
◆ THE DERBY CITY NSCIA NEWSLETTER ◆

NOVEMBER 2009

The Derby City Chapter of the National Spinal Cord Injury Association Network- Serving Kentuckiana.

Message From the President

Dear Members & Friends-

There will NOT be a meeting in November. Our annual Christmas party in December will be in lieu of the December meeting. See December issue of newsletter for details.

The January meeting will be held at Frazier Rehab Institute; 220 Abraham Flexner Way; Louisville; 11th floor, room number 1119.

- David Allgood

From the Internet—ed

New Physical Rehabilitation Technique Coming To Louisville

A program coming to the University of Louisville will test new rehabilitation techniques on people with spinal cord injuries.

A medical team in California recently found that a regimen of medication, electrical stimulation and exercise could rehabilitate paralyzed rats. The researchers from that study will now work with U of L doctors at the Frazier Rehabilitation Center to try the same techniques on humans.

U of L Dr. Susan Harkema says the goal of the program is to help restore walking abilities to people with spine injuries.

“The mechanism behind this is really taking advantage of new knowledge about the neural circuitry that’s still healthy and using the stimulation, the retraining and the drugs to essentially replace that function that was lost with the spinal cord injury,” she says.

Doctors are currently seeking patients for the program. No start date for the program has been set.



MIRACLE MAN WALKS AGAIN

By Toni McRae

Five mornings a week, Peter Edwards has personal care assistants from the Spinal Injuries Association assist him to remain independent in his own home.

In two years since a bizarre motel fall left him with a terrifying spinal cord injury, Maryborough's Peter Edwards never gave up.

With an unyielding, positive attitude the 42-year-old - diagnosed as a quadriplegic - defied medical odds to rise up and walk again.

“My doctors told me I was one of the most determined patients they'd seen,” Mr. Edwards said Sunday.

“What doesn't kill you makes you stronger.”

That's Peter's mantra for life after he got trapped in the bed sheet in a Brisbane motel at 3.30 on a 2007 morning, fell into a cupboard, cracked his head, wrecked his spinal cord - and didn't play in a ten pin tournament that day.

“Well, actually everything went pear-shaped,” said the former Wide Bay Transit cleaner, and petrol head when it comes to the big rigs he admits he will probably never drive again.

“But there's no way I'm ever going to give up and that's why I've started standing up and even walking a bit again.

“I did 20 steps today. Nothing in this world will ever stop me from trying.

“It's all good.”

The miracle man who spent nine weeks in an intensive care unit, followed by nine months in Brisbane's Princess

(Continued On Page Three)

TABLE OF CONTENTS

President's Message/Man Walks Again	1
Louisville to Get New Rehab Technique	1
Calendar	2
Using Bacteria to Prevent UTI	4
Save on Thanksgiving Travel	5
For Sale	5

Refrigerator Calendar

***2009**

NOVEMBER

2nd - Elderly & Disabled Advisory Council Meeting.
Mon 1:00 p.m.; TARC; 1000 W. Broadway; Board Room.

16th - NO MEETING IN NOVEMBER.
Mon

21st - Metro disAbility Coalition Meeting; 3:15 p.m.
Sat Urban County Government Center; Barrett Avenue; Louisville

DECEMBER

7th - Elderly & Disabled Advisory Council Meeting
Mon 1:00; TARC; 1000 W. Broadway; Board Room.

21st - Annual Christmas Party; 6:00 p.m. Party takes place of meeting.
Mon Highland Court Apartments; 1720 Richmond Drive, Louisville, KY; party room

19th - Metro disAbility Coalition Meeting; 3:15 p.m.
Sat Urban County Government Center; Barrett Avenue; Louisville

For More Information Call
David Allgood at 502-588-8574

Derby City Area Chapter
of the
National Spinal Cord Injury Association

ABOUT THE ORGANIZATION

The Derby City Area Chapter of the N.S.C.I.A. is a membership organization for individuals with spinal cord injuries, their families, and health professionals. Founded in 1984 as a Charter Member of the N.S.C.I.A., it was incorporated under IRS Section 501 (c) 3 as a not for profit organization. The Board of Directors consists of the Officers, Past President and the Board Members At Large.

OFFICERS

PRESIDENT

David Allgood - (502) 588-8574

VICE PRESIDENT

Adam Ford - (502) 425-2206

TREASURER

Tom Stokes- (502) 957-5865

LIAISON TO FRAZIER REHAB INSTITUTE

Jill Farmer , CTRS—(502) 582-7618

FUNDRAISING CHAIR

Betty Perry—(502) 647-0368

CORRESPONDING SECRETARY/WEB MASTER

Michael Feger- (502) 647-0368

PAST PRESIDENT

Adam Ford- (502) 425-2206

BOARD MEMBERS AT LARGE-

Mike Perry

Kelly Young

**NSCIA DERBY CITY CHAPTER
NEWSLETTER STAFF**

Editor- Barbara Davis

Contributor- David Allgood

Visit Our Website at

www.DerbyCitySpinalCord.org

**The Derby City Area Chapter Newsletter is brought
to you through the generous support of Frazier
Rehab Institute**

MIRACLE MAN, CONT'D

Alexandra Hospital spinal injuries unit, spoke out yesterday in support of the Spinal Injuries Association, who, he says, have helped him all along the way.

And Sunday CEO Mark Henley applauded Peter's hard work and "never give up" philosophy.

"Peter's extremely fortunate that he has been able to regain some movement in his legs as he did not sustain a complete break of the spinal cord. Unfortunately, the majority of people who sustain a spinal cord injury will never be able to walk again.

"The spinal cord is the width of a finger and has the consistency of a banana and, once it's damaged, it's virtually impossible to reverse that damage.

"And because there is currently no cure for a spinal cord injury, prevention of these types of injuries is paramount."

"The accident was a sort of, things do happen in life occurrence," Mr. Edwards said.

"It was 3.30 in the morning and I wanted to go to the toilet so I was disorientated and fell out of bed.

"Since then I've been working non-stop to try and regain some movement in my legs."

As Peter's injury was incomplete and did not entirely damage the spinal cord, this means with intensive physiotherapy, he can now walk a short distance, with the assistance of a walking frame.

Five mornings a week Peter has personal care assistants from the Spinal Injuries Association assist him to remain independent in his own home.

"My PCAs have also supported me with my physio exercises and they've been extremely encouraging in helping me achieve my goal of walking again," he said.

As well as daily exercises at home, Peter also spends each Tuesday morning at the Maryborough Hospital, practicing on a 10-metre bar much the same as ballet dancers use.

"Since my accident I've stayed positive and focused.

"When I was in the spinal injuries unit, my doctors told me I was one of the most determined patients they'd seen, so I'd like to stay that way.

"My accident was devastating but it's made me appreciate my life much more - you just never know what can go wrong."

Mr Edwards' friends and family have kept his enthusiasm levels high throughout the past few years but it is his wife who has been his biggest motivator.

Describing the last several years as challenging was an understatement, Julie Edwards said.

"But Peter's improvements have made us start planning for the future again.

(Continued On Page Four)

MIRACLE MAN, CONT'D

“Peter's been applying for jobs, so we're hoping he'll be able to get back into the workforce again soon,” she said.

The Spinal Injuries Association is a not-for-profit organization dedicated to assisting and empowering its 2000 members and clients throughout Queensland.

USING BACTERIA TO PREVENT URINARY TRACT INFECTIONS

By John Schieszer

Bacterial interference may be an effective way to prevent symptomatic urinary tract infections (UTIs) in patients with neurogenic bladders, data suggest.

“We think this is a promising approach,” said lead investigator Rabih Darouiche, MD, Professor of Medicine at Baylor College of Medicine in Houston. “Urinary tract infections in this population are the most common infectious cause for admission to the hospital. So it is a major problem, and so far there has been no proven approach that would effectively and safely prevent UTI in these patients.”

In a prospective, randomized, placebo-controlled, double-blind, multicenter trial, he and his colleagues investigated the efficacy of instillation of *Escherichia coli* HU2117, a non-pathogenic strain, into the neurogenic bladder of adult patients with spinal cord injury (SCI) who had a history of recurrent UTIs. They randomized patients to receive either the *E. coli* or sterile saline through a newly inserted bladder catheter. The investigators obtained urine cultures weekly during the first four weeks, then monthly thereafter. The patients were followed up for the occurrence of symptomatic UTI for a period of 12 months. The patients in both arms of the study had similar characteristics.

The group that received the bacterial interference consisted of 17 men (nine quadriplegics and eight paraplegics). The control group included 10 men (six quadriplegics and four paraplegics). Both groups had a mean 4.4 UTIs in the previous year. All patients were catheterized.

During the 12-month study period, one or more UTIs developed in five (29%) of the 17 patients in the experimental group compared with seven (70%) of the 10 controls. In addition, the average number of UTI episodes per patient-year was lower in the treated group than in the control group (0.05 vs. 1.68). None of the patients developed UTI due to *E. coli* HU2117 and

none had clinical evidence of septicemia following bladder instillations.

Overall, the investigators concluded that there was a greater than two-fold reduction (29% versus 70%) in the likelihood of developing symptomatic UTI in colonized versus non-colonized patients and that these findings surpassed the magnitude of protection afforded by other potentially preventive approaches. Dr. Darouiche noted that long-term use of systemic antibiotic prophylaxis in patients with SCI tends to only achieve a modest protection at the expense of an increase in antimicrobial resistance and adverse drug reactions.

Study findings were presented here at the 2009 Inter-science Conference on Antimicrobial Agents and Chemotherapy.

He and his colleagues have been working on this approach for more than 12 years. Still, the exact mechanism by which *E. coli* HU2117 exerts its protective impact is unclear. It may be that this bacterial strain blocks binding sites on the uroepithelium. Another possibility is that *E. coli* HU2117 stimulates secretion of substances that kill or inhibit growth of other pathogens. It is also theorized that bacterial interference with this *E. coli* strain may alter the nutritional or pH level in the surrounding milieu.

Another unknown, Dr. Darouiche said, is whether bacterial interference could be applied to patient populations without neurogenic bladders.



WAYS TO SAVE ON THANKSGIVING TRAVEL

by [Geannie M. Bastian](#)

Thanksgiving is one of the busiest and most expensive times of year to travel. It's also the time when many people wish to travel in order to be with family and friends. So if you need or want to travel at this time of year, how can you do it without breaking the bank? Well, here are some tips to help you save some money on your [Thanksgiving](#) travel.

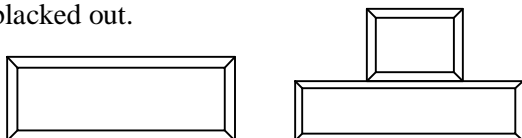
Airlines have cut flights and raised prices, and that's making travel on busy travel days very expensive. If you are traveling within reasonable distance, consider driving to your [Thanksgiving](#) travel destination this year. Just remember that you will be seeing plenty of other drivers on the road as well, so give yourself plenty of time.

If there are just a few people in your travel party, consider traveling by train this year. Like driving, it will require more time than flying, but depending on your travel plans, it may well save you money. As an added bonus, taking the train for your [Thanksgiving](#) travel will avoid the traffic congestion and stress of driving.

If you must fly, consider planning your flights several days ahead and after the Thanksgiving holiday. As with the above options, there is often a choice to be made between time and cost. In this case, if you can afford to travel on days farther away from Thanksgiving, you can save significantly on airline tickets.

If you are looking to save some money on accommodations, consider staying with family, rather than paying for a hotel room. Thanksgiving, is after all a time for spending time with family, and there is no better way to lower Thanksgiving travel costs than to element an expense entirely. Make sure, however, that your hosts will have enough room for you. Also, consider is you will be comfortable spending the bulk of your trip in such close quarters.

While many airlines may have restrictions on using points from reward programs for Thanksgiving travel, don't over look using some reward points to help you save. Hotel programs, for example may still allow you to use your rewards points. Also, if you choose to fly a few days before or after the Thanksgiving weekend, reward programs may not be blacked out.



FOR SALE ***

2004 Buick Rendezvous CX, Gold Sport Utility 4D, AWD; 52,953 mi; seats 5—rear compartment contains Sonic scooter Bruno lift; new battery; numerous special features. \$8,800. Call Bryan Fantoni at 502-644-4446 or email at Bryan.Fantoni@mozlaw.com.

Easy Stand Glider 600; like new—barely used; allows transfer, stand and glider movement of legs. Paid \$6,000. Will sell for \$3,000. Call Shirley at 502/228-1271.

93" E150; EZ Lock WC System Elec. w/Quantum 600 wc/swivel captain's chairs/3-way power driver's seat/remote start burglar alarm/front-rear air/power wc lift/new upholstery. \$11,000, negotiable. **(502) 543-5948/(502) 773-2337.**

WC Lift; \$1,000; **Invacare Storm TDX 3 Power WC;** full reclining; less than 1 year old; \$1000; **Call David 588-8574.** **NC topper;** used; 3 E&J Manual chairs; used; 1 Quicksilver Action manual chair; Monarch hand controls. 93,000 miles. Price negotiable. **Call Ruth @ 239-9754 after 5 p.m.**

***Cookbooks for Sale:** Recipes compiled by Chapter members; \$10:00. Call David @ 585-8574.

***Video tapes for sale.** Various topics related to spinal cord injuries. Call David Allgood or Buddy Lawson.

♦ **SCI -Shirts for sale.** S, M, L, XL. David—589-6620.

****If assistance is needed to pay for any of the above items, contact Kentucky Assistive Technology Loan Corporation at 1-800-327-5287 for information on loans at 5% interest to qualified individuals.*



You are cordially invited to join us!

The Derby City Chapter of the National Spinal Cord Injury Association consists of people with spinal cord injuries and similar physical conditions, their family members, friends, and professionals or other interested parties.

We meet:

WHEN- Third Monday of every month from 6:30 to 9:00 PM

WHERE- Frazier Rehab Institute, 10th floor Dining Room
220 Abraham Flexner Way, Louisville, KY 40202

If you wish to be a member, donor, and/or be on the mailing list of the Derby City Chapter of the National Spinal Cord Injury Association please complete and mail the following form to the address below

National Spinal Cord Injury Association
Derby City Chapter

Membership & Organization Sponsorship Form

Name: Mr./Mrs./Ms./Dr. _____ Date _____
 Address: _____ Apt.# _____
 City/State/Zip: _____
 Business (if any): _____
 Home Phone: () _____ Work Phone: () _____
 Date of Birth _____
 Para: _____ Quad _____ Hemiplegic: _____
 Level of Disability _____ Other Disability _____
 Able-Bodied(yes/no): _____
 New Member: _____ Renewal _____ Newsletter Subscription
 (only \$12): _____
 Special Interests /Hobbies/Sports: _____

Membership is open to all individuals and sponsorship to all organizations interested in spinal cord injury.

Mark Type of TAX DEDUCTIBLE Individual Membership or Organization Donor Category Desired***

- | | |
|------------------------------------|--|
| _____ Regular-\$12 | _____ Bronze Organization-\$100-249 |
| _____ Sponsor-\$25 | _____ Silver Organization-\$250-499 |
| _____ Patron \$50 | _____ Gold Organization- \$500-999 |
| _____ Benefactor-\$100 | _____ Platinum Organization-\$1000-2499 |
| _____ Permanent- \$1000/lifetime** | _____ Diamond Organization-\$2500 Or Over. |

Please make checks payable to: **NSCIA Derby City Chapter**

David Allgood
6703 Triangle Drive
Louisville, KY. 40214