



Spinal Cord Injury Resources

- **Pain management**
 - This site provides an introduction, categorization, and medically appropriate treatment options for individuals with different types of pain.
 - <http://www.thecni.org/reviews/09-1-p20-balazy.htm>
- **Cardiovascular health**
 - Heart Disease and SCI fact sheet provides a list of symptoms, diagnosis, risk factors, and treatment options for people with SCI and heart problems:
 - <http://www.craighospital.org/SCI/METS/heartDisease.asp>
- **Pulmonary care**
 - Smoking and SCI this page reviews the effects smoking has on skin, bladder, and your ability to exhale/cough:
 - <http://www.craighospital.org/SCI/METS/smoking.asp>
 - Respiratory Management this page provides links to articles/pages that provide information ways to improve respiration:
 - <http://www.spinalcord.uab.edu/show.asp?durki=21466>
 - Quad/assisted cough, this link provides with a hand out to educate a person on how to perform or instruct people with the assisted cough
 - : <http://calder.med.miami.edu/pointis/asscough.html>
- **Nutrition**
 - Weight Management following Spinal Cord Injury:
 - <http://www.spinalcord.uab.edu/show.asp?durki=21481>
 - Nutrition Guidelines for Individuals with SCI:
 - <http://sci.washington.edu/info/forums/reports/nutrition.asp>
 - Underweight management:
 - <http://www.maryfreebed.com/Rehab-Services/Spinal-Cord-Injury-Program/SCI-Resources/Spinal-Cord-Injury-Nutrition-Information>
 - General resource list:
 - <http://www.spinalcord.uab.edu/show.asp?durki=21583&site=1021&return=21866>
- **Pediatric/Adolescence Information**
 - Page from the National Spinal Cord Injury Association that provides information on living with and caring for a child with spinal cord injury. Helpful caregiver resources to address setting goals for you and your child and your spouse.
 - <http://spinalcord.org/news.php?dep=17&page=94&list=1196>
 - Psychosocial Aspects of Traumatic Spinal Cord Injury with Onset During Adolescence is a qualitative research study from the Journal of Spinal Cord Medicine. The objective of this study was to focus on psychosocial factors from the patient perspective in persons who had previously sustained a SCI during early and mid-adolescence (11–15 years of age).
 - <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2031979/>

PLEASE NOTE: Courage Center supplies these links to information and resources of potential interest to our clients as a convenience to the Courage Center community website users. Courage Center is not affiliated with, and has no input, interest, direction or control over the services or products accessible through these links; nor, is Courage Center responsible for the informational content or material which may appear on, or be accessible through use of these linked websites. Courage Center receives no financial gain from these linked websites.



- **Diabetes and SCI**
 - This link provides a review of Diabetes, and how it affects individuals in general. It also provides helpful hints for individuals with spinal cord injuries and diabetes and how to manage your health.
 - <http://www.bcm.edu/ilru/html/publications/SCI/library/Diabetes.pdf>
- **Sexual Counseling and Education**
 - Spinalcord.uab.edu this link leads you to a site that is able to link you to multiple articles on sexual education for individuals with spinal cord injuries.
 - <http://www.spinalcord.uab.edu/show.asp?durki=21720>
- **Psychosocial issues**
 - This is a link to the Spinal Injury information network that provides information for individuals about a wide variety of issues including: body image, stress, attitudes, depression, and many other issues to help people.
 - <http://www.spinalcord.uab.edu/show.asp?durki=24430&site=1021&return=21674>
 - This is a link to the University of Washington school of medicine that discusses depression and its correlation with spinal cord injury. It provides a summary on the prevalence of depression, treatments, and risk factors for people with depression.
 - http://sci.washington.edu/info/newsletters/articles/01sum_depression.asp
- **Chemical use/dependency/abuse**
 - Below are two new letters from the University of Washington School of Medicine that discuss alcohol use and abuse for individuals with a spinal cord injury.
 - http://sci.washington.edu/info/newsletters/articles/03sp_alcohol.asp
 - http://sci.washington.edu/info/newsletters/articles/96su_alcohol_abuse.asp
 - This is an educational guide from the physical medicine & rehabilitation department at Virginia Commonwealth University. That discussed about alcohol and drug abuse after a spinal cord injury [Adobe Reader](#) required.
 - http://www.sci.pmr.vcu.edu/EduGuides/SP1_Alcohol_SAMPLE.pdf

PLEASE NOTE: Courage Center supplies these links to information and resources of potential interest to our clients as a convenience to the Courage Center community website users. Courage Center is not affiliated with, and has no input, interest, direction or control over the services or products accessible through these links; nor, is Courage Center responsible for the informational content or material which may appear on, or be accessible through use of these linked websites. Courage Center receives no financial gain from these linked websites.