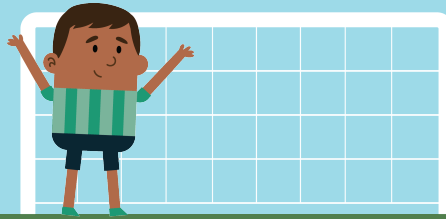


Brain Disease in Professional Footballers

Headers are a common football move where a player hits the ball with their head.



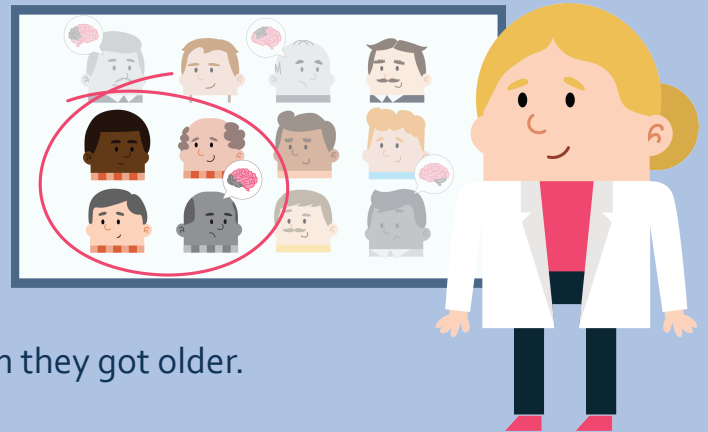
Professional footballers who hit the ball with their head a lot are more likely to get a brain disease, also known as a neurodegenerative disease.

This is because a brain disease can be caused by hurting your brain over and over. A brain disease can make parts of your brain, like memory, stop working.



Scientists at the University of Glasgow wanted to find out more about the link between brain disease and playing football. They looked at the health records of over 30,000 men born between 1900 and 1977 to find out whether those who played football had developed a brain disease.

Some of the men developed a brain disease when they got older. 1 in 4 were professional footballers.



The researchers found that:

- Defenders are most likely to get a brain disease.
- Footballers who played for more than 15 years were more likely to get a brain disease than footballers who played for less than 5 years.



As a result of this research, now young players in Scotland, England, and Northern Ireland are not allowed to head the ball in practice.

