

# EXERCISE AS MEDICINE

## *Sports Health and Safety at UW Medicine*

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**F**ROM CONTROLLING WEIGHT TO BOOSTING MOOD and psychological health, there is ample medical evidence that exercise is integral to a healthy lifestyle. At UW Medicine, we believe exercise is a form of medicine — preventing disease and promoting optimal medical and psychological health in individuals and populations.

However, playing sports and being involved in physical and recreational activities is not without risk. Active people face the possibility of sports-related accidents and challenges, including traumatic brain injuries (such as concussions), cardiac arrest, muscle strains, ligament sprains, fractures, heat-related illness and performance anxiety.

According to the Centers for Disease Control and Prevention, each year more than 2.6 million youth in the U.S. are treated in the emergency department for sports-related injuries. In fact, every year, Harborview Medical Center, a Level I trauma center, sees more than 2,500 patients with concussions and other mild traumatic brain injuries.

There is a regional and international need for an institution with the capabilities, resources and experience to prevent tragedy and make sports safer for everyone. That institution is the UW Medicine Sports Health and Safety Institute at Harborview Medical Center, and we request your help in supporting it.

### **A New Institute With an Expansive Vision**

Our vision at the UW Medicine Sports Health and Safety Institute is to inspire people to pursue an active lifestyle, while providing them with the tools to keep them safe and help them recover from illness and injury, especially traumatic brain injuries, an area of extensive expertise at UW Medicine.

The institute's initial focus will be on protecting the brain health of active individuals and athletes. Over the next few years, and with additional philanthropic support, the UW Medicine Sports Health and Safety Institute plans to address a wider range of issues faced by athletes and active people, including:

- Sudden cardiac arrest;
- Musculoskeletal injury and rehabilitation;
- Early sports specialization and exercise burnout;
- Gender inequality in sports, including medical care related to sports;
- Mental health issues related to sports and exercise;
- Activity-related heat and hydration issues;
- Physical and intellectual disabilities and sports participation; and
- High-level sports training and performance.

### ***Investing for Success***

The creation of the UW Medicine Sports Health and Safety Institute is a major undertaking — one that will require philanthropic investments totaling \$10.5 million. The National Football League provided a substantial and generous seed gift of \$2.5 million. Subsequent gifts of \$1.5 million from an anonymous donor and two gifts from Jim and Gaye Pigott — \$2 million to create an endowed research chair and a \$1 million match to spur other contributions — have

generated momentum for the institute's first year. Already, \$1 million in gifts have been raised to establish the Zackery Lystedt Sports Concussion Endowed Professorship, a position connected to the institute's work.

We need more partners, however, to ensure the institute's long-term success. That success depends on generous philanthropic leaders who will help advance our work, recruit and retain the highest-caliber faculty, expert in concussion and sports medicine, and provide a critical source of support for ongoing care, education, advocacy and research.

To date, the UW Medicine Sports Health and Safety Institute has received gifts totaling more than \$9 million toward our goal of \$10.5 million. We've nearly reached our goal. And with additional investment, UW Medicine's foundational work in sports health and safety will expand exponentially, attracting even more outstanding researchers, physicians and advocates to make sports and exercise safer for all.

### **Join Us**

We hope you will consider joining us in this effort to ensure the safety of young athletes and active individuals.

If you would like to learn more about supporting the UW Medicine Sports Health and Safety Institute at Harborview Medical Center, please contact James Policar, director for philanthropy, at [policar@uw.edu](mailto:policar@uw.edu) or 206.221.7526. Thank you for your interest in our work.

### **Faculty Leaders**

#### **Richard G. Ellenbogen, M.D., FACS**

*UW Professor and Chair, Department of Neurological Surgery  
Co-founder, UW Medicine Sports Health and Safety Institute  
Co-director, UW Medicine Sports Concussion Program  
Theodore S. Roberts Endowed Chair in Pediatric Neurosurgery*

Dr. Ellenbogen is a neurosurgeon specializing in pediatric neurological surgery and traumatic brain injury for all ages. He is co-chair of the NFL's Head, Neck and Spine Medical Committee, the president-elect of the American Society of Pediatric Neurosurgeons, director of the American Board of Neurological Surgery and the past president of the Congress of Neurological Surgeons.

#### **Stanley A. Herring, M.D.**

*UW Clinical Professor, the Department of Rehabilitation Medicine, the Department of Orthopaedics and Sports Medicine, and the Department of Neurological Surgery  
Director and Co-founder, UW Medicine Sports Health and Safety Institute  
Co-director, UW Medicine Sports Concussion Program  
Zackery Lystedt Sports Concussion Endowed Professor*

Dr. Herring is the medical director of sports, spine and orthopedic health for UW Medicine. He is a physiatrist whose practice focuses on the diagnosis and management of neurological and musculoskeletal injuries, with particular focus on sports-related concussions and spinal disorders in active individuals. He's also a team physician for the Seattle Seahawks and the Seattle Mariners, serves as a member of the NFL's Head, Neck and Spine Medical Committee and chairs the Medical Advisory Committee for USA Football.

Dr. Ellenbogen and Dr. Herring both serve on a Centers for Disease Control panel that is developing guidelines for the diagnosis and management of mild traumatic brain injury among children and adolescents.

