

**INFORMATION PAPER
ON
NEURODEGENERATIVE DISEASES AND TRAUMATIC BRAIN INJURY**

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RELEVANCE TO THE DEPARTMENT OF DEFENSE

Research suggests a possible link between sustaining TBIs during military service and developing neurodegenerative diseases such as Alzheimer's disease, Parkinson's disease, and possibly ALS, but findings are mixed. Biomarkers show promise for earlier detection and improved care for affected service members.

PURPOSE

Considerable research attention has focused on characterizing the relationship between TBI and neurodegenerative disease, with the aim of improving the prevention and treatment of these diseases in populations with high risk of TBI, including military service members and veterans. The purpose of this information paper is to summarize the available evidence on the association of TBI with three common neurodegenerative diseases: Alzheimer's disease, Parkinson's disease, and ALS. A fourth disease, chronic traumatic encephalopathy, is covered in a separate [research review](#).¹

This information is current as of March 2025 and may be subject to change as new findings become available.

BACKGROUND

The long-term consequences of TBI are especially important to define for warfighters and veterans, who are often exposed to head injury events during their service in the military.²⁻⁴ Research on the relationship between TBI and neurodegenerative disease during the past 5-10 years has focused on three neurodegenerative diseases with cognitive impairment or dementia as a prominent feature: Alzheimer's disease, Parkinson's disease, and ALS. There are multiple reports of an association of a previous history of TBI and Alzheimer's disease, Parkinson's disease, or ALS. However, a common flaw in most of those reports is that TBI history was based on the individual's recall after they were diagnosed with a disease that can impair cognition and, specifically, memory. To more objectively evaluate this relationship, more recent studies have also investigated whether commonly studied biomarkers of neurodegenerative disease can be measured following TBI and whether they could inform the early detection of such diseases in the TBI population. Some researchers interpret the existing data as supporting the suggestion that pathological changes triggered by an earlier TBI can influence the normal aging processes and interact with neurodegenerative disease processes in general, rather than causing a specific disease, such as Alzheimer's disease or Parkinson's disease.^{5,6} Additionally, some evidence indicates that the neurodegenerative processes triggered by TBI are distinct from those involved in Alzheimer's disease, Parkinson's disease, and ALS.

ALZHEIMER'S DISEASE

Alzheimer's disease is a progressive neurodegenerative disease characterized by the loss of recent episodic memory, language, visuospatial function, and executive function, as well as neurobehavioral abnormalities later in the disease course.⁷ During the mid-to-late stages of the disease, individuals may also experience hallucinations, anxiety, or symptoms of depression.⁷⁻⁹ Before progression to Alzheimer's disease dementia, patients typically exhibit mild cognitive impairment, which is characterized by cognitive changes that do not interfere with day-to-day activities.¹⁰ To receive a diagnosis of Alzheimer's disease dementia, patients must first meet the criteria for all-cause dementia established by the non-federal entity, National Institute on Aging–Alzheimer's Association ([Table 1](#)).¹¹ Patients are then diagnosed with either probable

Alzheimer's disease dementia or possible Alzheimer's disease dementia using additional criteria related to the progression of symptoms and the presence of comorbidities ([Table 2](#)).¹¹

Alzheimer's disease can be further classified as familial (also referred to as young- or early-onset) or sporadic (also referred to as late-onset). Familial Alzheimer's disease is hereditary and very rare (less than 5% of cases), and signs first appear between the ages of 30 to 65.¹² Sporadic Alzheimer's disease is more common, with signs first appearing after age 65, and apolipoprotein E genotype plays an important role in these cases.¹² There are three major human polymorphisms of the APOE gene, which include the $\epsilon 2$, $\epsilon 3$, and $\epsilon 4$ alleles, and the presence of the $\epsilon 4$ allele is one of the most influential risk factors for the development of sporadic Alzheimer's disease; individuals who are homozygous for this allele have an estimated 8-12 times higher risk of Alzheimer's disease.¹²⁻¹⁴ The causes of Alzheimer's disease are not known in most people but likely include a combination of age-related changes in the brain, along with genetic, environmental, and lifestyle factors.^{15,16} Older age does not cause Alzheimer's disease, but it is the most important known risk factor for the disease. The number of people with Alzheimer's disease doubles about every 5 years beyond age 65 such that one-third of all people age 85 years and older have been diagnosed with Alzheimer's disease.¹⁷

An area of increasing research and clinical interest in the field of Alzheimer's disease is using diagnostic neuroimaging and biofluid markers to detect the disease before symptoms manifest. While evidence indicates that other neuropathologies also contribute to Alzheimer's disease,¹⁸ the most commonly studied pathologies include neurofibrillary, or tau, tangles^{19,20}, as well as amyloid-beta ($A\beta$) plaques, the latter of which can now be therapeutically targeted with recently FDA approved disease-modifying drugs.²¹⁻²³ Both of these pathologies result in a loss of neurons that may underlie the clinical manifestations of Alzheimer's disease.^{24,25} Amyloid positron emission tomography is one imaging method for detecting $A\beta$ plaque formation; while this method is not recommended for routine use, it can help rule out a diagnosis of Alzheimer's disease in patients with dementia of an unknown cause^{10,26} or inform suitability for drug treatment.²⁷ Tau PET imaging is mostly limited to research settings, but like amyloid PET imaging, it has been FDA approved to help evaluate those with Alzheimer's disease.²⁸ Studies using these methods indicate that there are several pathological similarities between TBI and Alzheimer's disease, such as $A\beta$ and tau deposition and pronounced cortical thinning.²⁸⁻³⁵ Cerebrospinal fluid tests for $A\beta$, phosphorylated tau, and total tau are also increasingly common in clinical settings and have particularly high accuracy and sensitivity for detecting Alzheimer's disease.³⁶ Using blood tests to detect these markers—currently done only in research settings—shows great promise for incorporation into clinical practice. Some studies have shown that blood-based biomarkers more accurately identify clinical Alzheimer's disease than primary care physicians or dementia specialists. Additionally, blood tests are not as expensive or invasive as CSF or neuroimaging assessments.^{37,38}

Evidence That TBI Is a Risk Factor for Alzheimer's Disease

Many more studies have investigated the link between TBI and Alzheimer's disease than have examined the associations between TBI and either Parkinson's disease or ALS. During the past 30 years, much of this research has linked mild, moderate, and severe TBI to a greater risk of cognitive decline or the development of Alzheimer's disease years after injury.^{6,24,39-46} One early study reported that veterans who sustained a moderate TBI during military service had a 2.3 times greater risk of developing Alzheimer's disease than those with no history of head injury, while those with a history of severe TBI had a 4.5 times greater risk.^{24,47} Other studies have also

found a link between moderate and severe TBI and higher risk of Alzheimer's disease, cognitive decline, and dementia.^{46,48} Some studies have found an association between TBIs incurred later in life with clinical Alzheimer's disease risk, especially among those requiring a higher intensity or duration of TBI care.⁴⁹ In one study of approximately 1,200 patients with mild cognitive impairment or Alzheimer's disease, TBI history was associated with an earlier age of onset of cognitive impairment by two or more years.⁵⁰ Other studies have linked mild TBI with progressive brain atrophy in regions that are vulnerable to Alzheimer's disease, particularly among individuals with the APOE $\epsilon 4$ allele.⁵¹⁻⁵³

Social determinants of health such as ethnicity may play a role. One study of 676 Japanese-American men found no relationship between TBI and subsequent cognitive decline.⁵⁴ In a study of 10,000 patients with Alzheimer's disease, onset occurred 2.3 years earlier for non-Hispanic Caucasians and 3.4 years earlier for African Americans in those who had experienced a TBI with loss of consciousness.⁵⁵ Among Hispanic women, onset for those who had a TBI with LOC had was 5.8 years earlier than those who did not have a history of TBI with LOC. Hispanic men showed little difference in age of Alzheimer's disease onset, whether or not they had a history of TBI with LOC.⁵⁵ While these findings suggest an association between ethnicity or sex and Alzheimer's disease risk following TBI, there are few studies in this area. Additional research is needed to examine the social determinants of health that may link TBI with increased Alzheimer's disease risk.

Military service presents a unique set of factors that may increase the risk of being diagnosed with dementia, including Alzheimer's disease dementia.⁵⁶ Studies with veterans have found that those with a history of TBI are 1.2 times more likely to develop mild cognitive impairment⁵⁷ and 3.0 times more likely to develop early-onset dementia than those without a history of TBI; the risk for dementia increases with TBI severity.⁵⁸ Another study of 112 veterans from the Alzheimer's Disease Neuroimaging Initiative–Department of Defense database observed that those with a history of TBI of any severity had higher CSF levels of A β_{40} and A β_{38} than those without TBI history, and A β_{40} levels were found to have a significant indirect effect on the relationship between TBI and performance on a language test.⁵⁹ Another study of 51 veterans who had sustained blast-related mild TBIs and 85 veterans without history of mild TBIs found that differences in CSF A β_{42} and total tau levels were more pronounced at older ages, and CSF A β_{42} levels were associated with performance on various tests of cognitive function in the mild TBI group.⁶⁰ In a study of nearly 10,000 veterans with a TBI, the risk of developing Alzheimer's disease and related dementias was nearly double that of a cohort of 120,000 veterans without a history of TBI who received care at the VA.⁶¹ A study of 88 Vietnam War veterans with a history of TBI found a link between their genetic risk for Alzheimer's disease and levels of certain proteins in their spinal fluid. Veterans with a higher genetic risk for Alzheimer's had lower levels of two proteins, A β_{42} and A β_{40} . Lower levels may mean more of a protein called amyloid-beta is building up in the brain. This link was stronger for veterans with more severe TBIs.⁶² Collectively, these studies indicate the important contribution of TBI to an increased risk of Alzheimer's disease, as well as its associated neuropathological changes.

Evidence That TBI Is Not a Risk Factor for Alzheimer's Disease

While many studies have reported an association between Alzheimer's disease and TBI, several other studies have reported no association. A 2018 meta-analysis of 18 studies comprising more than 3 million patients found no evidence that a previous TBI increased the risk of Alzheimer's disease or Parkinson's disease,⁶³ and a retrospective study of 933 autopsy-proven cases of

Alzheimer's disease did not find that a previous history of TBI was a risk factor.⁶⁴ A systematic review and meta-analysis of 13 cohort studies of veterans found that a history of TBI was not associated with subsequent Alzheimer's disease.⁶⁵ One large study did find that a history of TBI was associated with an earlier diagnosis of mild cognitive impairment, but TBI was not significantly associated with progression from mild cognitive impairment to Alzheimer's disease.⁶⁶ Additionally, a 2024 prospective study of over 350,000 participants from the United Kingdom Biobank investigating risk factors for young-onset dementia reported that TBI was not one of the environmental factors significantly associated with a higher risk of young-onset dementia,⁶⁷ consistent with other studies.^{68,69}

A systematic review and meta-analysis of 19 studies was conducted to determine whether contact sport participation is associated with neurodegenerative decline.⁷⁰ No significant relationship was observed between contact sport participation and the antemortem diagnosis of neurodegenerative disease or death related to such a diagnosis or cognitive function on the Trail Making Test, which measures visual attention and executive function. A 2024 study found that, while plasma p-tau levels were significantly elevated in an Alzheimer's disease cohort, p-tau levels were not elevated during the first year after moderate to severe TBI and were not associated with imaging features associated with neurodegeneration.⁷¹ A separate study using data from over 4,300 participants aged 65 years or older found no significant association between military employment and cognitive change, dementia risk, or Alzheimer's disease dementia, even after adjusting for TBI history and other potentially confounding factors.⁷² One study of over 6 million service members found that, while those who sustained a mild TBI were more likely to receive a diagnosis of memory loss, mild cognitive impairment, Alzheimer's disease, and other dementias, they were not more likely to exhibit earlier dementia onset than those with no mild TBI history.⁷³ Finally, several studies, including four investigating veterans with military service-related TBIs,⁷⁴⁻⁷⁷ have observed no significant changes in PET imaging biomarkers of Alzheimer's disease or changes in cortical thickness among individuals with a remote history of TBI after controlling for APOE status, age, and other potentially confounding factors.⁷⁸

There are many potential reasons for these discrepant findings. First, many studies in this area exhibit important methodology concerns. Nearly all studies suggesting that TBI is a risk factor for dementia and Alzheimer's disease are observational studies with low methodological quality.^{79,80} Common methodological weaknesses include self-reported TBI,^{81,82} poor case definition of TBI, low prevalence of TBI in samples, reverse causality, and not controlling for important confounding factors.⁸³ In one meta-analysis, only one study exhibited strong methodological rigor (defined as having a prospective design, long follow-up period, medically confirmed TBI, and low risk of reverse causality and bias), and this study observed an increased risk of clinical dementia diagnosis among those with a history of mild to severe TBI.⁷⁹ Some studies suggest that the diagnostic criteria used to define subthreshold Alzheimer's disease dementia or mild cognitive impairment could also impact the study findings. For example, one study reported that using a mild cognitive impairment diagnostic scheme that considered neuropsychological findings such as PTSD resulted in stronger observed associations between TBI and Alzheimer's disease biomarkers than a conventional diagnostic method.⁸⁴ Across studies, it is difficult to consistently control for lifestyle factors, environmental exposures, comorbidities,⁸⁵ and other potentially confounding factors that interact throughout the lifespan to contribute to developing Alzheimer's disease.

Additionally, some studies suggest that multiple non-Alzheimer's disease mechanisms of neurodegeneration may co-occur and influence the association between TBI and dementia,⁸⁶⁻⁹⁰ which may contribute to inconsistent study results. An analysis of 8,302 male World War II veterans (using data from the National Academy of Sciences-National Research Council's Twins Registry, a non-federal entity) found that among those with a history of TBI, the risk for non-Alzheimer's disease dementia was higher than the risk for Alzheimer's disease.⁹¹ Researchers got the same result when they analyzed 100 twin pairs to control for genetic and shared environmental factors. Another study investigated differences in imaging findings among 1,124 participants, including 343 with Alzheimer's disease and no TBI history; 127 with Alzheimer's disease who had TBI history; 266 cognitively normal adults with TBI; and 388 cognitively normal adults without TBI. The results showed that among those with Alzheimer's disease, TBI was associated with an earlier onset of cognitive symptoms (approximately seven years earlier than those with no TBI history), but those with TBI history exhibited less cortical atrophy in regions commonly associated with Alzheimer's disease,⁹² which is consistent with other studies.⁹³

Another study found that TBI with LOC was associated with a greater risk of cortical atrophy, but there were no other associations between TBI and other Alzheimer's disease-related pathologies.⁹⁴ Finally, another study found that TBI was associated with greater white matter atrophy, while Alzheimer's disease was more associated with atrophy in both white and gray matter regions.⁹⁵ The authors concluded that patterns of atrophy post-TBI are more reflective of axonal injury and are distinct from the aging-related patterns of atrophy that more closely resemble Alzheimer's disease pathology.⁹⁵ Collectively, these results imply that individuals with both Alzheimer's disease and TBI history exhibit pathological changes in the brain that are distinct from those typically associated with Alzheimer's disease.

Consistent with this conclusion, at the 2019 National Institutes of Health Summit on Alzheimer's disease and Alzheimer's disease-related dementias, national TBI experts determined that TBI is a clinically and pathologically heterogeneous disease and that its associations with Alzheimer's disease are not fully understood.⁹⁶ In 2022, a multidisciplinary panel of experts evaluated the Summit conclusions and identified four priorities for accelerating research on the link between TBI and Alzheimer's disease and its related dementias: 1) interdisciplinary collaboration, 2) better characterization of post-traumatic neurodegeneration associated with different lifetime TBI histories, 3) identification of common data elements, and 4) increased support of basic and translational research.⁹⁷ Notably, the panel specifically recommended conducting studies evaluating differences in symptom presentation among individuals who develop post-traumatic neurodegeneration, and identifying biomarkers to progressively monitor post-TBI Alzheimer's disease and related pathologies over time.⁹⁷

PARKINSON'S DISEASE

Parkinson's disease is a neurodegenerative disorder characterized by gradual progression and various deficits in motor function.⁹⁸ It is much more common after age 60. The most common clinical presentation of Parkinson's disease is a resting tremor in one hand associated with arm swing and shoulder pain.⁹⁸ Bradykinesia (slowness of movement) and rigidity are often detectable on the affected side, and there is often reduced facial expression.⁹⁹ Gait and balance are progressively affected, resulting in falls.^{99,100} Freezing or motor blocks occur, followed by bulbar deterioration, which impairs communication and swallowing.⁹⁹ Studies also suggest that more severe forms of Parkinson's disease may involve perceptual challenges, such as difficulties

with visuospatial motion perception related to vestibular dysfunction, such as difficulty perceiving self-motion.¹⁰¹⁻¹⁰³

The non-federal entity, the International Parkinson and Movement Disorder Society's, diagnostic criteria are intended for research purposes, but can be used to help establish a clinical Parkinson's disease diagnosis.¹⁰⁴ These criteria include the absence of absolute exclusion criteria, the presence of at least two supportive criteria, and no red flags ([Table 3](#)).¹⁰⁴ Global dementia occurs in approximately 30% of patients, and those with prominent early executive dysfunction and more severe motor signs are particularly at risk.⁹⁸ Exposure to pesticides, consumption of dairy products, use of β -antagonists such as propranolol and metoprolol, history of melanoma, depression, participation in contact sports (particularly American football), and TBI have all been associated with an increased risk for Parkinson's disease,¹⁰⁵⁻¹⁰⁷ whereas a reduced risk has been reported in association with smoking, caffeine consumption, higher serum urate concentrations, physical activity, and use of ibuprofen and other analgesic medications.¹⁰⁸

Parkinson's disease involves the progressive loss of neurons that produce dopamine that are located in regions of the brain that control movement.⁹⁹ Thus, the first-line treatment for Parkinson's disease is typically levodopa, a drug that is converted into dopamine in the brain.¹⁰⁹ Enhanced tau protein production and elevated levels of alpha-synuclein (α -synuclein) are thought to underlie the degeneration of affected neurons.¹¹⁰ Studies suggest various other molecules, including TAR DNA-binding protein 43 and amyloid precursor protein, may be involved in Parkinson's disease pathology, and these proteins are also frequently upregulated following TBI.¹¹¹ Similar to research on other neurodegenerative diseases, the development and validation of robust biomarker assessments of these pathological changes, such as α -synuclein aggregation, is an area of increasing research interest, with the goal of accelerating Parkinson's disease diagnosis and treatment initiation.^{112,113}

Evidence That TBI Is a Risk Factor for Parkinson's Disease

Several investigators have concluded that TBI, and particularly moderate or severe TBI, is a risk factor for general motor deficits, as well as Parkinson's disease.^{39,114-116} One study also showed that Parkinson's disease patients with a history of head injury are more likely to exhibit nonmotor disorders, such as cognitive complaints, depression, and quality of life difficulties, particularly among those with a higher frequency of head injuries.¹¹⁷ Pooled clinical and neuropathologic data from three prospective cohort studies (n=7,130) indicate that TBI with LOC is associated with progression of Parkinson's disease, but not with dementia, Alzheimer's disease, neuritic plaques, or neurofibrillary tangles.¹¹⁸ Additionally, studies that were supported by the Michael J. Fox Foundation for Parkinson's Research, a non-federal entity dedicated to accelerating the development of treatments for the disease, have compared the history of head trauma or TBI between individuals with and without Parkinson's disease to investigate this relationship.

In one Michael J. Fox Foundation-funded study comparing twins, the twin who had a prior head injury was more likely to be diagnosed with Parkinson's disease.¹¹⁹ Three meta-analyses of several published studies have since confirmed this result, finding that TBI (including mild TBI) is associated with a higher risk of developing Parkinson's disease.¹²⁰⁻¹²² In one large retrospective study, researchers used the medical records of 325,870 veterans, half of whom had a mild, moderate, or severe TBI. At the beginning of the study, none had a Parkinson's disease diagnosis.¹²³ During the follow-up (average follow-up was 4.6 years), 1,462 veterans were

diagnosed with Parkinson's disease, and 949 of them had a TBI.¹²³ After adjusting for age, medical conditions, and other factors, the researchers found that mild TBI increased the risk for Parkinson's disease by 56%, and moderate to severe TBI increased the risk for Parkinson's disease by 83%.¹²³

Other studies support these findings, showing that TBI severity, frequency, and timing influence Parkinson's disease risk. One study supported by the same foundation used medical records from over 52,000 individuals with TBI and over 113,000 controls who had a non-TBI trauma. Researchers observed that TBI was associated with a 44% increased risk of developing Parkinson's disease during the subsequent 5 to 7 years of the study, and the risk was higher in those with more severe or recurrent injuries.¹²⁴ An unmatched case-control study of 379 neurologist-confirmed Parkinson's disease patients and 230 controls found a significant effect of age at the time of the first head injury.¹²⁵ For every five years earlier the first head injury with LOC occurred, the odds for Parkinson's disease was 1.37 times higher, suggesting that head injury earlier in life significantly increases the risk of Parkinson's disease.¹²⁵ In one small study, 25 Parkinson's disease patients with a history of mild to moderate TBI had significantly greater declines in overall cognition over a two-year period than 25 matched Parkinson's disease controls¹²⁶; collectively, these findings suggest that a history of TBI may not only increase Parkinson's disease risk but also accelerate Parkinson's disease progression.

Interestingly, other studies suggest that comorbid neuropsychological conditions commonly observed in individuals with TBI may influence Parkinson's disease risk. One study examined the risk of developing Parkinson's disease following TBI and PTSD by comparing the medical records of 176,871 veterans diagnosed with Parkinson's disease to those of 707,484 randomly selected veterans with no history of Parkinson's disease.¹²⁷ The overall prevalence of mild TBI, moderate to severe TBI, and PTSD in the study cohort was 0.65%, 0.69%, and 5.5%, respectively. The results suggest a positive interaction with comorbid PTSD and TBI in dual-risk factor analyses, with a significant 2.69-fold (mild TBI) and 3.70-fold (moderate to severe TBI) excess relative risk of Parkinson's disease in veterans with TBI when compared with veterans with PTSD but no TBI history. Additionally, there was a 2.17- to 2.80-fold excess risk when PTSD was absent. These findings are consistent with a 2023 case-control study of over 71,000 veterans with Parkinson's disease and over 280,000 controls, which observed that both TBI and PTSD were associated with increased Parkinson's disease risk.¹²⁸ Additionally, chronic pain and migraine had a synergistic effect on the association of TBI and PTSD with Parkinson's disease risk.¹²⁸ In a separate study of 114 veterans, those who had a combat-related mild TBI within the last seven years had subtle premature cognitive decline that signified the eventual onset of Parkinson's disease.¹²⁹ Together, these studies provide some evidence of factors commonly associated with TBI—such as PTSD, chronic pain, and military service—that may impact the development or progression of Parkinson's disease.

Evidence That TBI Is Not a Risk Factor for Parkinson's Disease

Other studies have not found an association between TBI and Parkinson's disease.¹³⁰ In a cross-sectional cohort study of 120 older adults (60-85 years; 60% men), a history of TBI or the number of TBIs was not significantly related to an increased risk of Parkinson's disease.¹³¹ A systematic review of 65 studies identified five studies with low risk of bias, four of which did not find a significant association between mild TBI and Parkinson's disease.¹³² Although the fifth study did find an association, the estimated odds ratio decreased with increasing latency between the TBI and Parkinson's disease diagnosis, suggesting reverse causality. In a nested case-

controlled population-based analysis of 918 participants, neither the severity nor the number of TBIs were found to be associated with subsequent Parkinson's disease.¹³³ A meta-analysis of 18 studies that included 3,263,207 patients did not find that a history of TBI was associated with the development of subsequent neurodegenerative diseases, including Parkinson's disease.⁶³ Collectively, most but not all studies support an association between TBI and developing Parkinson's disease. Like studies on the link between Alzheimer's disease and TBI, methodological concerns and unknown underlying mechanisms may contribute to the discrepant findings among studies on the risk of Parkinson's disease after TBI.

AMYOTROPHIC LATERAL SCLEROSIS

ALS is a rapidly progressing disease primarily affecting discrete groups of neurons that control movement.¹³⁴ While available treatments may slow its progression, there is no cure, and the disease is always fatal. It usually affects people between the ages of 40 and 70, and the disease begins with muscle twitching and weakness in a limb, or slurred speech. Eventually, it affects muscles needed to move, speak, eat, and breathe; in later stages it is associated with cognitive and behavioral changes.^{134,135} ALS can be diagnosed using the El Escorial criteria, which describes three categories of ALS—definite, probable, and possible ALS—that differ in the number of signs observed in independent body parts ([Table 4](#)).¹³⁶ The El Escorial criteria have long been considered the gold standard for diagnosing ALS. However, some evidence suggests the newer Awaji criteria may have higher diagnostic accuracy and could allow earlier ALS diagnosis.¹³⁷ The median duration of survival following symptom onset is approximately 2-4 years, but 10-20% of ALS patients live longer than 10 years after their diagnosis, indicating that ALS is a considerably heterogeneous condition.¹³⁸ While the risk factors influencing survival following ALS diagnosis are not fully understood, some evidence suggests that indicators of poor prognosis include an older age of onset, bulbar onset (involving speech or swallowing problems), aggressive progression between office visits, low body mass index, concurrent frontotemporal dementia, dyspnea (difficulty breathing) at the time of diagnosis, and a rapid decline on pulmonary function tests.^{138,139}

There are two forms of ALS: sporadic and familial. Most cases of ALS are sporadic, but ALS is familial in 5-10% of people.¹⁴⁰ Family members of people with sporadic ALS are at an increased risk for the disease, but the overall risk is very low. ALS can develop at any age, but symptoms most commonly arise between the ages of 55 and 75 years.¹⁴⁰ Additionally, some studies suggest that ALS is significantly more common among military service members than in the general population.^{141,142} One study showed that veterans are nearly 60% more likely to develop ALS than the general population.¹⁴³ Indeed, based on these data, ALS is now considered a service-linked disease, which allows veterans to receive care for ALS in the Department of Veterans Affairs.¹⁴⁴ Smoking is one of the most well-established lifestyle risk factors for ALS, increasing risk by more than 40% among people who have smoked cigarettes.¹⁴⁵ Some studies have suggested that people with a history of electric shock or exposure to electromagnetic fields are more likely to develop ALS. The risk is higher for those in professions related to electricity, such as electricians, train drivers, and people operating electric equipment (like welders or carpenters).^{146,147}

Pathologically, sporadic ALS is commonly associated with brain and spinal cord accumulation of TAR DNA-binding protein 43, a protein involved in regulating gene expression¹⁴⁸; indeed, evidence of TDP-43 accumulation has been reported in up to 97% of all ALS cases.¹⁴⁹ Thus, increased understanding of the mechanisms involved in ALS-associated TDP-43 pathology could

help identify new therapies. ALS also involves damage to cells caused by unstable molecules called free radicals, which can be targeted with recently FDA-approved treatments.¹⁵⁰ Another FDA-approved treatment may slow ALS progression by protecting neurons from overstimulation.¹⁵¹

Evidence That TBI Is a Risk Factor for ALS

Few studies have directly evaluated the relationship between TBI and ALS. Some studies have reported that the risk of ALS is higher in those who play varsity and professional contact sports such as soccer and football, which may be attributable to physical activity or to other factors such as head trauma.¹⁵²⁻¹⁵⁶ One study found that the mortality from ALS among National Football League players was nearly four times higher than that in the general population, suggesting the potential contribution of exposure to repetitive head impacts.¹⁵³ While some studies suggest that people who are very physically active and regularly engage in strenuous exercise are more likely to develop ALS,¹⁵⁷ others have not found that ALS risk is significantly altered for people who engage in recreational sports.

Some studies support a potential association between TBI and ALS. A 2019 study found that the prevalence of ALS was about four times higher among military service members who were deployed to post-9/11 wars than those deployed in the Gulf War.¹⁵⁸ While it remains unclear why, members of the post-9/11 military often were exposed to chemicals and heavy metals—particularly manganese, mercury, and zinc—as well as formaldehyde and pesticides, all of which may play a role. Strenuous physical conditions and trauma may also have influenced this finding. In 2024, one meta-analysis of 60 studies including over 8,800 patients reported that CSF levels of neurofilament light, a potential biomarker of axonal injury following TBI, showed high diagnostic accuracy for distinguishing individuals with ALS from controls. The study also found that higher levels were linked to more severe ALS symptoms and faster disease progression.¹⁵⁹

Other studies have directly linked TBI with an increased risk for ALS. An early study found that veterans who died from ALS were exposed to more trauma before and during their service than veterans who died from other causes.¹⁶⁰ A larger study of veterans reported that individuals who had sustained a TBI up to 15 years before the study were more likely to receive an ALS diagnosis than those with no TBI history, and this association was strongest among those with the APOE ε4 allele.¹⁶¹ One study reported an increased risk of ALS only for those who had sustained multiple head injuries, including at least one such injury in the past 10 years. This group had an 11-fold higher risk of ALS than those with no history of head injury.¹⁶² Another meta-analysis of 14 independent studies found a 38% greater likelihood of developing ALS among those with a history of any TBI, which increased to 69% among those with severe head injuries.¹⁶³

Evidence That TBI Is Not a Risk Factor for ALS

Several studies have reported no association between TBI and ALS. One of these studies observed no significant differences in the rate of functional decline between individuals with ALS who sustained a head injury and those who did not, as well as no significant differences in the presence of TDP-43 or tau pathology among a cohort of autopsy-confirmed ALS cases.¹⁶⁴ A Finnish study of more than 40,000 individuals with moderate or severe TBI found that, while these injuries were associated with a risk for future dementia, they were not associated with a risk for ALS or Parkinson's disease.¹⁶⁵ One meta-analysis of four studies investigating the association between ALS and TBI observed that three reported no significant association and the

fourth reported that a significant association was observed only within the first year following TBI, which may have been due to early-stage ALS contributing to motor dysfunction and a higher risk of falls.¹⁶⁶ Another study showed similar results, reporting a significant association between severe TBI and ALS only within the first year following TBI.¹⁶⁷ Together, these studies indicate that more research is needed to improve our understanding of the relationship between TBI and ALS incidence and progression. In particular, some researchers propose additional preclinical and clinical studies to clarify the mechanistic interactions between TBI and ALS and the contribution of time elapsed since injury to ALS risk.^{168,169}

CONCLUSION

Many studies have demonstrated associations between TBI and the incidence or accelerated progression of neurodegenerative diseases, particularly Alzheimer's disease and Parkinson's disease. Most studies have observed stronger associations between TBI and neurodegenerative diseases among those who have sustained more—or more severe—TBIs. While these findings have begun to provide insight into the specific aspects of TBI that may confer an increased risk of developing a neurodegenerative disease, there are some discrepancies among studies, and several unknowns remain. For example, few studies have evaluated how the mechanism of injury, specific injury features, the presence of common TBI comorbidities, and the timing of the injury contribute to the risk of neurodegenerative disease following TBI. More long-term studies are needed to clarify these connections.

Achieving a better understanding of the relationship between TBI and neurodegenerative disease has important potential clinical implications. The FDA has recently approved several drugs for treatment. While these drugs do not halt or reverse disease progression, they may slow its progression if applied early. As novel therapies emerge, studying biofluid and neuroimaging biomarkers may lead to early detection and treatment of neurodegenerative diseases (particularly Alzheimer's disease) among those with TBI history. While the exact factors underlying the association between TBI and neurodegenerative disease are unknown, some investigators postulate that this relationship involves the cascade of pathological processes triggered by TBI. These pathologies can worsen the harmful buildup of proteins that characterizes neurodegenerative diseases. Researchers believe that further study could reveal new ways to detect these problems earlier.^{111,170-172} Thus, an improved understanding of the pathological link between TBI and neurodegenerative diseases could help support more widespread incorporation of TBI history into clinical decision-making schemes (including criteria for when to obtain biomarker data) for managing neurodegenerative diseases.

IMPACT TO THE WARFIGHTER

- While it is unlikely that warfighters will be diagnosed with Alzheimer's disease, Parkinson's disease, or ALS during their time in service, understanding the risks associated with different cumulative operational exposures is necessary to develop prevention strategies.
- Some studies suggest that individuals who sustain a mild TBI during their military service have a greater risk of developing Alzheimer's disease and Parkinson's disease than those with no history of head injury. However, this finding is not universal, emphasizing that factors beyond TBI also play a role in one's risk for these diseases.

- The relationship between TBIs sustained during military service and ALS is unclear, and there have been few studies in this area. More research is needed to investigate the relationship between TBI, and the development of ALS.
- As our understanding of the relationship between TBI and neurodegenerative disease improves, novel biomarkers may be developed to allow the early detection of these diseases in individuals with TBI well before symptoms arise. Military and VA clinicians may then be more likely to incorporate these biomarkers, as well as TBI history, into decision-making schemes when considering individuals for FDA-approved treatments for neurodegenerative disease.

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DISCLAIMER

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TABLES

Table 1: National Institute on Aging–Alzheimer’s Association Criteria for All-Cause Dementia¹¹

CRITERIA	
1.	Cognitive or behavioral symptoms interfere with one’s ability to function at work or perform usual activities.
2.	Cognitive or behavioral symptoms represent a decline from previous levels of functioning.
3.	Cognitive or behavioral symptoms are not explained by a major psychiatric disorder.
4.	Cognitive impairment is detected through a combination of a) history-taking from the and a knowledgeable informant and (b) an objective cognitive assessment.
5.	<p>Cognitive or behavioral impairment involves at least two of the following domains:</p> <ul style="list-style-type: none"> a) Impaired ability to learn and remember new information: Individuals ask repetitive questions or have repetitive conversations, misplace personal belongings, forget appointments or events, or get lost on a familiar route. b) Impaired reasoning and handling of complex tasks (poor judgement): Individuals have a poor understanding of safety risks, an inability to manage finances, poor decision-making, or an inability to plan complex or sequential activities. c) Impaired visuospatial abilities: Individuals are unable to recognize faces or common objects or find objects in direct view (despite good visual function), operate simple instruments, or dress themselves. d) Impaired language functions: Individuals have difficulty with word finding; hesitate during speech; or exhibit speech, spelling, or writing errors. e) Changes in personality or behavior: Individuals exhibit uncharacteristic mood fluctuations (including agitation), impaired motivation, apathy, social withdrawal, or compulsive or socially unacceptable behaviors.

Table 2: National Institute on Aging–Alzheimer’s Association Criteria for Probable and Possible Alzheimer’s Disease Dementia¹¹

CRITERIA FOR PROBABLE ALZHEIMER’S DISEASE	
<ol style="list-style-type: none"> 1. An insidious onset of months to years (rather than a rapid onset of hours to days) 2. A clear history of worsening 3. An amnesic presentation (involving impaired learning and recall) or a non-amnesic presentation (involving impaired language, visuospatial function, or executive function) 4. No evidence of other concomitant neurologic diseases (e.g., cerebrovascular disease, Lewy body dementia) 	
CRITERIA FOR POSSIBLE ALZHEIMER’S DISEASE	
Patients meet the other core clinical criteria for Alzheimer’s disease, but there is 1) evidence of another concomitant neurologic disease or 2) there is an atypical disease course.	

Table 3: International Parkinson and Movement Disorder Society’s Diagnostic Criteria for Parkinson’s Disease¹⁰⁴

TYPE OF CRITERIA	EXAMPLES
Absolute Exclusion Criteria	Unequivocal cerebellar abnormalities; diagnosis of behavioral variant frontotemporal dementia; normal functional neuroimaging of the presynaptic dopaminergic systems; absence of observable response to high-dose levodopa despite moderate to severe disease
Supportive Criteria	Clear and dramatic beneficial response to dopaminergic therapy; presence of levodopa-induced dyskinesia; rest tremor of a limb; presence of olfactory loss or cardiac sympathetic denervation
Red Flags	Rapid progression of gait impairment within five years of onset; complete absence of progression of motor symptoms over five years unless stability is related to treatment; early bulbar dysfunction; severe autonomic failure during the first five years of disease

Table 4: El Escorial Criteria for the Diagnosis of ALS¹³⁶

ALS SUBTYPE	CRITERIA
Definite ALS	Upper and lower motor neuron signs observed in the bulbar region and at least two spinal regions or in three spinal regions
Probable ALS	Upper and lower motor neuron signs observed in two independent body regions
Possible	Upper and lower motor neuron signs observed in one body region or upper motor neuron signs in two body regions

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