

BRAIN HEALTH SERVICE

The Institute of Sport, Exercise and Health (ISEH) was formed in 2013 as a partnership between UCLH (University College London Hospitals, NHS Foundation Trust), HCA Healthcare UK, UCL, the English Institute of Sport and the British Olympic Association, combining the leading minds in the healthcare, research and education sectors. As an internationally recognised centre for concussion expertise, the ISEH provides care to the world's best athletes in a wide range of sports.



**THE ISEH ARE
WORLD-RENOWNED
SPECIALISTS IN
SPORT AND EXERCISE
MEDICINE**

EXPERTS IN BRAIN INJURY AND ITS CONSEQUENCES

The ISEH Concussion Clinic offers world-leading care to athletes with concussion-related issues. We have established a multimodal pathway leading to an individualised management plan that can be implemented effectively through multidisciplinary therapists and primary care providers.

EXPERTS IN MANAGING THE ACUTE AND LONG- TERM EFFECTS OF SPORTS- RELATED CONCUSSION

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Evidence is emerging of a link between repeated head impacts and long-term neurological conditions, including dementia, in former professional athletes. Although a number of high profile cases of retired athletes with early onset dementia, including chronic traumatic encephalopathy (CTE) have been reported, the scale of the problem and whether concussion (and/or other factors) is the cause is currently unknown.

Cognitive symptoms in retired athletes are very rarely due to dementia but expert assessment and investigation are needed to establish the cause. Additionally, there are many simple interventions in midlife that can significantly reduce the risk of developing dementia in the future.

The ISEH, in collaboration with the National Hospital for Neurology and Neurosurgery, have developed a pathway to support retired athletes who are concerned about neurocognitive issues. This includes expert cognitive neurology assessment, state-of-the art brain imaging and if needed cognitive testing with a neuropsychologist as well as individualised identification and management of modifiable risk factors to maintain brain health throughout life.



For further information, please contact our Elite Sport Concierge Manager:

Tel: **+44 (0)7824 163503**

Email: **chloe.davies@hcahealthcare.co.uk**

www.iseh.co.uk

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