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**FOR IMMEDIATE RELEASE**

**Headline: European Brain Foundation Tackles Concussion in Sports with  
"Brain in Sport" Event**

The European Brain Foundation (EBF), in collaboration with Rugby Europe, is set to host an event titled "Brain in Sport: Preventing & Managing Concussion and its Consequences." This event will shed light on the critical issue of concussion in sports, featuring insights from renowned athletes and moderated by Stéphane Lémeret, a distinguished racing driver and journalist.

**Event Description:** A concussion is a type of brain injury caused by a blow to the head, prone to occur in sport and while minor at times, can also carry long-term damage and repercussions if frequent and not taken seriously. In fact, concussion is the number one risk factor for neurodegenerative diseases, behavioural issues and mental health problems, including increased suicidality. This makes it a major public health problem, particularly within sport, and a source of worry and stress for athletes – amateur or professional – alongside their families, teams, and federations, countering the notion that sport is an integral part in many lives to keep us fit and healthy.

In recent years, sports federations across the world, in particular rugby federations, have turned increased attention to concussion and raising awareness of its occurrence and its consequences, developing monitoring programmes and establishing preventive measures, which have had a significant impact on the number of such accidents. However, awareness raising, education and prioritisation within sport guidelines remains vital.

**Key Highlights:**

- **Title:** Brain in Sport: Preventing & Managing Concussion and its Consequences
- **Date:** 24 February 2024
- **Location:** Pullman Brussels Centre Midi
- **Partners:** Rugby Europe
- **Communication Toolkit:** [Access the toolkit.](#)
- **Focus:** Medico-scientific perspectives, expert insights, and player testimonials

**Why Attend:** Gain comprehensive insights into concussion, its treatment, and preventive measures. Join key opinion leaders, athletes, and experts as they share experiences and knowledge to better understand and manage the risks associated with head trauma in sports.

**Event Objectives:**

- Raise awareness about the prevalence and consequences of concussions.
- Provide a medico-scientific perspective on concussion management.
- Share insights and testimonies from athletes and experts.
- Outline an educational plan for at-risk disciplines.
- To shed light on how prevention can protect from the long term consequences of brain concussions.

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**About the European Brain Foundation:** The European Brain Foundation (EBF) is an independent multidisciplinary and multi-stakeholder charity whose founding members represent leading European neurological, neurosurgical, and psychiatric clinical societies as well as neuroscience research societies and patient organisations. Its goal is to support research aiming at reducing the burden of brain disorders for European citizens. By coordinating all the partners concerned in this domain, the EBF will ensure the transparency and the sustainability of its actions. Donors will contribute to significantly reduce the impact of one of the biggest health challenges European society is currently facing.

For more information or to register for the event, visit [www.brainfoundation.eu](http://www.brainfoundation.eu).

**Join us in tackling concussion in sports and prioritizing brain health!**

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