

How is CTE Diagnosed?

Currently, CTE can only be diagnosed after death. To diagnose CTE, doctors check the brain for changes that happen to people with CTE. Through this process, doctors confirm whether the person had CTE or another disease, such as Alzheimer's disease.⁷



National Institutes of Health (NIH) Study is Looking for Answers on CTE

NIH funded a large [research study](#) to learn how to diagnose CTE while a person is alive. Developing ways to diagnose CTE during life will help researchers learn more about the disease. It may also lead to treatments for CTE in the future.⁸



Resources:

To learn more about CTE and other brain diseases:

- Visit <https://www.ninds.nih.gov/Current-Research/Focus-Research/Focus-Traumatic-Brain-Injury>.

If you or someone you know needs to speak with a trained counselor:

- Contact the National Suicide Prevention Lifeline at **1-800-273-TALK (1-800-273-8255)**, or
- Visit <https://suicidepreventionlifeline.org>.



The Veterans Crisis Line connects veterans, their family, or friends with qualified caring responders:

- Call confidential toll-free hotline at **1-800-273-8255**, or
- Text to **838255**.

References:

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8. Asken BM, Sullan MJ, DeKosky ST, Jaffee MS, Bauer RM. Research gaps and controversies in chronic traumatic encephalopathy: a review. *JAMA Neurol*. 2017;74(10):1255-1262. doi:10.1001/jamaneurol.2017.2396