

## SEPTEMBER IS CHIARI AWARENESS MONTH

At the Conquer Chiari Research Conferences, the single most controversial topic that generates passionate, heated debate, is the question of whether kids can participate or return to sports after surgery (or after an incidental diagnosis). **Conquer Chiari does not advocate or endorse a specific point of view in this regard, and encourages everyone to discuss this in depth with their child's neurosurgeon.** Historically, there has not been much published research on this topic, but recently a study came out of the University of Michigan and the Mayo Clinic which found essentially no risk of Chiari related symptoms or injuries for a large number of children who participated in sports. Specifically, the study followed 503 patients seen over a number of years at the two facilities. Of those, 328 participated in sports, including contact sports such as football and soccer, for a total of over 4,600 seasons. During that time, there were no incidents of symptoms or injuries attributable to Chiari. **Again, it's important to note that these children were cleared to play by their surgeons and there may, of course, be cases where patients are not allowed to play.**

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