



Help us
get major
injuries
thrown
out of the
game while
preserving
its beauty.



EINSTEIN
SOCCERSTUDY

PROTECTING YOUR PRIVACY

Your privacy is important to us. We will not share your name or personal information with third parties without your consent.



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 /EinsteinSoccerStudy



Help the game.
Help yourself.

Give soccer injuries
a Red Card.



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Help yourself.**
Give soccer injuries
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Pelé called soccer — or football, as it is known worldwide — *the beautiful game*. The more than 265 million soccer players today would agree with him. Yet, as every player knows, injuries are part of the game. Cuts, sprains, and muscle strains are common. Even the occasional fracture or concussion can happen. We at the Albert Einstein College of Medicine are researching specific changes in the brain caused by movement and injuries in soccer. We'd like to get major injuries thrown out of the game while preserving its beauty. Now, you too can help us give soccer injuries a red card.

If you are:

- A serious amateur soccer player — male or female
- Between the ages of 18 and 50

You can help us make soccer safer by joining our study.

WHAT DOES IT MEAN TO BE A PART OF THE STUDY?

You will visit Albert Einstein College of Medicine every six months for two years. The first and last visit will each take two hours; the others will be less than an hour. **We will pay you for your time — up to \$150 per visit.**

During your visit, here's what happens:

- We ask you questions about your experiences playing soccer and your lifestyle.
- We take a small blood sample on your first visit.
- You have an MRI of your brain on the first and last visit. This is a painless test that takes pictures of your brain.
- You play computer "Brain Games."

Some people will be asked if they are willing to be a part of an additional unique aspect of our research. These people will:

- Take home a tablet computer provided by Einstein.
- Play daily "Brain Games" at home for 10–15 minutes each day.
- Visit Einstein four more times over one of the two years.
- Have an MRI at each visit.

Of course, we will pay these people more.

WHY ARE WE STUDYING THIS?

Soccer demands a complex set of skills: running, kicking, tackling, juggling, heading, etc. Each skill uses different techniques such as a basic, diving, back pass, or glancing header. Players must also use their soccer IQ to react.

Your brain plays an important role in all of this. During a match, it is constantly feeding you information about every player on the pitch and how to respond instantly to the play on the field.

In our study, we will try to understand how the brain helps these skills and how soccer injuries might affect the brain. Specifically, we are looking to see if brain changes are related to heading.

Soccer is a beautiful game. **Now you can help us learn more about it, to make it safer.** Sign up for our study so together we can give soccer injuries a red card.

FOR MORE INFORMATION:

Call (718) 430-8712

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Visit www.soccerstudy.einstein.yu.edu

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