

CLEVELAND CLINIC LOU RUVO CENTER FOR BRAIN HEALTH HOSTS FIGHTER HEALTH EVENT, NOVEMBER 15

WHAT:

On **Friday, November 15**, [Cleveland Clinic Lou Ruvo Center for Brain Health](#) is hosting a fighter health event from

5:45 -8:45 p.m.

Sponsored by

[Cleveland Clinic](#)

and

[Voluntary Anti-Doping Association](#),

this free, educational health event is designed for professional and amateur boxers and MMA fighters, trainers and managers.

The two-hour formal program will feature remarks from Dr. Charles Bernick of the Lou Ruvo Center, Don Hooten Jr. of the Troy Hooten Foundation, nationally recognized sports psychologist Dr. Caroline Silby and author of *Unlocking the Human Performance Edge*, Jimmy Smith.

Program topics include:

- Recognizing signs of concussion and the effects of repetitive head trauma
- Maintaining optimal nutrition amidst the challenges of rapid weight loss
- Understanding performance-enhancing drugs and the latest trends

WHO:

Charles Bernick, MD, MPH, Associated Medical Director, Cleveland Clinic Lou Ruvo Center for Brain Health

Cleveland Clinic Hosting Fighter Health Event in Las Vegas

Written by The Sweet Science
Monday, 04 November 2013 11:56

Don Hooten Jr., Vice President, Taylor Hooten Foundation

Caroline Silby, PhD, Sports Psychologist

Jimmy Smith, MS, CCMS, author of *Unlocking the Human Performance Edge*

WHEN:

Friday, November 15, 2013

5:45-6:30 p.m. – Reception

6:30-8:15 p.m. – Formal Remarks

8:15-8:45 p.m. – Wrap-up and drawing for UFC tickets

WHERE:

Cleveland Clinic Lou Ruvo Center for Brain Health

Keep Memory Alive Events Center

Cleveland Clinic Hosting Fighter Health Event in Las Vegas

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888 W. Bonneville Ave.

Las Vegas, NV 89106

MORE:

The Professional Fighter Brain Health Study was initiated in 2011 at Cleveland Clinic Lou Ruvo Center for Brain Health to examine the cumulative effects of repetitive concussive and subconcussive injuries to the brain in a group of professional combatants, boxing and mixed martial arts. Information learned from this type of project may be translatable to other causes of traumatic brain injury whether in military or civilian populations. Charles Bernick, MD, MPH, Associate Medical Director at the Cleveland Clinic Lou Ruvo Center for Brain Health, is the principal investigator of the study.

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