

Title: The Role of Nutrition, Stress, Reduction of Infection in the Promotion of Cognitive Health in the Athlete

Instructor: Cindy M. Howard, DC, DABCI, DACBN, FIAMA, FICC

Total Hours: 2 hours

Topic: Nutrition, Concussion

Description: Athletes face unique challenges when it comes to maintaining cognitive health, particularly in the context of sports-related concussions and traumatic brain injuries (TBI). This comprehensive course explores the interconnected roles of nutrition, stress reduction, and infection management in supporting cognitive function and overall well-being in athletes.

Course Objectives:

- Understand how to implement appropriate supplementation and nutrition strategies to reduce inflammation associated with concussion/TBI in athletes.
- Gain proficiency in conducting appropriate testing related to symptoms and conditions commonly seen in athletes, facilitating accurate diagnosis and treatment.
- Develop skills in identifying and treating associated infections and managing stress, recognizing the unique vulnerabilities of athletes.
- Comprehend the intricate connection between the gut, brain, and oral health in preventing and treating infections in athletes, integrating this knowledge into clinical practice to promote cognitive health and overall well-being.

Hour 1:

Introduction and Case Study:

- Introduction to a case study of a concussed athlete with associated infection, highlighting the complexities of managing cognitive health in this population.
- Pre and Post-Concussion Nutrition:
 - Explore the importance of nutrition before and after concussion in promoting recovery and cognitive function.
 - Hydration Strategies:
 - Discuss hydration techniques aimed at preventing or reducing symptoms of TBI and supporting brain health.
 - Supplementation for Inflammation Reduction:
 - Examine the role of supplementation in reducing inflammation post-concussion and supporting brain healing.
- Blood-Brain Barrier Breakdown and Infection Incidence:
 - Investigate the consequences of blood-brain barrier breakdown and its correlation with increased susceptibility to infections.

Hour 2:

Relationship between Gut, Brain, Mouth, Infection, and Stress:

- Explore the intricate connection between the gut, brain, and oral health in preventing and treating infections in athletes.
- Incidence of Infections in Athletes:
- Discuss the prevalence of infections in athletes, including common types and risk factors.
- Role of Stress in Healing:
- Examine the impact of stress on the healing process and cognitive health in athletes.
- Case Study: Ringworm in Wrestlers:
- Analyze a case study of ringworm infection in wrestlers, highlighting the importance of timely diagnosis and treatment.
- Testing and Treatment of Concussed Athletes with Associated Infections:
- Learn how to conduct appropriate testing for infections in athletes and develop tailored treatment plans for concussed athletes with associated infections.

Instructor Methodology

Lecture: The instructor will deliver content through informative lectures, providing background information, statistics, and case examples.

Visual Aid: Slides will be used to visually reinforce key points, provide data, and showcase examples.