UR Medicine Sport Concussion Clinic

Jeffrey J. Bazarian, M.D., M.P.H.
Associate Professor of Emergency Medicine, University of Rochester School of Medicine and Dentistry

During his career of more than two decades as an Emergency Physician, Dr. Bazarian has cared for thousands of patients with concussion. Struck by the absolute lack of tools to diagnose this injury and no options for treatment, he started a clinical research program and volunteered to help the Centers for Disease Control and Department of Defense develop guidelines for the management of concussion.

Soon thereafter, Dr. Bazarian joined the Sport Concussion Clinic at the University of Rochester Medical Center where he provides concussion care to high school athletes from Buffalo to Albany, as well as athletes from the University of Rochester, and the Rochester Americans hockey team.

Advanced care for athletes with concussion

There are as many as 3.8 million sport-related concussions each year in the United States. About 20% of athletes take longer than a month to recover from a concussion, preventing them from returning to their sport and interfering with their academic success in school. Repeated concussions have been linked to chronic headaches, memory loss, depression, and a form of dementia called Chronic Traumatic Encephalopathy.

Jeffrey J. Bazarian, M.D., M.P.H., and his team have pioneered advances in the use of blood tests to better recognize and diagnose concussion, as well as the use of helmet sensors for football to make contact sports safer. Dr. Bazarian's team is investigating a new form of MRI called diffusion tensor imaging that may actually be able to detect subtle injury to the brain that occurs after concussion as well as after multiple sub concussive blows. This scan could revolutionize the care of athletes involved in contact sports.

Another study by Dr. Bazarian and his team suggests that women have a higher incidence of head injuries than men playing sports with similar rules, such as soccer, ice hockey, and basketball. Dr. Bazarian estimates that 70 percent of the patients he treats in the UR Medicine Sport Concussion Clinic are young women. The researchers found that women injured during the premenstrual phase had a slower recovery and poorer health one month after injury compared to women injured during the two weeks directly after their period or women taking birth control pills. The study suggests that hormones such as estrogen and progesterone, which are highest in women of childbearing age, may play a role.

But there is still much more that can be done. Your gift can improve the lives of athletes suffering from the long-term effects of concussion and help keep contact sports as safe as possible.

Your gift helps us *deliver personalized concussion treatment*

Through research and clinical outreach, Dr. Bazarian and his dedicated colleagues are attempting to make strides against the damaging effects of concussion. Your support can make a difference.

ENDOWED AND DISTINGUISHED PROFESSORSHIPS IN TRAUMATIC BRAIN INJURY AND SPORT CONCUSSION RESEARCH—$1,500,000 *to* $2,000,000

Endowed professorships ($1,500,000) are among the most coveted and defining rewards that a faculty member can receive. They provide invaluable support that helps the recipient expand research projects, conduct clinical studies, and mentor Ph.D. candidates and junior faculty. A distinguished professorship ($2,000,000) would allow us to recruit and retain a national leader in traumatic brain injury and sport concussion research, to help care for an increasing number of athletes seeking concussion treatment at the University of Rochester. Professorships are vital to an infusion of new ideas to keep our concussion research program cutting-edge, and our clinical care state-of-the-art.

ENDOWED FUND FOR SPORT CONCUSSION/ TRAUMATIC BRAIN INJURY RESEARCH—$250,000 *to* $1,000,000

Over the last several years we have witnessed a rapid growth in research advances in the area of sports concussion, helping to ensure that the clinical care we provide to concussed athletes is the very best available. You can provide a permanent source of funds to help our entrepreneurial, innovative teams who have a legacy of working collaboratively across disciplines and with scientists from other institutions to help the University of Rochester remain ahead of the curve in sports concussion research.

TODAY'S RESEARCH FOR TOMORROW'S CURES—$50,000 *to* $250,000 *(multi-year)*

You can give scientists the freedom NOW to pursue creative, unfunded theories that can revolutionize medical advances, turning our scientific insights into medical breakthroughs to better treat and prevent concussions.

PATIENT CARE NEEDS—*A wide range of opportunities are available*

There are many opportunities that can impact the programs and services we offer to concussed athletes. For example, baseline cognitive testing is a key part of managing the concussed athlete and ensuring a safe return to play. These are often not offered in schools and not covered by insurance. Your gift can help ensure that all athletes with concussion are managed in a safe and state-of-the-art manner, regardless of their access to resources such as cognitive testing.

For more information about how your gift can make an impact, please contact Brenda Geglia at:
(585) 276-4570 · bgeglia@admin.rochester.edu

UR MEDICINE

MEDICINE *of* THE HIGHEST ORDER