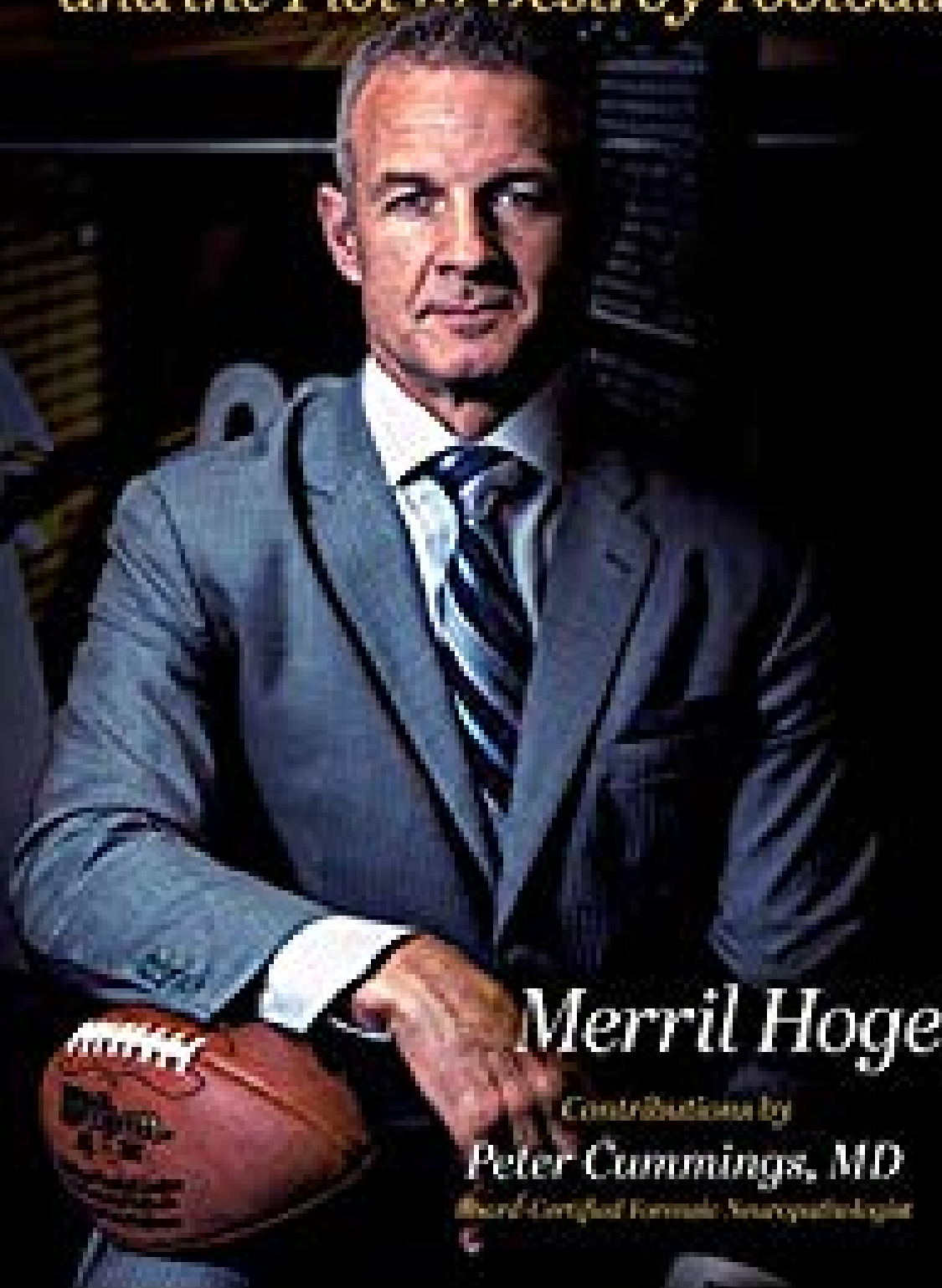


BRAINWASHED

*The Bad Science Behind CTE
and the Plot to Destroy Football*



Merril Hoge

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Brainwashed: The Bad Science Behind CTE and the Plot to Destroy Football



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The outcry encircling CTE is missing something critical: the science to justify it. Concern over player safety quickly became a war on soccer at every level, with one scientist actually declaring youth football " At that time, football was seriously influenced by a tough guy tradition, and small was known about concussions and their potentially dangerous effects. Then the tragic loss of life of Hoge's ex-teammate Mike Webster in 2002 launched a wave of dread after an autopsy determined he suffered from an obscure brain disease chronic traumatic encephalopathy (CTE). Armed with comprehensive research, crucial insight, and expert interviews, they address a few of the common myths surrounding the disease, examining significant flaws in the often-cited studies and exposing the sensationalistic reporting that dominates today's CTE dialogue. When post-concussion syndrome forced star NFL running back Merrill Hoge into early pension in 1994, analysis on football-related head injuries wasn't important.child abuse." This is a must-read for anyone who cares about the future of youth sports and the survival of our nation's most much loved video game. Peter Cummings explore the concealed agendas and misinformation fueling the CTE hysteria machine. The media pounced. Compelling, available, and eventually revelatory, Brainwashed exposes the biases and unsubstantiated claims crippling accurate scientific advancement in the area of CTE study. In an effort to set the record directly, Hoge and board-certified forensic neuropathologist Dr.



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This book is not what you think it is & most reviewers aren't even reading it. Cummings – attempts to debunk the myth that CTE is normally settled science, and that soccer is its cause. It's not what I believed it was at all. It will be those that discuss the dangers and benefits of sports calmly, rationally, and objectively, who function tirelessly to create sports safer, predicated on science, who will win out. He is actually acutely alert to the massive issues with head injuries, the risk involved, and the danger of ignoring this risk. However, with regards to CTE particularly the science is far from complete and we have to be skeptical of rushing to assumptions about what it really is and what it means long term. Some of the speculation about CTE causes and treatments proposed by the writer and contributors ought to be taken carefully, but an intensive reading reveals that in addition they understand they are not conclusive specifics. This publication advocates a thoughtful balanced approach to addressing this problem. I'm glad I read it as a service provider and as a father of youthful athletes. Must Read Because the president of a High School Football Booster Association, and the parent of two players, I sensed compelled to read this publication. What I came across was an excellent review of the existing science and the way the mass media has leveraged the fear surrounding this subject to sell their stories to concerned parents.com, and the content by MomsTEAM Senior Editor Lindsey Straus in which she has attempted to reveal the state of the research on CTE. I am so impressed that he provides taken an important subject matter (CTE) and do the research to figure out some answers to how exactly we can help fix something that was terribly broken. You'll be glad you did. Read this reserve and see what's actually going on Lifestyle is all about educated risk. Originally published in Smart Teams and Medium. I actually read the book unlike a lot of these reviewers The book is good when it sticks to the critical review of the science. In a single corner are those that argue that playing tackle football at an early age – indeed at any age – comes with such unacceptably high risk of developing the debilitating neurodegenerative disease, chronic traumatic encephalopathy or CTE, that the time has come to deny parents any say in the problem via an outright ban. In the other corner are those who start to see the game of tackle football being produced safer, almost each day, who believe that those in the anti-football camp, aided and abetted by many in the main stream media, have built their arguments on questionable science, and who argue that, despite football hazards – risks which at this stage cannot be quantified with any amount of certainty and likely depend on a variety of factors – it should be up to parents to decide whether to allow the youngster to perform, and, if so, at what age. Brainwashed isn't without its flaws. D., Brainwashed: The Bad Research Behind CTE and the Plot to Destroy Soccer, leaves no doubt regarding the corner the authors are in. Dr. The real story This book uncovers the truth about CTE. Brainwashed can be an incredible reserve that manages to end up being both wonky and scientific and gripping and personal simultaneously. In making the pro-football case, the authors occasionally can't resist the temptation to respond to the hyperbole on the part of the kill tackle soccer masses with hyperbole of their very own, and to rely in some instances on some questionable study data of their own, that is unfortunate. They take time to dig deeper and ask meaningful questions that expose flaws in the conclusions drawn through flawed "science". At the end of your day, which technique creates a far more purposeful lifestyle? But, he argues, [S]cience done right is a slow process. What comes across is a shameless, hollow and meandering public provider announcement in favor of the NFL. That's leading to conclusions that are harmful and wrong. It's time we stopped phoning people 'deniers' and experienced an open, candid discussion about what's true. Many thanks so very much Merrill for performing what most wouldn't. (And, in doing this, I fully expect that I'll, like Hoge and Cummings, take some pretty savage hits on social media from those who believe that any business that fails to join the call for an instantaneous end to youth tackle football once we know it in the us is, by

description, their sworn enemy). Much of *Brainwashed* will undoubtedly be familiar to those people who have followed the discussion of CTE in the media for days gone by twelve roughly years since it first burst in to the public consciousness about the pages of the brand new *York Situations* in January 2007, and especially to those people who have read my numerous blogs about CTE and tackle soccer over the years on *MomsTEAM*, the *Huffington Post*, and *Medium*. No-one wants to have their child or a loved one get yourself a concussion, and obviously the author's own injury was very serious. (I'd be lying easily didn't think it is gratifying to have already been outlined by the authors as one of eleven "significant players" in the tackle soccer debate (the only real journalist and one lacking any M. I think most will be surprised how many problems there's with the current study, or Ph.D, after their name), or that the book includes many very long quotations from Lindsey's articles.) It will also come as no surprise to anyone with a passing curiosity in the debate over CTE that Hoge and Cummings single out for particular criticism the outsized function the BU CTE Center, its superstar pathologist, Dr. Ann McKee, the BU-affiliated Concussion Legacy Foundation, and their press mouthpiece, *The New York Times*, have played in shaping the narrative about CTE.. I am practicing sports medication for 15 years and when I first found out about this book We was ready to go to battle and call it out for being pseudoscience and putting sportsmen (young athletes specifically) at risk. By doing this, they raise serious questions worthy of debate about the validity of a whole lot of BU's CTE research, including the level to which it really is marred by selection bias, by what they discover as critical flaws in the idea that head trauma inevitably results in CTE, by the lengths to which BU seems to have gone to maintain control over the CTE=soccer and CTE=suicide narratives, the amount to which the criteria for diagnosing CTE has largely been dependant on BU (specifically enlightening was a lengthy section of the publication raising the question of whether stage 1 CTE is even a true disease), and the apparent willingness of experts to be quick to summarize that CTE, and CTE only, is in charge of behavioral changes in athletes found after death to have suffered from CTE, without accounting for, or at least revealing, the existence of various other factors which could cause or increase the likelihood of the results they claim are due to CTE. Hoge and Cummings take pains to point out in *Brainwashed*, as I've for several years, that, if parents decide to let the youngster play youth football - a decision that is theirs, and not the authorities's, to create, they need to be sure beforehand that the program puts their kid's safety first by, among other things, educating coaches, parents, and players about concussions, supplying players properly reconditioned and fitted helmets, teaching players how exactly to tackle without using those helmets, minimizing the quantity of full-contract practice period, creating an environment where players feel safe and sound in honestly reporting concussion symptoms, and ensuring that concussions, when they carry out occur, are managed properly, and prohibiting players from returning to practice and play until a health care provider with concussion experience decides in the exercise of great clinical judgment that their growing brains have been given all the time they need - and then some - to heal. The challenge I face - that those of us who love, not just the overall game of football, but all sports and so are dedicated to making them safer - is having our message heard. For the most part, as Hoge and Cummings once more remind us, the nationwide media doesn't seem thinking about reporting very good news - that there are techniques being taken to make football and contact and collision sports activities such as for example soccer, lacrosse, and hockey, safer - since it is bad information, scary news, sensational information, that sells, and that some depend for their very livelihood on marketing. From my vantage stage, having spent a lot of time working the last 18 years with youth and football communities around the united states, from talking with football parents, coaches, administrators, athletic trainers, clinicians and academicians, and from becoming educated about the actual factual statements about the protection of football, I

believe that, not merely is football a sport worth keeping, and that it can be saved, but that those that demand it to simply be abolished, symbolize a minority, albeit an exceptionally vocal one, which is not above using smear tactics such as bullying, intimidation, and outright defamation to obtain way. I was very happy to discover Hoge and Cummings address this escalating issue in Chapter 8: Under Assault. From its title alone, the new reserve by former NFL player and ESPN commentator, Merrill Hoge, and Boston University forensic neuropathologist Peter Cummings, M. A lie denier. Challenging, thorough, gripping work that WILL change your mind about CTE I came into this book as skeptical as any kind of layperson approximately CTE and concussions, but I actually read it because We respect Merrill Hoge's commitment to youth football and I'm always interested in contrarian takes on issues. But, provided the myths which so many in the destroy soccer camp have already been perpetrating and perpetuating, it's no question Hoge and Cummings feel just like they sometimes have to shout as well. You can wrap your kid in bubble tape or you can let them experience lifestyle with the very best guidance and safety measures we can put into place. Merrill Hoge is actually someone who has not only considered this, but researched the topic. About the author: Brooke de Lench is the maker/director of the documentary, The Smartest Team: Making SENIOR HIGH SCHOOL Football Safer (PBS), and writer of Home Team Advantage: The Critical Role of Mothers in Youth Sports (HarperCollins). Founding Executive Director of MomsTEAM Institute, Director of the Smart Teams Play Safe programs, Founder and Publisher of MomsTEAM.com, de Lench also acts as a sports activities risk and injury reduction consultant.com: In age in which people increasingly tend to gravitate towards reverse ends of the spectrum within their opinions on just about anything, the great debate recent years over whether children under 14 ought to be allowed to play tackle football is no different. Cummings not merely tell some great stories, but they land some crushing body blows on the those who are selling the one-sided story about soccer and CTE. The authors acknowledge in advance that, in questioning the football causes CTE and CTE leads to suicide memes, they be prepared to be called "CTE deniers" by the so-called experts who dominate the news headlines cycle. Cummings explanations are understandable for the layperson. However, the end of the book is problematic. Merrill talks about supplements and other remedies that don't possess as much evidence as he portrays. He must have been as critical of the remedies as he was the CTE technology. However, I believe this book ought to be read with an open brain. D. But, says Hoge, "I'm not really a CTE denier. Big tobacco saying smoking cigarettes don't cause cancer 2. I wish all parents of sports athletes in football and soccer would examine this. It is essential information that the public should know. Anti-technology is a scourge on our country. Please Mr. Hoge, adhere to sports. That is a terribly researched publication, predicated on anecdotes, not research, statistics, or anything grounded in reality. Please do not waste your time and effort reading. Look, a few of the studies around CTE have already been conclusory, but this book is a joke. I possibly could not put it down. If I could give it zero celebrities I would. I could only assume that is an unabashed money grab. Purple prose doesn't help anyone make a reasoned decision based on the specifics. Well, I was Blown. Away. [Rather,] I'm a bad science denier. Save your money. Mr. Hoge and Dr. It is a solid overview of the strengths/ weaknesses of the CTE science and how it is misinterpreted by the mass media. I may have opened the book a skeptic, but I closed it 100 percent convinced that there must be a serious reexamination of how we're researching CTE and mind trauma. Done well, gentlemen. Damned well done. Dangerous and shamelessly hollow, a pro-NFL pitch Merrill Hoge's entire identification, especially in the public forum, is centered around his time as an NFL football player. It's clear that he feels as though his identity, and his legacy, are getting attacked with the latest discussion around CTE, concussions, participant safety, etc. Because we favor info that confirms our biases, millions of doctors, athletes, parents,

instructors, and journalists are creating their minds based on an incomplete picture painted by headlines which are far prior to the science. I equate Hoge's declare that football is "secure" to the following: 1. For those of us who understood this to be accurate, it is vindicating. Monsanto saying chemical sprays don't cause health threats 3. The NRA saying assault weapons in the hands of citizens don't trigger mass shootings Let's end up being clear; CTE, and CTE related right to concussions from football, has killed people (Junior Seau, Jovan Belcher, Dave Duerson merely to name a few). To refute the research that supports the truth that soccer causes concussions which trigger CTE which can lead to a plethora of symptoms is irresponsible and dangerous. If there is only one book it is possible to read by the finish of the year "Brainwashed" happens to be a must! Asks all of the right questions Some reviewers clearly bought into the hype around CTE and didn't read this book, or certainly didn't browse it with a crucial brain to analyze the reality. You can troll an assessment online, but I appreciate that Merrill and his team don't take a faulty study at face value. A hysteria denier. Educated people dig deeper and analyze, they don't take headlines as gospel and defend them rigorously without actual proof. A SIGNIFICANT Addition to the CTE Conversation: a reserve that should be read before critiquing. In the end, however, I don't believe it'll be those that scream the loudest, the trolls on social media participating in the politics of emotion and innuendo, who'll prevail. To his credit, Hoge helps it be clear, over and over, that he's not really saying it's great to take repeated impacts to the top, or that he is denying there are former NFL players who've mental and neurological problems which may be related to playing football. Interest for football and various other sports doesn't mean kids need to be relegated to encountering them solely through video gaming. It's unfortunate that economic motives fuel analysis that fearmonger and scare parents towards producing decisions that influence their children's lives. What everyone should know about! Don't go through this if you don't want to hear empty, fake diatribes from the NFL mouthpiece. Reserve your preconceived notions and examine this. His passion forever and the people he inspires everyday really shows his character. Exceptionally dangerous ignorance This contrived book is unbelievably dangerous in negligently disavowing all modern concussion study results. We couldn't agree more. But what I found informative and fresh in the reserve, and made it worth reading, also for just one as steeped in the main topic of head injuries in soccer as I have been for the past eighteen years, was the center portion of the book in which Hoge – with the invaluable assistance of Dr. investing your time and effort and energy in a controversial subject that helps us better understand what ought to be taught!!! You don't need to have someone in sports to understand this book because invest the the time to read it you will also realize that this is for EVERYONE and will pertain to them at any given time. Just what a waste of paper.



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