

Spinal Cord Injury - a Few Facts

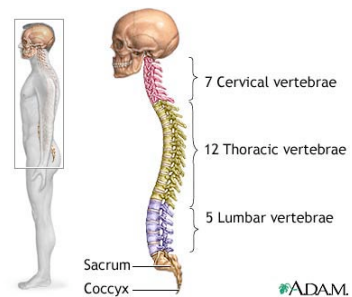
1. What is a Spinal Cord Injury?

Spinal Cord Injury (SCI) is damage to the spinal cord that results in a loss of function such as mobility or feeling. The spine is used to carry messages from the brain to tell other parts of the body what to do. The injury has interrupted the messages from the brain through the spine to parts of the body.

2. What is the Spinal Cord and the vertebra?

The spinal cord is the major bundles of nerves that carry nerve impulses to and from the brain to the rest of the body. It is about 18 inches long and runs down the back from the base of your brain to your waist. Messages can continue on down to the buttocks area.

The rings of bone that make up the spinal column are known as vertebrae. There are four sections of vertebrae on the spine. They are **Cervical Vertebrae, Thoracic Vertebrae, Lumbar Vertebrae, and Sacral Vertebrae.**



3. How many people have SCI?

About 450,000 people live with a spinal cord injury in the United States

4. Is there a cure for SCI?

As of today there is no cure, but a lot of research is being done to help find one.

5. How can we work to prevent Spinal Cord Injury?

Always think before you act! Always wear your protective gear when you ride your bike, scooter or skateboard, etc. Remember never to dive into water without knowing how deep it is and always wear your seatbelt. Another way is to be cautious when we are playing outdoor activities. Remember that gangs, guns and other acts of violence can lead to SCI.

6. What do I say when I meet someone with SCI?

“Hi.” A person with a SCI is no different from a non-disabled person except they do a few things differently. It’s important to remember that although SCI changes a person, they are still people, so treat them that way. Say “Hi” today and make a new friend.