# Combating Sports-Related Concussions: New Device Accurately and Objectively Diagnoses Concussions from the Sidelines

Source: [Science daily](http://www.sciencedaily.com/)

# In the United States there are millions of sports-related concussions each year, but many go undiagnosed because for some athletes, the fear of being benched trumps the fear of permanent brain damage, and there is no objective test available to accurately diagnose concussions on the sidelines.

# Balance tests are a primary method used to detect concussion. The current means of scoring these tests relies on the skill of athletic trainers to visually determine whether or not a concussion has occurred.

# [Read more](http://www.sciencedaily.com/releases/2013/08/130828092300.htm)

# Fitness facilities more likely to have AEDs which improve survival odds following sudden cardiac arrest

Source: [Medical News Today](http://www.medicalnewstoday.com)

# People experiencing sudden cardiac arrest at exercise facilities have a higher chance of survival than at other indoor locations, likely due to early CPR and access to an automated external defibrillator (AED), among other factors, according to a study published online today in the Journal of the American College of Cardiology. The findings underscore the importance of having AEDs in places where people exert themselves and are at greater risk of sudden cardiac arrest.

# [Read more](http://www.medicalnewstoday.com/releases/264568.php)

# Retired NFL players may not suffer unique cognitive disorder

# Source: [Medical News Today](http://www.medicalnewstoday.com)

# The media have widely reported that retired NFL players are at risk for a neurodegenerative disorder called chronic traumatic encephalopathy (CTE), which causes symptoms such as aggression, depression, suicidality and progressive dementia.

# [Read more](http://www.medicalnewstoday.com/releases/264589.php)

# Insomnia helped with exercise – eventually

# Source: [Medical News Today](http://www.medicalnewstoday.com)

**A new US study finds that it takes as long as four months for patients with insomnia to benefit from regular daily exercise.**

It also finds that poor sleep can cause people to reduce the amount of exercise they do, and the researchers urge people with insomnia to persist and not expect exercise to be a quick cure.

# [Read more](http://www.medicalnewstoday.com/articles/264904.php)

# Contact-sport brain trauma may affect personality and cognition

# Source: [Medical News Today](http://www.medicalnewstoday.com)

# **Scientists have discovered that repeated brain trauma, which commonly occurs in athletes, may affect behavior, mood and thinking abilities, according to a study published in the journal** Neurology**.**

# All athletes had been diagnosed with chronic traumatic encephalopathy (CTE) following death. CTE is a brain disease linked to repeated brain trauma - most commonly found in athletes.

# [Read more](http://www.medicalnewstoday.com/articles/265158.php)

# Knee osteoarthritis risk unaffected by moderate exercise

# Source: [Medical News Today](http://www.medicalnewstoday.com)

# **A new study suggests that the risk of middle-aged and older adults developing knee arthritis is unaffected by doing up to 150 minutes per week of moderate physical activity, the level recommended by the US government.**

**Knee arthritis leading cause of disability and joint pain**

Osteoarthritis occurs when the cartilage and underlying bone in a joint break down, leading to bony overgrowth, pain, swelling and stiffness.

The joints most affected are the knees, hips and those of the hands and spine. The condition, for which there is currently no cure, develops gradually, usually in the over-40s.

# [Read more](http://www.medicalnewstoday.com/articles/265442.php)

# Physical activity decreases sudden cardiac death risk in unfit men

# Source: [Medical News Today](http://www.medicalnewstoday.com)

# Dr Laukkanen said: "Sudden cardiac death (SCD) accounts for approximately 50% of deaths from coronary heart disease. SCD typically occurs shortly after the onset of symptoms, leaving little time for effective medical interventions, and most cases occur outside hospital with few or no early warning signs. Finding ways to identify individuals at elevated risk of SCD would allow early interventions on risk factors to be implemented."

# [Read more](http://www.medicalnewstoday.com/releases/265520.php)

# Women more likely to tear ACL due to 'knock knees'

# Source: [Medical News Today](http://www.medicalnewstoday.com)

# **Researchers say that women are nearly four times more likely to suffer from a tear to the ACL (anterior cruciate ligament) in the knee than men, but that it may be prevented by a different "landing strategy."**

# ACL injuries are defined as a tearing of the anterior cruciate ligament inside the knee joint. The injury causes the knee to swell, and the joint becomes too painful to bear weight.

# These injuries are very common in sports where the participants are required to do many "jump stops and cuts." This includes basketball, soccer, tennis and volleyball.

# [Read more](http://www.medicalnewstoday.com/articles/265757.php)