

*Note: Green text is **Jackson**,.....*

Guest Introductions: Dr. Kenneth Podell

Name:

Job Title:

Company:

Years in Profession:

Details, awards, anything else you want us to mention:

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Show Intro: What's up y'all and Welcome to the Sports Medicine Broadcast, “_____”

Topic: This week our guest is Dr. Kenneth Podell and Cathy Supak...

Introductions: I am your host Jeremy Jackson, and with me today is _____

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Topics:

What is new in diagnosing concussions?

King Devick - eye movement tests

Portable EEG system run off a cell phone and forehead electrodes

Telemedicine - using skype to perform diagnosis

Blood tests with biomarkers - requires lab analysis

“There may not be a magic tool that ever tells us

immediately if a concussion was sustained”

There is a child SCAT form now

What is new in managing concussions?

Balance and eye movement are becoming more important in managing

Vestibular therapists are a huge gain in concussion management.

What is being thrown out as no longer relevant?

Balance assesment - BES

Tablets or phones can help because of the gyroscopes can be used to measure balance OBJECTIVELY.

What do you see coming in the near future in diagnosing and managing concussions?

Discuss your favorite diagnostic tool?

What is Houston Methodist doing that is leading medicine as pertains to Concussion / MTBI / CTE

Know your patient

Ocular tracking

Balance

Upper extremity strength

Exertion increases

King-Devick needs a baseline

Symptom reporting - app used to measure record and email the results to the Dr. managing

Post concussion symptoms by PAR and impact

Buffalo treadmill test - Sub-Maximal Heart Rate work

What efforts are you making to educate ER and non sports medicine physicians about managing concussions.

How do you keep from treating each concussion the same way? How do you give individualized treatments to each patient

GE MRI study - has to be within 8 days of concussion

People are using omega 3 to prevent swelling / inflammation

Inflammation on the brain causes tau

What are your criteria for suggesting an athlete find a different sport or not return.

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website**

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links**

Follow us on twitter: @MrJeremyJackson

For Jeremy, ____ that's a wrap