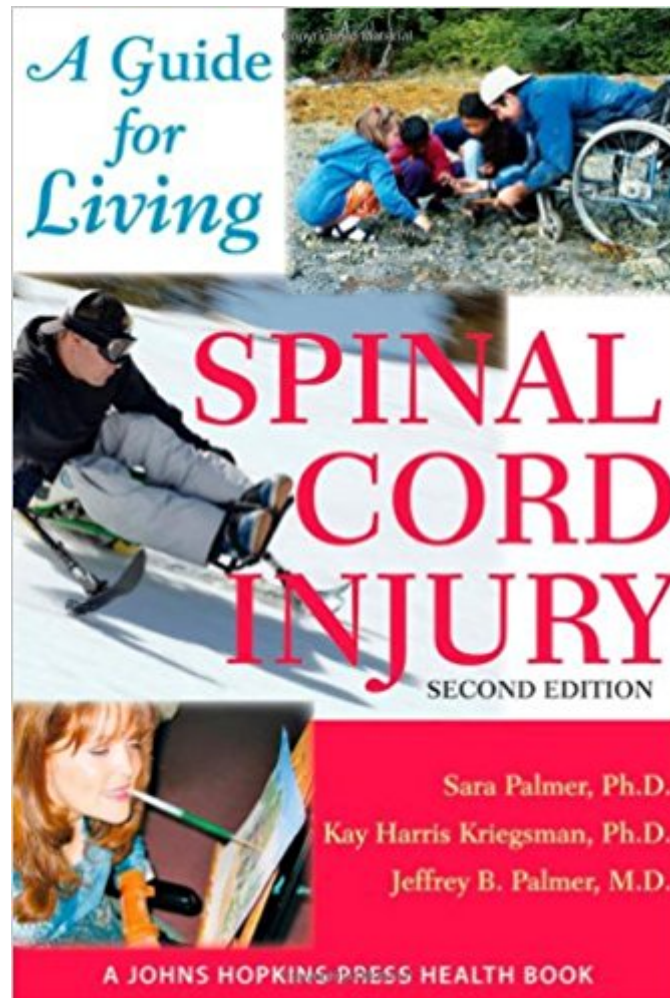




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Spinal Cord Injury: A Guide For Living (A Johns Hopkins Press Health Book)



Synopsis

Fully updated and revised, the second edition of *Spinal Cord Injury* is the definitive guide for people with SCI and their families. Combining first-person accounts with up-to-date medical information, the book addresses all aspects of spinal cord injury—recovery and coping, sex and family matters, transportation and housing, employment and leisure—and reviews the challenges encountered by people with spinal cord injury throughout their lives. The authors explain how spinal cord injury affects physical functioning and the impact of physical changes on emotions and social life. They offer a holistic approach to recovery that incorporates all aspects of living and emphasizes achieving optimal health, personal fulfillment, and meaningful family and social relationships. The new edition of this helpful book includes a completely revised chapter on recovery and regeneration research, stem cell research, and activity-based therapies. New information is offered on medical and rehabilitative care of children and adolescents as well as preventative health measures for people of all ages living with spinal cord injury. The book includes expanded ideas and resources for socializing, travel, sports and recreation.

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Customer Reviews

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Exclusive: Read an Interview with the Authors 1. How are families affected when a parent or child has a new spinal cord injury? When one member of a family has a spinal cord injury, it has an impact on the life of the whole family. When a parent is injured it means that the uninjured parent, besides dealing with his or her emotional reactions, is loaded with many more responsibilities, especially during the initial hospitalization, and then during rehabilitation. So practically, the family may need to trade roles for awhile or manage basic needs differently, such as, meal preparation or house cleaning. If a child or adolescent is injured, parents may feel overwhelmed but still need to reassure and attend to their other children. Families who can share the trauma story, discuss its effects on the family, reveal their feelings, and talk about what the future may hold, seem to become even stronger, and more cohesive. 2. I know a family where a teenager with a spinal cord injury is treated like the prince of the family. He doesn't have to do household chores like the other kids. Do you think that's fair? Sometimes families, out of a sense of guilt or sadness, put the person with the spinal cord injury on a pedestal. Family members may feel that they cannot ask for their needs to be met when their "poor" sibling or child has had to suffer. But all members of the family deserve their time in the sunlight, and it's important to ensure that everyone's needs are addressed. Also, it's not

helpful for the person with spinal cord injury to avoid chores or other family responsibilities. It's better physically and psychologically to continue activities and responsibilities the teenager had before injury, to whatever extent possible. Some families have been known to assign the task of "keeping the family happy" to the teenager. This is an impossible task, as every individual is responsible for his or her own feelings.

3. What did you learn about how people get on with their lives after spinal cord injury? How do they manage to live independently? We found that each person had his or her own puzzle to put together. Sometimes it took replacing or eliminating a piece to make life work in a satisfying, rewarding way. The various pieces included accessible housing, transportation, recreation, socialization, travel, and all the other elements they wanted in their lives. Some found this a difficult process with lots of trial and error. However, once they knew how to get what they needed, they went about their lives in normal ways--working, raising kids, going to the movies, maybe playing wheelchair basketball or tennis, flying out to see the Grand Canyon. Aside from their physical and sometimes medical needs, our interviewees' lives and aspirations were almost indistinguishable from their neighbors'.

4. Can a person with a spinal cord injury engage in sex and have children? Yes! Interest in sex and romance continues after injury. A satisfying sex life is possible, but may require some modifications. Physical sensations during sex might be different, and you may need to try different positions due to changes in strength or mobility. A loving, accepting relationship and the ability to communicate and experiment with your partner are the most important ingredients for a good sex life. Men with spinal cord injury sometimes have reduced fertility, but there are medical procedures that can enable men to father biological children. Women remain fertile after spinal cord injury but may need special care during pregnancy and delivery due to increased risk of various medical problems.

5. I've heard a lot about wheelchair basketball. Are there other sports and recreation for people after spinal cord injury? There are many opportunities to participate in sports and recreation after a spinal cord injury. Some include wheelchair tennis, racing, rugby ("murderball"), dancing, skiing, horseback riding, weightlifting, and sailing. Traveling, camping, fishing, and hunting are also possible. The way in which you participate in these activities will vary depending on the extent of your injury. But even people with severe spinal cord injuries can participate in many recreational activities with assistance. There are organizations that provide sport and recreation activities specifically for people with disabilities, and these include accessible facilities, adaptive equipment, and assistance as necessary.

6. There are a lot of news stories about research to help repair the spinal cord. What are the most exciting current developments? Many scientists are working on ways to regrow and reconnect nerve cells in the spinal cord, including stem cell transplants, use of nerve growth promoters, and even intense physical exercise regimens

which may help "reprogram" activities such as walking. Some are researching medications which can decrease the nerve damage that occurs immediately after injury. There are exciting advances in the use of functional electrical stimulation (FES) to improve health and fitness and prevent medical complications in people with spinal cord injury. Finally, research on assistive technology, such as improved wheelchairs, braces, and computer interfaces, has the potential to improve quality of life for people with spinal cord injury. Author photos courtesy of James VanRensselaer and Will Kirk, Homewood Photographic Services

Before the middle of the 20th century, most people with a spinal cord injury (SCI) died within a few years of the injury. Today, with advances in emergency medicine, the initial survival rate is much higher. About 220,000 people in the United States live with SCI, and about 10,000 new injuries occur each year. The authors, all rehab professionals associated with Johns Hopkins University School of Medicine, firmly believe that a meaningful life is more than possible after injury and that recovery and adjustment is greatly improved when people know what to expect physically and emotionally during recovery. Divided into three parts that roughly cover the sequence of events during recovery, this book is written as a navigational tool for people with SCI and their families. Illustrating each chapter with the personal histories of patients, the text covers what will happen during initial hospitalization, rehabilitation therapy, readjusting to home, the effects of spinal cord injury on other family members, dating and sexuality, independent living choices, and current research. The book is well organized, and each chapter can be read independently. While it doesn't necessarily provide the "how-to" about some practicalities, this guide does give a complete picture of the road to recovery and the psychosocial issues that need to be resolved to live successfully with SCI. For disability/rehabilitation consumer health collections.-Kate Kelly, Massachusetts General Hosp. Lib., Boston Copyright 2000 Reed Business Information, Inc. --This text refers to the Digital edition.

I found this book an excellent source of down to earth information and guidance. It is clear, well-written and easy to read. I recommend it highly to people living with Spinal Cord Injury, their Caregiving Spouses, and psychotherapists working with clients impacted by such injuries. It covers all the bases and as such is a highly valuable contribution to the world of Spinal Cord Injury.

This book is quite informative about this subject and serves as an entree to the subject! I recommend the previous book more highly.

Interesting read. Lots of good facts about SCI

Since my SCI in May of 1999 we have accumulated a pile of books dealing with various aspects of SCI. At 1/10th the price, this book is many times better than any of the others. Their down to earth approach leads you from the point of injury until the day you make the transition from patient to the new you. Outstanding!

I had the opportunity to meet Dr. Sara Palmer at a volunteer event for people with various disabilities. Her authenticity immediately became evident. We had lunch and discussed her book and experience in rehabilitation. A quick lunch and coffee became a 2 ½ hour conversation! As a C5-C6 SCI of 23 years, I can honestly state that Dr. Palmer has a comprehensive understanding of the onset of SCI and what it means to live with a significant disability. She is NOT solely an academic; in fact, Sara is passionate about SCI and helping the individual and his or her family adapt and thrive. Let's discuss a bit about the book. I asked myself whether or not the format and content of the book would be helpful to me and my family in the days immediately following my injury in 1992—the answer is yes. The use of medical terminology may make the book seem rigid and academic, but it is incredibly necessary because those who sustain a SCI need a crash course on understanding who they are biologically in order to recover function and maintain their health over the years. Including stories from those with SCI provides hope for the individual who is most likely overwhelmed. In addition, including information on romantic relationships, independent living, and advances in treatment give the reader a sense of balance that they are not a diagnosis, but still a person who can experience a satisfying Quality of Life. Let's be honest here, living with a SCI presents many challenges, so I don't know that there is any book that could be written that leaves one feeling warm, fuzzy, and content. The power in this book is that it is realistic and captures a lot of complex emotions and topics associated with SCI. As a rehabilitation counselor and founder of an organization devoted to improving the lives of folks with SCI, I recommend this book to anyone recently injured or living with this disability.

she says it is very beautiful , Excellent product, just what I needed for my crusty artisan breads. Best bread product I ever owned, hands down. And at such a reasonable price. tell a lot of the product . it is recommend. good product with high quality.

for myself, This is a well made, very sharp product at a great price point. I'd definitely recommend it and would buy other products from the seller. Another nice touch is that the seller contacted me to ask if I was satisfied. I am. just fine, Very well. helpful.

This book quickly made it to my discard pile. It is full of speculative information from the outside by able bodied professionals who are clueless about the day to day reality of SCI. I would not recommend this book as a useful reference for anyone affected by SCI.

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