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BrainWaves

THINKFIRST CANADA

A CHARITABLE ORGANIZATION DEDICATED TO BRAIN AND SPINAL CORD INJURY PREVENTION

www.thinkfirst.ca

ThinkFirst Pensez d'Abord Canada and the CFL Alumni Association To Tackle Brain Injury



Post-concussion syndrome in professional athletes: A new multidisciplinary study, 2010

The CFL Alumni Association, ThinkFirst Canada and top researchers (Krembil Neuroscience Centre, Toronto Western Hospital, and research centres at the University of Toronto) are launching a study that will provide a basic understanding of the long-term impacts resulting from repeated concussion. This study not only has the potential to influence public health and clinical practice, but also to guide the

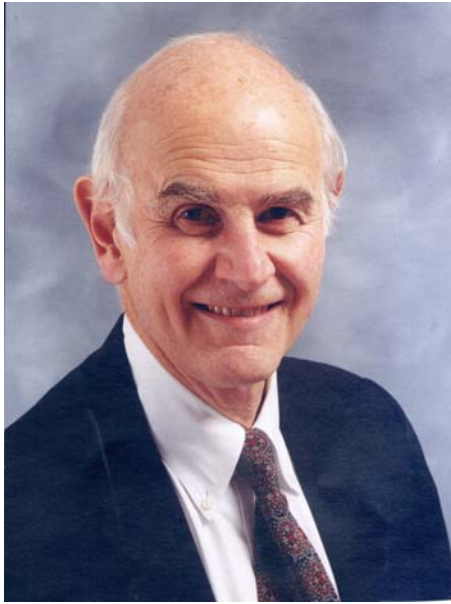
prevention of brain injury due to concussion in sport.

Concussions are injuries to the brain that can be sustained in sports such as football and hockey, and may also result from other incidents such as motor vehicle collisions, falls, workplace hazards and assaults.

The long-term effects of repeated concussions are not well understood, but anecdotal evidence suggests that in some cases, multiple concussions can give rise to dementia.

The research team proposes to investigate the possible link between repeated concussions and deterioration of brain function. Towards this goal, we will recruit retired professional football players who have a history of repeated concussions. We will assess neurological, neuropsychological/psychiatric and psychosocial function, as well as abnormalities in brain anatomy and function using MRI. We will compare these findings with data obtained from healthy, age-matched control subjects, as well as football players who did not sustain repeated concussions (e.g., kickers). Additionally, this study launches an infrastructure to enable participants who wish to will their brains for neuropathological evaluation performed at autopsy. This will enable us to examine the underlying pathology of repeated concussions. Neurological, cognitive, psychosocial, imaging, and pathological documentation of the long-term effects of repeated concussions will provide the impetus for injury prevention, and also help us to better understand the patient's long-term medical and supportive care needs, as well as guidance for therapy.

To do this research and to fund related prevention efforts we need your help. Please read on and donate!



Dr. CHARLES TATOR, C.M., M.D., Ph.D, F.R.C.S
FOUNDER, THINKFIRST CANADA

In 1992 renowned neurosurgeon, Dr.

Dr. Charles Tator, Founder of ThinkFirst Pensez d'Abord Canada

Charles H. Tator, founded the ThinkFirst Foundation of Canada, an organization whose mission is to reduce the incidence of devastating brain and spinal cord injuries in Canadian children and youth. As a result of Dr. Tator's vision, ThinkFirst is now considered a leader in its field and continues to bring public awareness to the epidemic of preventable injuries.

ThinkFirst encourages children and youth and those who care about them to be active and safe. ThinkFirst advocates for proven injury prevention strategies including helmet use. At the heart of ThinkFirst are Chapters that stretch across the country. ThinkFirst's

injury prevention message is promoted through award winning and evidence based programs, including TD ThinkFirst for Kids, sport programs, schools, community presentations, concussion education and with the help of VIPs (Voices for Injury Prevention), a dedicated group of injury survivors who share the message of injury prevention. ThinkFirst offers concussion education and awareness campaigns, and sport-specific programs focusing on safe play techniques in hockey, soccer, diving, skiing, and other activities.

We look forward to working with the CFL Alumni Association to further prevent injuries.

ThinkFirst: Brain Injury Prevention

Concussions are brain injuries caused by the impact to the head or other part of the body. The impact causes damage that changes how brain cells function, leading to symptoms that can be physical (headaches, dizziness), cognitive (problems remembering or concentrating), or emotional (feeling depressed). A concussion can result from a blow to the head or body in any number of activities including receiving a check in hockey, falling from a jungle gym, a motor vehicle collision, in the workplace or slipping on an icy sidewalk.

A concussion is a common injury, but

since they cannot be seen on X-rays or CT scans, they have been difficult to fully investigate and understand. Fortunately, there have been many important advances in our knowledge of concussions, including how to identify, manage, and recover from a concussion. Although concussions are often referred to as "mild traumatic head injuries" and often resolve uneventfully, ALL concussions have the potential for serious and long-lasting symptoms and so must be treated carefully and in consultation with a physician.

Learning About Concussion—
thinkfirst.ca before you play—and
before you return to play too
On thinkfirst.ca you'll find information and resources to help you learn about concussions, their symptoms and signs, and what to do if you suspect you or

someone you know has a concussion. There is also useful information for physicians, parents, sport coaches and trainers about how to recognize, manage, and recover from a concussion. This information was developed with leading neurosurgeons, therapists, family and sports physicians, neurologists and risk management experts that compose ThinkFirst's Concussion Education and Awareness Committee.





ThinkFirst Canada / CFL Alumni Association— Research and Prevention Program Development Fund

ThinkFirst is recognized as a Canadian leader in injury prevention. We promote safe play and safe sport, perform research in injury prevention, and enhance public awareness about safety. We have been successful due to the passion, dedication and commitment of our staff, Board members, and also our army of volunteers.

ThinkFirst's work is not done; injury remains the leading cause of death for young Canadians and more than half of these deaths are from brain injury.

We look forward to working with the CFL Alumni Association to initiate research and prevention activities.

It would please us greatly if you choose to support this worthy project. We are confident that we have had a real impact on reducing death and preventing disability among children and youth, and with your help we can do more. Reaching one kid really can make a difference. **The best defense against injury is prevention – it's the only cure.**

Yes, I wish to contribute to the *ThinkFirst Canada / CFL Alumni Association Brain Injury Research and Prevention Program Development Fund Campaign!*

Donor Name (as it should appear on official charitable tax receipt for income tax purposes) :

Address: _____

City: _____ Province: _____ Postal Code: _____

Phone: _____ Email: _____

I would like my donation to remain anonymous.

Donation:

\$500 \$1000 \$1500 Other _____*

*Donations \$20.00 or more will be receipted

Method of Payment:

Secure online donation through www.CanadaHelps.org, including gifts of securities.

By Cheque made payable to the **ThinkFirst Foundation of Canada**

By VISA Card # _____, Card Expiry _____ / _____

I reserve the right to renegotiate the conditions of this pledge should our circumstances change. In the event that this occurs, I will inform the ThinkFirst Foundation of Canada in writing.

Signature: _____ Date: _____

Please detach lower portion and return completed form to:
ThinkFirst Foundation of Canada, 750 Dundas St W, Suite 3-314, Toronto, ON, M6J 3S3
Charitable Registration # 13927-4302-RR0001

The Sport Concussion Research Team

Richard Wennberg, MD, FRCPC, is a neurologist and PI of this project. He will act along with Dr Charles Tator as team leader and coordinator of the study. He will also offer in-depth neurological evaluation of the participants.

Charles Tator, MD, PhD, FRCPS, is a neurosurgeon and Founder of ThinkFirst Canada, a brain and spinal cord injury prevention foundation. He is a Professor and Former Chair of Neurosurgery at the University of Toronto and Toronto Western Hospital. He is the Project Leader of the Krembil Neuroscience Centre Sports Concussion Project. He will provide leadership to the group during the work on this grant, and will be involved in the recruitment and clinical assessment of participants. He has had numerous publications and research grants in the field of neurotrauma.

Lili-Naz Hazrati, MD, PhD, FRCPC is a full time neuropathologist at UHN and a CIHR-Clinician scientist at the Center for Research in Neurodegenerative Diseases. She will provide with neuropathological examination of brains with history of concussion. In this study, she will focus on the study of controls to evaluate CTE in patients without any history of concussion.

Anthony Feinstein MD, PhD, FRCPC. Professor of Psychiatry at the University of Toronto and Director of the Neuropsychiatry Program at Sunnybrook Health Sciences Centre. I will provide the neuropsychiatry expertise for the proposed study.

Robin Green, PhD, CPsych is a clinical neuropsychologist and Canada Research Chair (Tier 2) in traumatic brain injury who will oversee neuropsychological assessment and provide support on diffusion tensor imaging, experimental design and data analysis.

Karen D. Davis, PhD is a neuroscientist who will provide expertise in the MRI brain imaging component of the study. Dr. Davis is the Head of the Division of Brain, Imaging and Behaviour – Systems Neuroscience in the Toronto Western Research Institute.

Michelle Keightley, Ph.D., C.Psych is a clinical neuropsychologist who will provide expertise in the field of neuropsychological evaluation of sports-related concussions. Dr. Keightley is the head of the Brainfit Lab and an Assistant Professor in the Departments of Occupational Science & Occupational Therapy, Graduate Department of Rehabilitation Science and Psychology at the University of Toronto.

Sophie Soklaridis, PhD is a medical sociologist at the Toronto Western Hospital and will provide qualitative research expertise in study design, data collection, data analysis and report writing.

J. David Cassidy, PhD, DrMedSc is an injury epidemiologist and will provide expertise in study design and data analysis. He is a senior scientist at the University Health Network and a professor in the Division of Epidemiology at the Dalla Lana School of Public Health at the University of Toronto.

David Levy, MD, MD, CCFP, Dip. Sport Med, Dr. Levy has been the team physician to the Hamilton Tiger Cats Football Club of the Canadian Football League for 35 years and will provide invaluable hands on physician perspective and experience

Leo Ezerins is the Executive Director of the Canadian Football League Alumni Association. He will help facilitate interactions with retired football players and give the research team advice from the players perspective.

Norman Hill, MD, FRCPS is a neurosurgeon and retired Winnipeg Blue Bomber football player. He was Head of Neurosurgery at the University of Manitoba. He provides expertise in the management of concussions and facilitates relationships with retired players.

Peter St George-Hyslop, MD, FRCP(C) is a renowned neurologist and molecular geneticist and is a university professor in the Department of Medicine, Division of Neurology, and Director, Tanz Center for Research in Neurodegenerative Disease, University of Toronto and Director - Toronto Western Research Institute. His pioneering genetics research into the susceptibility and neurodegeneration of Alzheimer's disease created a major impact on this field and has established him as a leading international authority.

ThinkFirst Pensez d'Abord Canada Prevention Team

Rebecca Nesdale-Tucker, BA, MSW is the executive director for ThinkFirst Foundation of Canada. Her previous work experience includes health research, policy and program development for federal and provincial governments, managing volunteer programs, outreach, advocacy and government relations.

Paula Tymchyshyn, BA is the National Program Coordinator for ThinkFirst Canada. She coordinates all aspects of The ThinkFirst for Kids Program.

Deirdre Dimitroff, BSc is the National Program Coordinator for ThinkFirst Canada. She coordinates all aspects of ThinkFirst Brain Day.

