

# ACTION ITEMS FOR FORMER PLAYERS

## WITH A DOCTOR OR SPECIALIST



If your clinician suggests that you may have CTE, ask if you have been tested for the following conditions that can affect cognitive function:

- High blood pressure
- Diabetes or high blood sugar
- Sleep apnea
- High cholesterol
- Other heart conditions
- Low testosterone
- Depression



If you think you may be experiencing symptoms of cognitive impairment, talk to your primary care physician (PCP) about getting a

comprehensive neurocognitive evaluation from a neurologist or highly trained specialist. If you don't currently have a doctor, contact the [NFL Life Line](#) or [The Trust \(Powered by the NFLPA\)](#) to get help finding a physician in your area.



To learn more about your health during a visit to the doctor:

- Ask questions
- Don't be afraid to question a CTE diagnosis – it might be something else!
- Seek second opinions from specialists
- Follow through and follow up with your physicians

It is important that your physician listens to you. Your PCP should be someone you trust, who understands your background, and with whom you can work.

## WITH A DOCTOR OR ON YOUR OWN



Physical exercise has been shown to be effective in improving cognitive health and quality of life:

- Ask your physician to recommend specific exercises and lifestyle choices known to provide cardiovascular benefit while limiting wear and tear on joints, especially if you've had a prior ACL tear or joint injury.
- Even if you are not going to the gym, find resources for working out indoors. On YouTube, FitnessBlender and Yoga with Adriene are two great channels that have been keeping the study team active. Furthermore, EXOS's Twitter feed includes creative ways to stay healthy at home: [twitter.com/TeamEXOS](https://twitter.com/TeamEXOS)



Train your brain:

- Try a different walking route around your neighborhood or find a Sudoku puzzle to keep your brain sharp.
- If you would like to learn more about specific techniques and strategies for enhancing cognitive health, contact us for a copy of Harvard's Guide to Cognitive Fitness.



Reach out to your social circle:

- Maintaining a healthy social life with friends and family has been shown to improve cognitive function, physical health and even extend the lifespan.
- Arrange a hangout with long distance family and friends through Zoom or FaceTime to strengthen these vital connections.