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THE
UNIVERSITY
OF DUBLIN



ST JAMES'S HOSPITAL

DEPARTMENT OF NEUROLOGY
HOSPITAL 5, HEALTH CARE CENTRE
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Sports related concussion service and research programme @ St James's Hospital and Trinity College Dublin

Mr Andrew Coonan
The Irish Jockey's Association
Wolfe Tone House
Naas Town Centre
Naas
Co Kildare

12/09/17

Dear Andrew,

In light of the growing awareness of concussion sustained during contact sports and in particular horse racing, we have drawn on the considerable expertise of head injury management in St James's hospital, to set up the first expert specialist neurological clinic, for mild traumatic brain injury in Ireland. This clinic provides timely expert opinion on all participants in sports who have sustained a suspected concussion and is free at the point of care.

In addition, the team has joined with researchers from TCD, and embarked on landmark studies investigating the impact of repetitive concussions in athletes, from both the amateur and professional sports in Ireland. The over-arching aim of the studies, is to improve the understanding of the consequences of concussion on the brain. This research is being undertaken in collaboration between clinicians based in St James' Hospital and scientific researchers based in the Smurfit Institute of Genetics and Trinity Centre for Health Sciences in Trinity College Dublin.

In my discussions with Dr Adrian McGoldrick, we are aware that professional jockeys probably suffer more head injuries than any other athletes over the course of their careers. It is of concern to everyone that we better understand the risks to future brain and heart health, which this career involves.

To study these risks, we propose a unique landmark longitudinal research study of brain and cardiovascular health, called the 'Year of Retirement'(YOR) study. This study will have separate tranches for different impact sports, including horse racing. Briefly, we will invite all professional jockeys to St James's hospital during their year of retirement from professional racing, including those who have retired since 2015. We will perform a battery of heart and brain health tests over one day, the results of which we will feed back to the jockeys, in a separate interview. We will then invite the participants back every five years to create a unique resource for evaluating the effects of early career concussion. Please see attached details

We are seeking a once off philanthropic donation to get this project started over the first five years of €200,000 with which we will be able to evaluate all athletes who retire over that period.

If you would like to discuss any aspect of this research or receive additional information, please do not hesitate to contact me.

Yours Sincerely

A handwritten signature in black ink, appearing to read 'Colin Doherty', written over a horizontal line.

Dr Colin Doherty MD FRCPI

Consultant Neurologist

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Ph: 086-172-0215

C.C Dr Adrian McGoldrick, Moorefield Medical Centre, Naas, Co Kildare