

# Educating Athletes on Concussions: Former Boxer Ray Ciancaglini Making Strides to Raise Awareness on Head Injuries

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[www.thesecondimpact.com](http://www.thesecondimpact.com)

“Leave no doubt, wait it out.” This is what Ray Ciancaglini is trying to tell athletes of all ages throughout the country. Ciancaglini is trying to educate kids and adults alike on the possible repercussions you can receive from coming back too soon from a concussion. His message stands as a living example of why concussions should be taken seriously, no matter the severity.

Ciancaglini assists the NYCBL's Geneva Red Wings throughout the year. [www.genevaredwingsbaseball.com](http://www.genevaredwingsbaseball.com)

Ciancaglini was a promising middleweight boxer in the late 1960's. His many achievements in his short career were a glimpse into the potential he had as a boxer. However, today Ciancaglini suffers from Dementia Pugilistica, a neurological disorder that affects people who have experienced numerous blows to the head, specifically boxers. Early in his career, Ray received a second concussion before properly healing from the first. Never having been knocked out, he wasn't aware of how serious his injury was. No one was nearly as educated about concussions in the early 1970's as they are now. Without the proper knowledge of knowing how to deal with these types of injuries, Ciancaglini received multiple unnecessary hits to the head, which has led to his condition today.

During the interview with Ciancaglini, he told me there's no comparison between boxing and baseball in regards to head injuries. “Once you receive a blow in baseball, that's it. You receive medical treatment right away. In boxing, you can be hit multiple times in the head, and not think once about it.” Concussions are still a serious issue in baseball. Baseball is an extremely competitive sport and you have players fighting for positions everyday. Ciancaglini explained to me that preventing second-impact concussions all comes down to the athletes. “No one can prevent the first concussion, but the second concussion is 100% susceptible. Athletes can't lie about an injury, regardless of their position on the team”, said Ciancaglini. The force of a baseball hitting a player in the head is tremendous. However, the multiple blows a boxer receives to the head within a period of time increase the damage to the brain. Usually a concussion in boxing takes more time to recover from because of the potential for a future concussion. Regardless of which sport you endure a concussion in, the importance of “fully-recovering”

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