



Thank you for your participation!

We've got some news to share with you

In hopes of keeping an open line of communication, we are excited to share our third newsletter for this study. In this newsletter, you will find information and updates on our study, as well as a preliminary description of our interviews.



Brain Health Conference During Super Bowl Week

All are welcome!

Introducing an exciting **conference centered on Black Men's Brain Health**.

The inaugural, Black Men's Brain Health (BMBH) Conference, to be held during Super Bowl week (Feb. 9–10, 2022), will convene scientists and community leaders to **increase the representation of Black men in brain science research** and to **reduce brain health disparities among Black men**.

If you plan on attending the Super Bowl, make sure to arrive a few days early to **meet the Brain Health Study's Primary Investigator**, Dr. Robert Turner, and **be part of a first-ever football/brain health conference**. Keep your eyes out for an announcement containing conference and hotel registration, as well as the conference agenda.

The conference will also feature a **brand-new Fellowship Program**, supported by the Alzheimer's Association and in partnership with the National Institute on Aging and the NFL Alumni Association. Qualified applicants are invited to participate in the inaugural cohort.

[Learn more here](#)

Black Men's Brain Health Conference

During Super Bowl Week

Fellowship Opportunities Available!

February 9-10, 2022 ~ Los Angeles, CA



Robert W. Turner II, Ph.D. (Co-PI)
The George Washington University
Dir. NFLAA Mental Health & Well-being Initiative



Monica Rivera-Mindt, Ph.D., A.B.P.P. (Co-PI)
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Maria C. Carrillo, Ph.D. (Co-PI)
Alzheimer's Association



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Tam E. Perry, Ph.D. (Co-I)
Wayne State University



Desire A. Byrd, Ph.D. (Co-I)
Queens College, CUNY

Dana Rice, DrPH, (Consultant)
Gillings School of Global Public Health

Deborah Stroman, Ph.D., C.L.U. (Project Coordinator)
Center of Sport and Business Analytics

Ron Rice, NFL Alumni Association (Consultant)

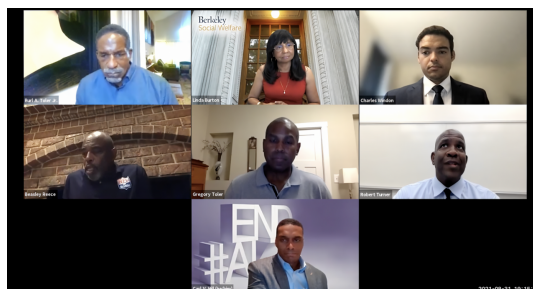


NFL Alumni Association, Alzheimer's Association announce partnership

Last Tuesday, the NFL Alumni Association and Alzheimer's Association [kicked off their partnership](#) with an engaging panel discussion on brain health and the Black community. View the recording [here](#).

Team Up to End Alzheimer's:
A Discussion on Brain Health and the Black Community
Tuesday, August 31 at 6:30 p.m. PT

alzheimer's association
NFL ALUMNI
Berkeley Social Welfare



Study Information and Updates

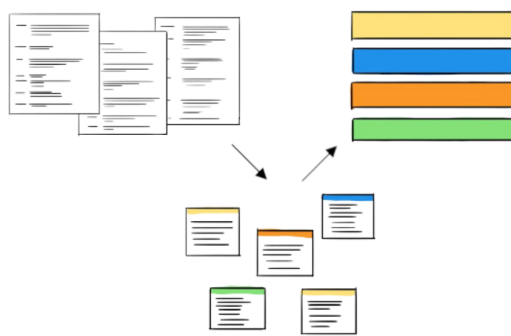
The Athlete Brain Health and Aging Study currently has athletes enrolled from all around the United States. *Former professional football players, former college D-1 football players, and former non-contact D-1 athletes* have completed our virtual health surveys.

Since last fall, we are also offering **virtual cognitive assessments**. If you have not completed your virtual cognitive assessment yet, email us at rwtturnerlab@gwu.edu to schedule yours.

In accordance with COVID guidelines, many participants have continued their participation through **in-person testing** (consisting of in-person cognitive assessment/questionnaire, blood and urine sample collection, and MRIs) **at Duke University**. If you are currently in North Carolina or the East Coast and are interested in traveling to Duke University for our in-person tests, then we encourage you to send our lab team an email at rwtturnerlab@gwu.edu stating your interest.

This summer, our team conducted **interviews** with former professional football players and former college D-1 football players. We are grateful for our interview participants and their valuable insights into the transition experience of former athletes. A short description of the interviews is written below.

Brain Health Study Website



In-Depth Interviews

Qualitative data from the focus groups we conducted last summer revealed that **all groups** (former professional players, former D-1 non-contact athletes, and former D-1 college football players) **found the transition process challenging**. We wanted to explore these finding

further.

Conducted this summer, this project focuses on life after an athlete's playing career. The purpose of our interviews is to describe **how former high-level athletes transition back into non-athletic life**. Our interviews investigated how participants describe their physical and emotional health as they transitioned out of high-level sports.

We are currently in the process of thematically coding the qualitative data provided from these interviews, and look forward to sharing our findings with you in the future.

We Need Your Help 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.

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

This study's goal is to understand **how caregiving for dementia patients affects the physical and brain health of black male caregivers**. This information will help us better address the health needs of primary caregivers. We're administering cognitive tests and questionnaires as well as taking biological samples from study participants.

GEORGE WASHINGTON UNIVERSITY

RESEARCH STUDY LOOKING FOR VOLUNTEERS

A research study at George Washington University investigating the cognitive and physiological effects of Black American caregivers.

YOU MAY BE ELIGIBLE TO PARTICIPATE IF:

- You are an adult Black male between the ages of 30-85
- You are a non-caregiver or caregiver
- If you are a caregiver, you are caring for a family member or loved one (spouse, sibling, parents, or family friend) diagnosed with Alzheimer's or dementia
- You agree to participate in the study

THE STUDY INVOLVES

- Questionnaires and surveys about health, sleep, and stress (~2 hours)
- Saliva samples
- Memory and thinking tests
- Compensation of up to \$125 and travel reimbursement
- Majority of the study can be completed over the telephone

FOR MORE INFORMATION, CALL (202) 994-1728 OR EMAIL RWTURNERLAB@GWU.EDU

Study Investigator:
Robert W. Turner II, PhD

A photograph showing a Black male caregiver in a pink shirt leaning over to assist an elderly Black woman in a wheelchair. The woman is wearing a light blue shirt and dark pants.

We are recruiting black men between the ages of 30-85 that are the primary caregivers for a family member or close friend with Alzheimer's or dementia. See [above flyer](#) for more information on the study and how to get involved, or fill out [this form](#) to receive information as it's announced.

Last Notes

We would like to, once again, thank you for your participation in our study. We hope to be in contact with you again soon with more information on next steps for The Athlete Brain Health and Aging Study and continue to provide our participants with updates on our findings.

Please feel free to reach out to us through email at rwtturnerlab@gwu.edu if you have any questions about our study (compensation, in-person testing, etc.). We also encourage you to share any thoughts you might have on our interviews. We would love to hear back from you!

R.W. Turner Lab

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