



R.W. Turner Lab

## We value your participation.

There's some news we want to share with you.



### We're still recruiting

**We are still recruiting** former male athletes (30+) who played D-1 non-contact sports, D-1 college football, or professional football. If you know anyone that fits this description we hope that you reach out to them with the information for this study.

You can direct those interested to our website where they can sign up:

[www.brainhealthstudy.com](http://www.brainhealthstudy.com).

Participation in the study will assist with our understanding of the impact of concussions, sub-concussive head injuries, and sport participation on men's health and well-being. **Individuals will be compensated up to \$175** for their participation in the complete study.



## **ALSO RECRUITING: Black Male Caregiver Study**

The [Black Male Caregiver Study](#) is also recruiting participants from the DMV area.

The study is examining the cognitive, physical, and physiological effects of stress derived from providing care for a family member or loved one diagnosed with Alzheimer's disease or related dementia (ADRD). The [RW Turner Lab](#) is specifically focused on the impact of stress on Black American males caring for loved ones with ADRD.

The study is being conducted virtually. Participant criteria includes

**Black males, 30 to 85 years old**, and both **unpaid caregivers** (for individuals with dementia or Alzheimer's disease) and **non-caregivers** (Black males in the community that do not provide care). If you're interested in participating or learning more, please fill out the [contact form](#).



## **Obstructive Sleep Apnea**

Obstructive sleep apnea is a highly prevalent sleep disorder characterized by repeated pauses in breathing during sleep.



It has been found that **current and former professional football players are at an enhanced risk of developing OSA.**

Sleep disorders that are undiagnosed and therefore untreated are associated with daytime sleepiness, mood, and cognitive and cardiovascular outcomes, such as high blood pressure and heart attacks.



## **NFL Legend Reggie White Revisited: The lesson he taught us is as important today as ever**

*Authored by lead researcher Dr. Robert W. Turner*

[Read here](#)

### **Super Bowl Conference Series**

We're also very excited to announce that our lab has been awarded a grant by the National Institute on Aging (NIA) for a first-of-its-kind series of Super Bowl conferences to advance health disparities research!



The RW Turner Lab is pleased to announce a 3-year Super Bowl conference grant: NIA- 1R13AG071313-01



## Black Male Brain Reserve, Resilience & Alzheimer's Disease: Life Course Perspectives



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**Dana Rice, DrPH, (Consultant)**  
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**Ron Rice, NFL Alumni Association (Consultant)**



[www.rwturnerlab.com](http://www.rwturnerlab.com)



## Aims:

### Identify knowledge gaps and future priorities +

We will aim to identify knowledge gaps and future priorities in cognitive reserve, resilience, aging, and AD/ABRD health disparities life course research among Black males.

### Cultivate a culturally competent workforce +

The conference series will cultivate a culturally competent workforce trained and committed to addressing Black male's brain health, cognitive aging, and AD/ABRD research.

### Build a research volunteer registry +



We will be building a confidential national research volunteer registry of Black males; individuals who wish to participate in future research will be able to register their contact and demographic information with us. We hope this will allow us to bypass drawn out recruitment processes and allow for a more rapid workflow.

**Stay tuned for futher updates!**

**R.W. Turner Lab**

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[rwturnerlab.com](http://rwturnerlab.com)



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