bost, J., Amos, A., Mathyssek, C., & Miele, V. (2015)). CTE does not care about how old you are, it does not care what sport you play, it does not care about the lifestyle you live. It can affect any one. Knowing about this and understanding the disease, as well as, taking proper safety measurements during activities can help prevent this disease and save the lives of many.