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* [Sky News](https://scout.tveyes.com/) /

* [U.K. National](https://scout.tveyes.com/)

We have time to look at this story in the mirror. World Cup legend: I'll donate my brain. Has been a lot around in the last 24 hours of new research suggesting that heading a football can cause long-term brain damage or dementia. One of the great Cup World winners for England -- World Cup winners saying he will donate his brain to science. In the 70s and 80s, footballs were much heavier and different beasts all together. Not like it is today. If you are worried about your kids doing this, these guys were playing every single day of their lives for hours on end. Your kid is not doing that. I hope football and rugby stay safe.