

# CONCUSSION RESEARCH

# Protecting our future.



Walk it off.

Chances are, if you had a sports-related concussion more than 10 years ago, this was the only advice you got.

Times have changed.

You have read the headlines: medical experts agree concussions are serious injuries to the brain, and may be associated with long-term conditions such as depression, early-onset dementia, and even Alzheimer's.

We take it seriously. We all have a heightened awareness of concussion and a desire to prevent it.

But if you play sports, or your kids play sports, you know: concussions happen.

**And there is still no active treatment.**

At Western University, Dr. Arthur Brown and the Brain Injury Research Group want to change that. They are working on a therapeutic intervention to treat concussion when it happens, and to prevent the damage causing long term negative effects.

**"As a parent, I know how important it is for our children to participate in active and competitive sports. I also know from experience how debilitating concussions can be. The work being done here at Western is unique and could change the way we think about participation in active athletics going forward."**

- David McCann, BA'82, MBA'86  
*Managing Director, The Carlyle Group*

## Inspiring Research

Eric Lindros, who sustained multiple concussions during his NHL career, knows all too well the impact the injury can have. He is also the parent of a 14-month-old child, who he wants to see participate freely in sport.



While serving, and continuing to serve, as Honorary Chair of "See the Line," a concussion research and awareness symposium, Lindros had the opportunity to listen to a presentation by Dr. Arthur Brown. "See the Line" is hosted by Western University and the teaching hospitals and clinics associated with the Brain Injury Research Group (i.e. London Health Sciences Centre, Fowler Kennedy Sport Medicine Clinic, Children's Hospital, and the Lawson Health Research Institute).

In his talk, Dr. Brown described early results of his collaborative efforts with Drs. Greg Dekaban and Mike Strong to design and develop therapeutic strategies to treat concussion. Their work shows that the progressive damage from concussion is the result of an ongoing inflammatory process triggered by the original impact. More importantly, they identified novel strategies that will stop the damage driven by inflammation; increase regenerative nerve growth; and improve long-term outcomes.

Outcomes from this research mean we will not be powerless in the face of concussion. To realize this goal, we need to engage all of our energies and resources to discover and innovate.

Lindros was inspired by the promise of Western's Brain Injury Research Group. Even more so when long-time friend and orthopedic surgeon Dr. Peter Fowler shared his excitement. During his career as Director of the Fowler Kennedy Sport Medicine Clinic, Fowler witnessed the delivery of treatment for concussion during 2,000 or more visits per year for a cross section of people; from high-performance athletes to active kids.

Together with a group of committed volunteers, Lindros and Fowler are building a team of concerned parents, athletes and philanthropists who want to support the innovative, therapeutic-focused research carried out by Western's Brain Injury Research Group. They are committed to raising the funds needed to drive effective concussion therapeutics beyond clinical trials and into clinical application.



## Join the Team



We are proud to announce the National Hockey League Players' Association has made a leadership commitment of \$500,000 to support this important research. **We are now seeking donors to support the remaining \$2.625 million to fund this project.**

Your contribution will be recognized along with all donors on the concussion project website. In addition, you will be invited to a celebration honouring our donors, and receive annual updates on the game-changing research you have funded. Most importantly, you will be supporting research to give someone the best chance to get back in the game.

**"What Arthur and the team are doing is really unique. By actively treating concussion, hopefully people will be able to return to activity safely without prolonged delays or the threat of further damage."**

- Dr. Peter Fowler, BA'60, MD'64, DSc'08  
*Co-Founder, Fowler Kennedy Sport Medicine Clinic*

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