



HEADING SOCCER BALLS CAN CAUSE HEAD INJURIES

Repeatedly heading soccer balls leads to subtle brain injuries that can result in memory loss and learning difficulties, according to a study released last week.

Should there be an outright ban on heading balls in school soccer leagues?

“We’re not saying that at all,” said study co-author Dr. Michael Lipton, a radiologist at the Albert Einstein College of Medicine. “But

we do need more research to determine what the safe threshold is, especially in kids.”

The small preliminary study of 32 amateur adult soccer players found that those who headed balls more than 1,000 to 1,500 times a year had brain scan abnormalities similar to those seen from traumatic brain injuries caused by car crashes and other accidents.

Such abnormalities could cause problems in brain regions responsible for memory, attention, planning, organizing, and vision, but the researchers didn’t perform neurological exams on the soccer players in this study.

Getting injured from, say, 100 head balls during a soccer season is highly unlikely, said Lipton, and there’s probably a safe range — still to be determined — where kids can head the ball without any adverse effects on the brain.

D.K.

Howard222 wrote: This just in: Scientists say drinking Drano is bad for your intestines.

avgjoethinking wrote: So no soccer then . . . now what?

Danskat wrote: I don’t see any reason to abandon soccer. But plenty of reason to not allow kids to head the ball until they are college age.

