

How Many Concussions Are Too Many?

September 14, 2021, 6pm

Moderator:



Benita Zahn

Benita Zahn, DPS, MS, CHWC spent 41 years as anchor / health reporter at WNYT. She is a NY Emmy winner along with numerous other awards for her work. She covered events including national political conventions, the aftermath of Hurricane's Sandy and Katrina, the Unabomber trial. She reported on health care in Russia, the World Gathering of Holocaust Survivors in Israel and countless health stories in the capital region. Benita led the WNYT coverage of Covid-19 including a series of Facebook Live talkback programs allowing the community to get up to the minute answers on the developing pandemic. Benita recently earned her certification as a Health and Wellness Coach and is working with Capital Cardiology. She continues to write health articles for the Times Union/LiveSmart page, host / produce HEALTH BEAT at WNYT a bi-weekly digital health program and writes for 55+LivingGuide. An avid runner Benita has completed many marathons, half marathons and shorter distance races. She's also a member of Actors Equity Association and has performed with theaters across the Capital Region

Panelists:



Aimee Brunelle

Aimee Brunelle, MS, ATC, is the Athletic Trainer and District Wellness Coordinator for South Colonie School District in Albany, N.Y. Prior to her current role, she was the athletic trainer & faculty member at Jamestown Community College for 17 years. She is active in national, district, and state athletic training associations, currently serving as the New York State Athletic Trainers' Association Conference & Education committee chair and Governmental Affairs co-chair. Aimee has been involved with the BIANYS Concussion Initiative Advisory Committee since it first began in 2016 and in June, received the BIANYS Mark Ylvisaker Educational Advocacy award.

Harry Carson, Professional Football Hall of Famer and former player with the New York Football Giants, is CEO and President of Harry Carson Inc. a Sports Consulting and Promotions Company. Mr. Carson has authored two books, *Point of Attack* published in 1985 by McGraw-Hill and his second and more comprehensive book reflecting on his career and life after football *Captain for Life* was published by St. Martin's Press in August 2011. He has served as Executive Director and Chairman of the Fritz Pollard Alliance and has been a very strong advocate toward the plight of his National Football League brethren.



Harry Carson

Aside from many academic and athletic high school awards, college, professional sports and post professional sports awards/honors Mr. Carson's most important recognition could be that he is credited with being one of the very first former professional athletes to draw attention to the association of concussions (mild traumatic brain injuries) with neurological abnormalities later in life to those who have participated in contact sports or have served in the military.

In addition to his advocacy for sports-related concussion awareness, he has been an advocate for Prostate Cancer awareness, Aphasia, Aplastic Anemia and Spinal Cord injuries causing Paralysis.

Brain Injury Association of New York State **CONCUSSION INITIATIVE**



Dr. Shae Datta

Shae Datta, MD, specializes in concussion and brain trauma. With clinical background in neurology and TBI, she is specially trained in sports concussion and TBI, working to involve a multidisciplinary approach to treating varied presentations within the realm of brain injury. In addition, she is dedicated to studying how a patient's age at the time of a brain injury and other variables in a patient's medical history can lead to decreased performance over time on neuropsychological and cognitive testing. Dr. Datta's philosophy is to treat each patient holistically and offer step-wise solutions that help them heal slowly and properly.



Zac Hamilton

Zac Hamilton is a former NCAA DI hockey goalie at Colgate University, where he graduated with a B.A. in Honors Cellular Neuroscience and Economics. A serious concussion his sophomore year gave him a firsthand experience of the challenges and isolation that surround having a concussion, recovering from the injury, and returning to play. Today, Zac volunteers for the Headway Foundation, a 501(c)(3) non-profit for athletes, which seeks to promote a safer sports culture surrounding concussions and neck injuries in sports. In addition to his passion for concussion advocacy, Zac is also a first-year medical student at the University of Illinois College of Medicine.

Join us on September 14 at 6 pm for the live recording of **How Many Concussions Are Too Many?**, which will then be released on National Concussion Day, September 17.

To learn more and to register, please visit bianys.org.

THE VOICE OF BRAIN INJURY

The Brain Injury Association of New York State (BIANYS) is a statewide non-profit membership organization that advocates on behalf of people with brain injuries and their families. Established in 1982, BIANYS promotes prevention as well as provides education and community support services that lead to improved outcomes for children and adults with brain injuries.