

Interview #2

9/29/18

* Dr. Suresh Kumar

- neurologist specializing in headaches
- Brain Injury expert
 - NFL Concussion Program
 - ↳ lots of research done
 - ↳ many former NFL player patients
- direct goal → follow on proactive protocol

* Concussions

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

* Headaches

- many different types (4)

- sinus

- pain behind browbone/cheekbone

- cluster

- pain around eye

- tension

- pain = squeezing... around head

- ~~is~~ • migraine

- pain, nausea, visual changes

many people misdiagnose

* important as doctor to not use patient's "mimicry"
as final sign. must diagnose yourself

- ↓
- * in order to stop medication pain
 - nerve blocks can be performed
 - at hospital... done by anesthesiologists

Research Presentations

The effect of multiple concussions on Anxiety & Depression
in Retired NFL players

- Retrospective analysis performed
- 86 Retired NFL players
- in order to diagnose... MoCA & PHQ-9 & HAM-D used

↓
Montreal
Cognitive
Assessment

↓
Patient
Health
Questionnaire

↓
General
Anxiety
Disorder

• study looked @ age vs concussion
seasons played vs concussion

significant vs nonsignificant (concussion)

↓
player removed from
game or practice

↓
player continued
to play

* many conclusions are not reported

• so this study has even further implications

CONCLUSION

• 73% of studied NFL players showed mild to severe symptoms of anxiety & depression

↳ 10% of normal male pop (8-10%)

* Nic of male "macho" stigma

• many football players do not report

CTE Disease

• chronic traumatic encephalopathy (CTE)

• based on the environment (concussion)

• age = factor

↳ dep of number of seasons played

↓
can also lead to Alzheimer's and ALS

↳ caused by amyloid plaques