

EPIC Fast Facts

Head Trauma Update - New study finds sub-concussive repetitive hits may be as dangerous as a concussion

A recent article from Sports Illustrated points out the potential danger of repetitive sub-concussive head trauma. The study, led by Jeffrey J. Bazarian of the University of Rochester and Nicola Marchi and Damir Janigro of the Cleveland Clinic, found that college football players who took more shots to the head in games had higher levels in their blood streams of a particular protein that is indicative of brain injury ([read article](#)).

Researchers found elevated concentrations of the S100B protein in the blood of players who experienced the most hits. The so called “blood-brain barrier” separates the brain from the blood stream, keeping the brain proteins in and potentially harmful materials out. The fact that S100B was found in the blood stream after the game indicated the “barrier was open,” Marchi said.

On a positive note, the study also suggest that a quick and easy blood test to check for signs of damage in active players might present an alternative to determining brain trauma.

