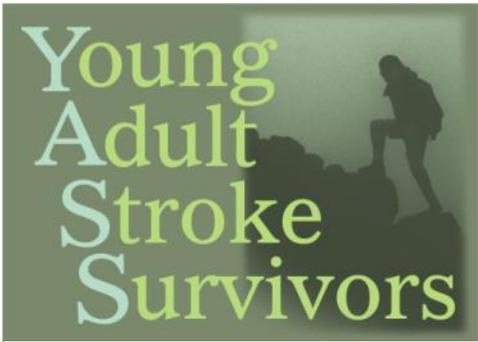


Sun 19 Nov 2017

Great to see everyone yesterday, on such a lovely autumn day!



NEW FACES

- Steve Walker

Nice to see you, Steve, and we hope you can come again!

DR. GAGE, NEUROPHYSIATRIST

Jennie Novellino from Medtronic asked Dr. Kirsten Gage, a neurophysiatrist from Virginia Mason, to speak with us as a followup to last month's baclofen pump presentation. Physiatry is rehab and physical medicine, and neurophysiatry focuses on rehab from brain injury. So Dr. Gage sees a lot of stroke patients. She spoke to us about the various treatments she prescribes, including medication, massage, orthotic braces, electro-stimulation, botox injections, and the baclofen pump implant. She described how you can test out whether the baclofen pump will be effective for your spasticity by getting a single baclofen injection in your spine. This will show its effects for the next 6 hours or so, and is an easy way to try out the method before getting an implant.

A physiatrist is a good main contact for all things related to your rehab, as member Andrew Malm pointed out. If you want to contact Dr. Gage she can be reached at 203-223-6746, or see her Virginia Mason page at <http://bit.ly/2hEy0RK>. Thanks, Dr. Gage!

ROBIN WEISS FROM REHAB WITHOUT WALLS

Rehab Without Walls works with brain injury patients in their own home, concentrating on safety and independence to lead you back into your life. Their program is typically intensive, providing up to 35 hours a week of therapy. They accept referrals from doctors, family, friends, therapists, or patients themselves. They are less costly than some other alternatives, and they work with major insurance providers. They may be used along with other treatments and interventions, after hospitalization, in-patient and out-patient treatment, or long after the stroke. They have multiple treatment specialties including vision, vestibular (balance), sleep disorders, speech and language, family counseling, clinical psychology, and vocational rehabilitation.

They have locations across the country, but their local office is in Lynnwood, 425-672-9219. You can find them at www.rehabwithoutwalls.com also. Thank you, Robin, for a great presentation on a valuable service!

STEM CELL RESEARCH VIDEO

Member Mike Purdy shared a video of an experimental study at Stanford involving direct injection of stem cells into the brains of stroke survivors. The results in some cases were really astounding – motion, walking, and speech were restored literally overnight. The single study included only 18 patients and is therefore preliminary and inconclusive. A second larger-scale study is now underway, but no new participants are being accepted. You can read about it at <http://stan.md/1XvLWYb> and see the video at <http://bit.ly/2taeK3G>.

TANGOSTRIDE SOIRÉE

I made a donation on behalf of YASS to the TangoStride fundraiser Soirée, which took place this afternoon. I hope some YASS members were able to make it in person!

HAPPY THANKSGIVING!

Member Stan Shipley shared this cute kid's Thanksgiving video, which we didn't have time to show yesterday: <http://bit.ly/1PROCIz>. Happy Thanksgiving, everyone!

See you all next month!

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