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This article describes the differences in the brain of football players with at least one medically diagnosed concussion compared to those without a concussion but who also played football. A group of people who’d never played football was used as a control group. In a study done by the University of Tulsa, it was discovered that individuals with a history of concussions had on average a hippocampus 25% smaller than thosewho had never played football, and the football players without concussions had a 16% decrease in hippocampus size compared to the non-football players. The hippocampus is the part of the brain which is used for memory and emotional processing. However, it appeared that hippocampus size did not affect performance on intelligence and memory tests, but it those who had been playing football the longest had the worst reaction time.

I chose this article because I play a contact sport and have gotten two concussions (although I never got either diagnosed).

Have you ever had a concussion?