

JANUARY COGNITIVE KIT WORD SEARCH PUZZLE

V	L	K	L	S	B	L	D	F	G	D	Z	R	F	X	H	X	H	K	F
K	C	P	Z	Z	P	L	X	E	E	E	C	T	R	A	U	M	A	G	R
A	I	Y	Y	V	S	A	X	C	G	P	R	V	V	F	B	G	I	O	J
N	I	B	X	O	U	B	I	O	C	E	J	E	H	S	R	E	X	O	B
F	H	T	C	Z	M	T	W	N	V	J	N	X	I	I	N	N	I	I	B
F	S	C	N	S	F	O	M	F	Q	J	P	E	J	A	E	Z	M	H	U
R	E	H	J	E	K	O	M	U	Z	R	P	O	R	Q	K	P	V	Q	X
R	Y	P	N	C	M	F	L	S	I	W	Q	O	E	A	U	L	J	D	J
P	H	Q	W	K	E	E	G	I	I	P	S	I	O	L	T	T	J	J	W
W	O	X	O	L	T	Q	D	O	S	N	Z	M	S	L	G	I	D	G	T
U	C	H	R	Z	X	B	P	N	G	Y	O	E	P	U	C	E	O	U	U
S	K	M	P	P	A	B	A	U	R	M	B	S	Z	L	M	P	Y	N	H
I	E	M	H	Z	P	Y	R	A	A	H	T	J	N	N	J	N	O	L	Z
Y	Y	I	V	F	L	T	T	B	V	N	Q	J	R	I	I	Y	D	D	W
W	X	B	H	V	E	I	H	V	M	Y	C	L	K	J	K	U	V	L	Q
G	J	X	C	D	L	W	U	A	H	V	J	K	Q	X	D	R	G	A	M
H	K	U	H	I	N	O	I	S	S	E	R	G	G	A	G	A	A	F	I
S	N	A	M	W	J	N	M	U	K	L	U	X	C	F	E	W	V	P	P
H	O	U	C	P	B	M	O	G	B	P	T	O	Y	G	F	U	Z	Q	P
T	S	S	H	S	Z	K	R	X	O	R	N	P	K	E	D	A	X	G	O

Note: The word bank is on the following page

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WORD BANK:

HOCKEY	FOOTBALL	CONFUSION
SOCCER	MILITARY	IMPULSE
BOXERS	TRAUMA	AGGRESSION
DEMENTIA	DEGENERATION	PARKINSONISM

LEARN MORE ABOUT CTE BELOW:

Chronic traumatic encephalopathy (CTE) is a progressive degenerative disease of the brain found in people with a history of repetitive head impacts (RHI) often incurred during contact sport play, military service, employment as a first responder, and other activities that involve repeated blows to the head. These may include symptomatic concussions as well as non-concussive hits that do not cause symptoms. Non-concussive hits are routine in many sports, including checking in ice **hockey** and heading the ball in **soccer**. CTE has been known to affect **boxers** since the 1920's (when it was initially termed punch drunk syndrome or **dementia** pugilistica).

In recent years, reports have been published of neuropathologically confirmed CTE found in other athletes, including **football** and hockey players (playing and retired), as well as in **military** veterans who have a history of repetitive brain **trauma**. CTE is not limited to current professional athletes; it has also been found in athletes who did not play sports after high school or college.

The repeated brain trauma triggers progressive **degeneration** of the brain tissue, including the build-up of an abnormal protein called tau in a unique pattern. The pattern of tau seen in the brains of those with CTE is distinct from other neurodegenerative diseases such as Alzheimer's disease (AD), progressive supra nuclear palsy (PSP), and corticobasal degeneration (CBD). These changes in the brain can begin months, years, or even decades after the last brain trauma or end of active athletic involvement. The brain degeneration is associated with symptoms of individuals later diagnosed with CTE postmortem including memory loss, **confusion**, impaired judgment, **impulse** control problems, **aggression**, depression, suicidality, **parkinsonism**, and eventually progressive dementia.