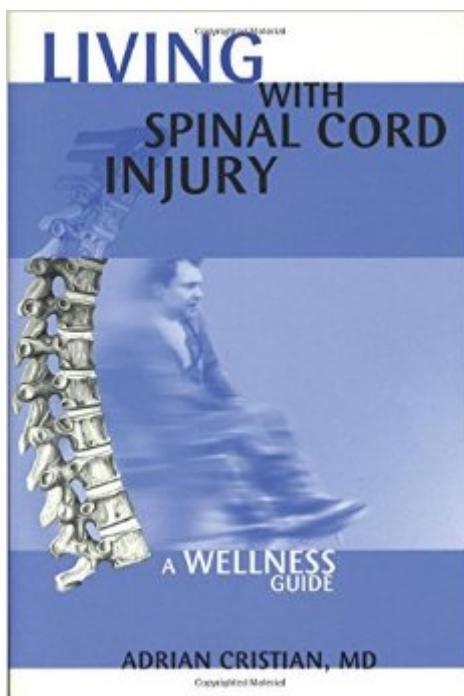


The book was found

# Living With Spinal Cord Injury



## Synopsis

About 40% of all people with spinal cord injuries are now over the age of forty-five, and 25% have had their injury for twenty years or more. We now live at a time when medical advances have made it possible for those with spinal cord injuries to live an essentially normal life span, and to lead full, meaningful, and productive lives. As is true for their friends and colleagues, they work, raise families, and compete in sports. The wear and tear associated with aging and SCI means that these individuals must deal with the fact that the effects of normal aging are superimposed on those of the spinal cord injury, and activities that once might have been easy in many cases become increasingly difficult. Perhaps pushing a wheelchair up a hill or transferring in and out of a car is more challenging than it once was. Heart disease, pneumonia, urinary tract infections, and pressure sores are common health ailments specific to those with SCI declining financial resources and aging caregivers are common social problems. This is the definitive guide to dealing with the major challenges faced by those with spinal cord injuries, as related to health, finances, and their social support system. It is primarily designed to identify medical and nonmedical problems that individuals may face as they live with SCI for a number of years. Medical issues are considered by body system and include discussions of the cardiovascular system, the respiratory system, the gastrointestinal system, the urinary system, the musculoskeletal system, the skin, and psychological issues. Following these discussions of common medical issues related to SCI is a section that deals with mobility and transportation issues, including wheelchairs, the selection of vans and minivans, and the usefulness of a fresh look at rehabilitation issues. A section on managing finances includes a chapter on dealing with home health attendants while appendices provide information for caregivers, a glossary of commonly used terms in SCI, and a helpful list of resources. A wealth of practical advice by other people with spinal cord injuries as well as experts in the field has also been provided to help tackle the daily challenges faced by those with SCI. This book will bring a better quality of life to the reader living with SCI. Through vigilance and planning, a person with spinal cord injury can age gracefully and have a good quality of life for many years."

## Book Information

Paperback: 179 pages

Publisher: Demos Health; 1 edition (July 1, 2004)

Language: English

ISBN-10: 193260300X

ISBN-13: 978-1932603002

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #2,903,040 in Books (See Top 100 in Books) #47 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Spinal Cord Injuries #856 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Physical Impairments #1697 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System

[Download to continue reading...](#)

Living with Spinal Cord Injury Anatomy and Physiology Study Guide: Key Review Questions and Answers with Explanations (Volume 3: Nerve Tissue, Spinal Nerves & Spinal Cord, Cranial Nerves & Brain, Neural Integrative, Motor & Sensory Systems, Autonomic Nervous System, Special Senses) Back And Neck Sourcebook: Basic Consumer Health Information About Spinal Pain, Spinal Cord Injuries, And Related Disorders, Such as Degenerative Disk ... Osteoarthritis, S (Health Reference Series) Sensory Mechanisms of the Spinal Cord: Volume 1 Primary Afferent Neurons and the Spinal Dorsal Horn Mayo Clinic Guide to Living with a Spinal Cord Injury Spinal Cord Injury Short Cut Instruction Toe Up to 10K: A Journey of Recovery from Spinal Cord Injury Perspectives on Long Term Rehabilitation: How I made a better recovery from spinal cord injury than anyone expected How I Roll: Life, Love, and Work After a Spinal Cord Injury Spinal Cord Injury: A Guide for Living (A Johns Hopkins Press Health Book) Management of Spinal Cord Injury (Jones & Bartlett Series in Nursing) The Spinal Cord Injury Pain Book Spinal Cord Injury and the Family: A New Guide (Harvard University Press Family Health Guides) (The Harvard University Press Family Health Guides) Life care planning for spinal cord injury: A resource manual for case managers Genesis: A Portrait of Spinal Cord Injury Mayo Clinic's Guide to Living With A Spinal Cord Injury Neurolaw: Brain and spinal cord injuries (Tort and personal injury/litigation library) AO Spine Masters Series, Volume 7: Spinal Cord Injury and Regeneration Spinal Cord Injury: Functional Rehabilitation 21st Century Pediatric Cancer Sourcebook: Brain and Spinal Cord Tumors - Neuroectodermal, Medulloblastoma, Glioma, Astrocytoma, Craniopharyngioma, Craniopharyngioma, CNS Tumors, Others

[Dmca](#)