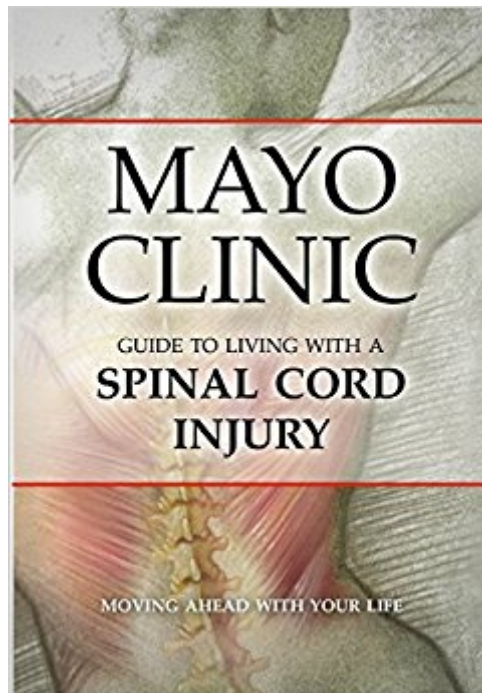




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# **Mayo Clinic Guide To Living With A Spinal Cord Injury: Moving Ahead With Your Life**



## Synopsis

"This indispensable guide offers a complete picture of the road to recovery, and the specifics to move ahead with your life. When possible it encourages readers to resume their favorite hobbies, participate in athletic activities and return to the workplace. For the first time, leading medical specialists at the world-renowned Mayo Clinic offer their expert advice on everything from emotional adjustments, to skin care, to home and car modifications, to quality-of-life improvements. Easy-to-read, illustrated, and well organized, Mayo Clinic Guide to Living with A Spinal Cord Injury provides the "how-to" regarding the day-to-day challenges faced by anyone who has a spinal cord injury."

## Book Information

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## Customer Reviews

"While the chapters on body changes in the various organ systems are written at approximately a high school reading level and contain some medical jargon, they offer a great deal of detail not found in other books on this topic. This book is recommended for all consumer health libraries, and is highly recommended for those serving rehabilitation settings." -Deborah Magnan, Samuel and Sandra Hekemian Medical Library, Hackensack University Medical Center, Hackensack, NJ , CAPHIS "Mayo Clinic Guide to Living with a Spinal Cord Injury brings down the full force of the Mayo Clinic's medical expertise...is a must for any coping with this difficult situation." -The Midwest Book Review "Illustrated and easy to consult, Mayo Clinic Guide to Living with a Spinal Cord Injury provides the basics of challenges and how to overcome them: any serious health library needs this patient reference." -California Bookwatch "A helpful, well-organized, readable guide." - Library

Journal" This is a very helpful guide especially for the newly injured and their families as they begin to put together a plan for their new life. The illustrations, practical guidance and down-to-earth presentation will assist individuals in making choices they face a little less daunting." -Peter T Wilderotter, President & CEO, Christopher and Dana Reeve Foundation (Peter Wilderotter President & CEO, Christopher and Dana Reeve Foundation 20100503) --Peter T Wilderotter, President & CEO, Christopher and Dana Reeve Foundation

Mayo Clinic - The Mayo Clinic Spinal Cord Injury Program provides lifelong services in an interdisciplinary setting to people with spinal cord injury. The goal of the program is to help each person reach his or her optimal functional ability, level of wellness, quality of life, and reentry to the community. The Spinal Cord Injury Program at Mayo Clinic Rochester, Minnesota is accredited by the Commission on Accreditation of Rehabilitation Facilities and the Joint Commission. Mayo Clinic is the first and largest integrated, not-for-profit group practice in the world. Doctors from every medical specialty work together to care for patients, joined by common systems and a primary value that "the needs of the patient come first." Mayo Clinic provides treatment to more than half a million people each year at its three sites in Rochester, Minnesota, Jacksonville, Florida and Scottsdale.

Covers everything from what deficits to expect at different levels of injury, to how to build a good working relationship with a caretaker to what kinds of agencies might provide assistance. Good book for those wanting to prepare themselves for a transformed life, whether the injured person or a family member.

This is a very readable, informative book filled with lots of practical, usable advice. I recommend it to anyone desiring a clear picture of the challenges and struggles associated with SCI. Its contents very corrective, empowering and comforting.

Good medical book.

I found this book to be very helpful in a time when I needed to learn any and everything about how to care for a quadriplegic and what complications could occur.

LOTS OF INFORMATION THAT I DID NOT KNOW

Little to no thoracic information in this book...

Very good book, looks like it has a lot of resources. Haven't had time to read it yet, so don't know how I am supposed to write a review.

First of all, this is the real deal. These are the folks who do spinal cord work at the Mayo Clinic. The book is aimed at a general audience but as an RN with a number of years of neuro experience I learned a thing or two. If you are running a spinal rehab center and are not using this book you are not doing the job right. The book is divided into five main sections beginning with an introduction which describes the team that will be dealing with the injury, the normal anatomy of the spinal cord and its function. It then takes a close look at the types of spinal cord injuries. This section and indeed the entire book are copiously illustrated with drawings that I wish I would have had in training. Section two covers the changes in the body following an injury divided into first the internal organs then the skin, muscle, and bone and finally the circulation and body regulation. This is a hands on review dealing with problems and how they should be prevented and dealt with. Section three is on sexuality and fertility. This is an area that many textbooks sort of skip over with a few lines. There is a full and straightforward discussion of the sexual aspects of spinal injury. The effects, the problems and the solutions. Section Four deals with the strategies for overcoming the new boundaries of life with a cord injury. It is a wonderfully comprehensive guide that covers everything from the law to conflict management with your caregiver. There are check list and work sheets and real world tools to solve problems with. I was hugely impressed by this section and the amount of information it conveyed. Section Five is titled Living Fully with a Spinal Cord Injury and it is a guide to an active life one that is different from the life before injury but not one whit less fulfilling in its potential. A number of sections round out the book including a section on clinical trials a list of resources and a very good Glossary. Over all this is best one volume book on spinal cord injury I have seen in over 25 years of nursing. I cannot recommend it enough.

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