



ADVANCED BRAIN HEALTH CLINIC

EXPERT MEDICAL SUPPORT FOR
RETIRED FOOTBALLERS WORRIED
ABOUT THEIR BRAIN HEALTH.



WHAT IS THE ADVANCED BRAIN HEALTH CLINIC?

The Advanced BRAIN (BiomaRker, Advanced Imaging and Neurocognitive) Health Clinic provides confidential specialist assessment, information and an ongoing support pathway for retired, elite, male and female football players who have concerns about their brain health.

The clinic offers a unique, specialist, neurological service, supported by advanced imaging, neurocognitive assessment and blood measurements.

WHO IS ELIGIBLE TO ACCESS THE ASSESSMENTS AT THE CLINIC?

The clinic is open to retired elite football players between the ages of 30 and 55, who meet at the following criteria:

- Male football players who held full time professional contracts for a minimum of three years in the English professional leagues
- Female football players who played for a minimum of three years either in the current WSL or Women's Championship, or the previous Division 1 or Division 1 North/South.

To check your eligibility, or make an appointment please contact:

Tel: **+44 (0)20 3447 2800**

Email: **AdvancedBrainHealthClinic@iseh.co.uk**

HOW MUCH DOES THE CLINIC COST?

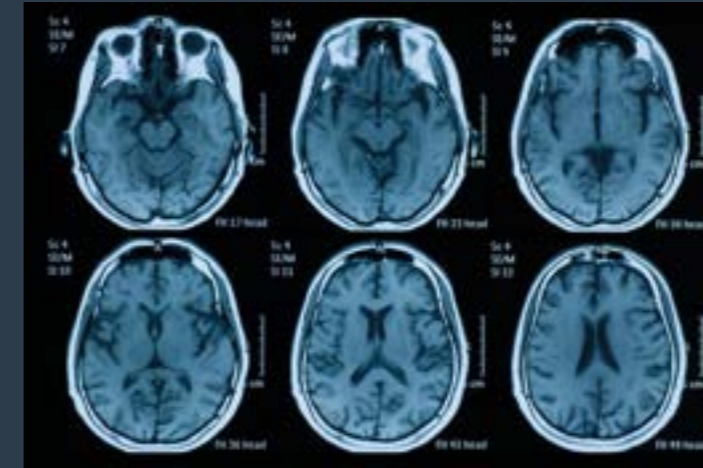
The clinic is free to access.

While the clinic is funded by the Football Association (FA), the assessments are run independently. Patient data is held confidentially by the Institute of Sport, Exercise and Health (ISEH) and Imperial College London (ICL).

WHERE IS THE CLINIC?

It's at the Institute of Sport, Exercise and Health (ISEH) in central London, and is operated by independent experts Professor David Sharp and Dr Richard Sylvester.

 **Click here to view**
170 Tottenham Court Road, London W1T 7HA



WHY THE NEED FOR AN ADVANCED BRAIN HEALTH CLINIC?

Maintaining brain health is key to a long and active life. Declining brain function is associated with cognitive problems such as memory impairment and mental health conditions including depression and anxiety.

It's possible that some football players may be at an increased risk of neurological and psychiatric problems for a range of reasons including exposure to multiple head impacts throughout their career. These include post-traumatic dementias, such as chronic traumatic encephalopathy (CTE), which has been reported in football players. Its prevalence, however, remains unclear, so it's crucial to understand this further.

WHY SHOULD I VISIT THE CLINIC?

Comprehensive assessment, accurate diagnosis and early intervention are key to improving long-term health and wellbeing. The experts at the clinic understand this can be an anxious time and will do everything they can to help.

When visiting the clinic, you will:

- Be guided through the process from the moment you pick up the phone
- Receive expert help, the most advanced neurological assessments available, and direction for ongoing support if needed
- Get a greater understanding of, or reassurance about, your brain health.

WHAT TAKES PLACE DURING THE ASSESSMENT?

The Advanced BRAIN Health Clinic will provide a comprehensive and confidential assessment of medical and psychological factors relevant to your brain health. The process is in two initial phases, which are repeated at intervals of two and four years to assess if any changes in the brain have occurred.

PHASE 1

First, you'll undergo a comprehensive set of assessments, including:

- Specialised brain health assessments and memory tests
- MRI scans to highlight any changes to the brain
- Blood tests to look for treatable causes of symptoms
- Blood assessments to check for damage to, or inflammation of, the brain
- Genetic testing to look for any potential long-term brain problems

These assessments will take place over half a day.

PHASE 2

You'll return to the clinic four to eight weeks later to:

- Have an assessment with an expert in post-traumatic brain health
- Get a full explanation of your test results
- Discuss your treatment needs or any steps you need to take



WILL THE DATA COLLECTED BE USED FOR RESEARCH PURPOSES?

There is scope for attendees' data to be used in an aligned research programme run by Imperial College London (ICL), however participation is entirely optional. The programme is intended to maximise the use of data collected during routine clinical practice, whilst minimising any inconvenience for those attending the clinic.

This data would be used to answer the following questions:

- What are the effects of elite football participation on brain health?
- How common are the different causes of cognitive and psychiatric problems in retired elite football players?
- What are the most effective ways to treat these problems?
- What diagnostic tests are most useful for predicting the development of significant long-term brain problems?
- How do we best to promote brain health among elite football players?



OUR SPECIALIST CONSULTANTS

Neurological assessments at the Advanced BRAIN health clinic are overseen by two of the UK's leading consultant neurologists, Dr Richard Sylvester and Professor David Sharp.

They both work as independent concussion consultants for the FA, the RFU and Premiership Rugby, and together they are the principal investigators in the Advanced BRAIN health research programme.



Dr Richard Sylvester is an honorary lecturer at University College London (UCL) and is the founder and executive member of the UCL Partners Centre for Neurorehabilitation.



Professor David Sharp is Director of the UK Dementia Research Institute Care Research and Technology Centre at Imperial College London. He leads a research programme investigating traumatic brain injuries and dementia. He is Chair of the Traumatic Brain Injury Advisory Group for the Association of British Neurologists.

THE INSTITUTE OF SPORT, EXERCISE AND HEALTH

The 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 of the healthcare, research and education sectors.

Our mission is to provide excellence in the diagnosis, prognosis and treatment of sports injuries and illnesses, whilst bridging the gap between elite sport and recreational physical activity to support the improvement in the health of the nation.

WORLD-RENOWNED SPECIALISTS IN SPORT AND EXERCISE MEDICINE AT THE FOREFRONT OF OUTSTANDING CARE

The ISEH is internationally recognised for its concussion and brain health expertise. We provide care to the world's best athletes in a wide range of sports including premiership football, professional rugby, Olympians, motorsport and world champion boxers, and we have successfully supported them in returning to competition following a concussion.

The ISEH is also recognised for its care of adolescent athletes (12-18 years of age) who have suffered a concussion that is negatively impacting their quality of life, schoolwork and extra-curricular activities.

How to make an appointment

To make an appointment, please contact
The Advanced BRAIN Health Clinic on:

Tel: **+44 (0)20 3447 2800**

Email: **AdvancedBrainHealthClinic@iseh.co.uk**



WITH YOU 100%

www.iseh.co.uk

 [@TheISEH](https://twitter.com/TheISEH)