

# ENHANCING CARE FOR SPINAL CORD INJURY AND DISEASE AT UW MEDICINE



UW Medicine has a strong national reputation for excellence in rehabilitation clinical care, outcomes and research. Our rehabilitation medicine program has been consistently ranked as one of the top five programs in the country by *U.S. News & World Report*. An assistant professor in the Department of Rehabilitation Medicine, Maria Reyes, M.D., is one of the founders of the Transitions Program. With your support, Dr. Reyes can continue improving quality of life for people living with spinal cord dysfunction.

**T**HOUSANDS OF PEOPLE IN THE UNITED STATES SUFFER from debilitating spinal cord injuries or diseases —conditions that affect their lives, their livelihoods and their future health. At UW Medicine, we are helping people with these conditions improve their quality of life.

Rehabilitative care efforts led by Maria Reyes, M.D., provide free, comprehensive services that help people with spinal cord dysfunction re-integrate into their communities and stay healthy and fit.

We ask that you join us in this important work by making a gift. In the text that follows, we have listed a number of activities that would benefit from philanthropy.

## *The Challenge of Spinal Cord Injury and Spinal Cord Disease*

Spinal cord injuries (SCI) affect nearly 270,000 people in the United States. These injuries, which are frequently caused by falls and motor vehicle crashes, can result in complete or partial motor and sensory loss — severely affecting quality of life.

However, injury is not the only cause of spinal cord dysfunction. The incidence and prevalence of spinal cord disease is estimated to be far greater than traumatic SCI. A variety of conditions, such as spinal stenosis, multiple sclerosis, spina bifida and amyotrophic lateral sclerosis (also known as Lou Gehrig's disease), can cause spinal cord dysfunction.

Whether caused by injury or disease, conditions that affect the spinal cord take a physical, financial and emotional toll on patients and their families.

## *Improving Quality of Life: The Transitions Program and Re-Walk*

Patients with spinal cord dysfunction face a number of health, emotional, social and vocational challenges as they transition out of inpatient care into their home, workplace or school. In addition to the primary limitations imposed by paralysis, such as the inability to walk and trouble breathing, individuals with reduced mobility face increased risks for developing cardiovascular disease and depression.

The Transitions Program, founded by Dr. Reyes and the UW Medicine SCI Core Group, helps reintegrate people with spinal cord dysfunction into their communities while keeping them physically healthy. The first of its kind in the Pacific Northwest, this program offers therapeutic recreation, driver training, computer access, education and counseling.

In addition to establishing the Transitions Program, Dr. Reyes and her team plan to revolutionize SCI rehabilitation in the Pacific Northwest by developing a walking program that uses a robotic exoskeleton. The Re-Walk system is a battery-powered, assisted-walking device for people with paraplegia. Preliminary evidence indicates that the use of Re-Walk offers patients many physiological and psychological benefits.

We are seeking contributions to expand the number of people served by the Transitions Program and support the cost of patient access to Re-Walk. The table below lists several ways you can support these efforts.

### ***Help Support the Transitions Program and Re-Walk***

<b>Gift Amount</b>	<b>Type of Support</b>
\$70	Supports an individual's participation in a single group exercise class at two of UW Medicine's teaching hospitals: UW Medical Center or Harborview Medical Center.
\$300	Purchases 10 pieces of rehabilitation clinic supplies not usually covered by insurance, such as compression stockings, stocking donners or adapted mirrors for checking pressure ulcers.
\$400	Supports costs of facility/equipment rental or refreshments for the SCI Wellness Summit, a yearly educational and networking symposium for people with SCI, healthcare personnel and the public.
\$500–700	Sponsors one individual for one season of adapted skiing training via Outdoors-for-All. The goal is to sponsor three individuals per year.
\$600	Covers the purchase of an adapted phone with voice-activated features that automatically make and answer phone calls.
\$1,000	Purchases a QuadJoy computer system and accessories, allowing computer use by individuals who are dependent on a ventilator or lack hand or arm function.
\$2,000	Funds the average cost of an adapted driving evaluation and training for one individual.
\$4,000–6,000	Funds training for one person with paraplegia to use Re-Walk (minimum of 4 participants/year needed to launch program with the goal of increasing to 10 participants/year).
\$30,000	Supports the lease of Re-Walk for one year in the Transitions Program.
\$50,000	Covers approximate annual costs for the Transitions Program.

### ***Your Gifts Can Make a Difference***

We hope that you will support our important work in rehabilitation medicine by making a gift. Your financial support will ensure patients suffering from spinal cord dysfunction have access to a range of vital services provided by the Transitions Program and the use of Re-Walk.

To learn more about UW Medicine or to make a gift, please contact James Policar at 206.221.7526 or policar@uw.edu. Thank you very much for your interest in our work.