

INTERVIEW #2

9/29/18

*Dr. Steven Kumar

- Neurologist specializing in headaches
- Brain Injury Expert
- NFL Concussion Program
 - ↳ lots of research done
 - ↳ many former NFL player patients
- Direct goal → focus on proactive protocol

*CONCUSSIONS

- caused by traumatic brain injury (TBI)
- leads to headaches / memory + concentration problems
 - ↳ can lose consciousness
- SPORTS ↳ ↳ very culprit... esp football

*HEADACHES

- many different types (4)
 - sinus
 - pain behind browbones cheek bone
 - cluster
 - pain around eye
 - tension
 - pain = squeezing... around head
 - MIGRAINE
 - pain, nausea, visual changes

many people miss diagnosis

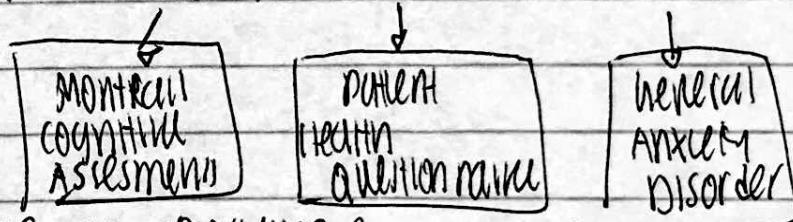
* important (1) doctor to not we patient's "migraine"
(2) final sum... must diagnose yourself

in order to stop headaches pain
• nerve blocks can be performed
• at hospitals... done by anesthesiologists

research presentations

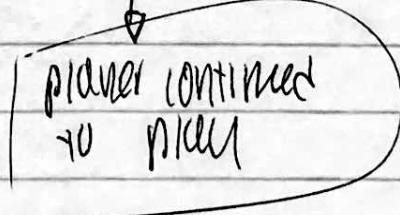
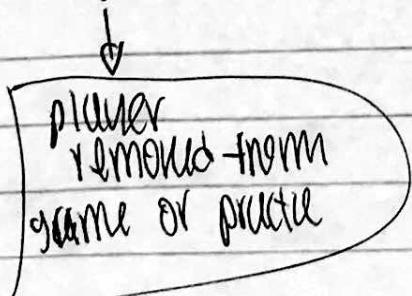
the effect of multiple concussions on anxiety & depression
in active NFL players

- retrospective analysis performed
- 86 retired NFL players
- in order to diagnose... MOCI & PHQ-9 & HAD-7 used



study looked @ age vs concussion
sections played vs concussion

SIGNIFICANT VS NONSIGNIFICANT CONCUSSION



- many concussions are not reported
 - so this study has even further implications

CONCLUSION

- 73% of studied NFL players showed mild to severe symptoms of anxiety & depression
 - ↳ 10x of normal male pop (8-10%)
- 80% of male "macho" stigma
- Many football players do not report



CTE Disease

- Chronic traumatic encephalopathy (CTE)
- based on the environment (concussion)
- and = factor
 - ↳ dep of number of seasons played

can also lead to Alzheimer's and ALS

↳ caused by amyloid plaques