

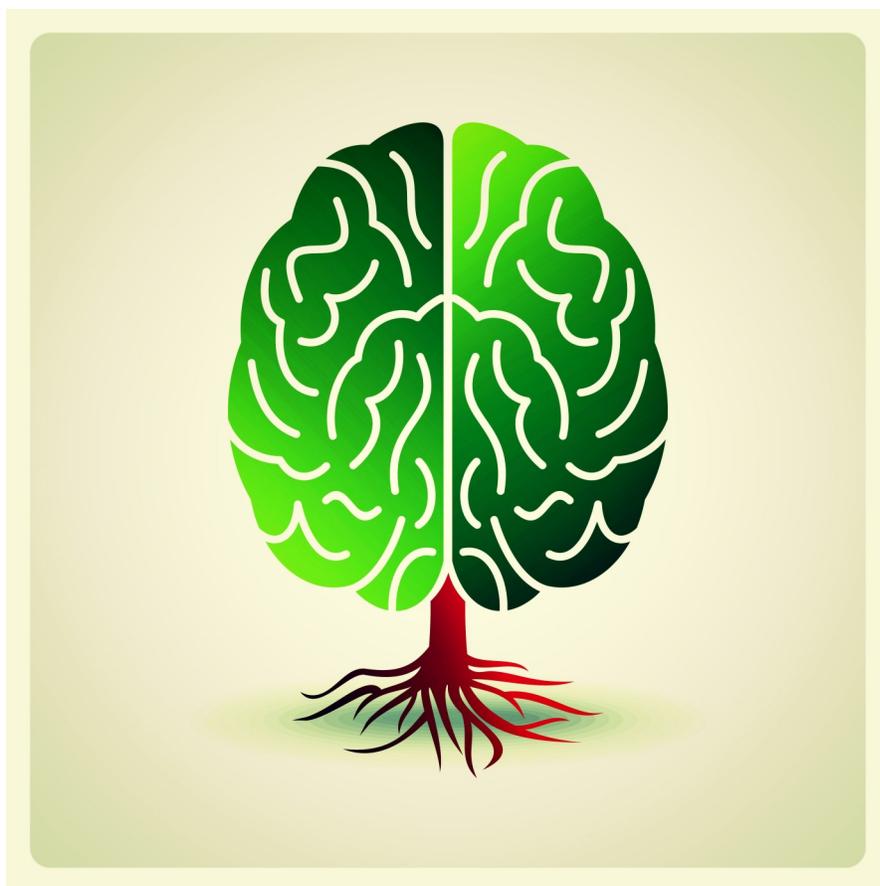
On the Sunnier Side



Volume 3, Issue 2

Spring 2016

Brain Injury Association Quinte District



Always do your best. What you
plant now, you will harvest later.

- Og Mandino

Presidents Note



As I read this magazine, I marvel at the many activities that have continued throughout the winter months at BIAQD. Although we celebrate our achievements in June at all the Brain Injury Awareness month activities, I think we should pause to celebrate our achievements this winter. We are fulfilling our mandate by making significant connections within the community and I thank everyone for their support. Special thanks to the Stark Family Fund that supported our Youth and Child Workshop for Families affected by ABI. Also, we feel very fortunate to have collaborated with Caron Gan and Kathy Gravel from Holland Bloorview Kids - what an amazing day! As well, special thank to the Public Relations students at Loyalist College who held a very successful fundraiser, "Boxing for Brains" for our Association. Thanks also to the folks at Panera who supported our association on our Wednesday evening fundraiser. Lastly, let us not forget the significant contribution that our members and their families make to our Association. This winter, our members have made a coat rack for the office, fund raised for the Association through the sale of cards, volunteered as panel members for the Youth and Child Workshop, and participated in the numerous activities at BIAQD. I feel very honored to count myself as a member of this association. Please review the magazine and I hope to see you all at the Casino Royale and the Ralph Kitchen Memorial Ride. Enjoy the spring and remember to keep brain safety in mind at all times.

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Respectfully submitted
 Mary-Ellen Thompson
 President, BIAQD

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Youth & Child Workshop for Families Affected by ABI

On Thursday February 4th, 2016, Brain Injury Association Quinte District, Stark Family Fund and Holland Bloorview Kids Rehabilitation hosted the Youth and Child Workshop for Families Affected by ABI. The daylong workshop at Emmanuel Baptist Church in Bloomfield, ON was facilitated by Caron Gan, Kathy Gravel, Angela. Anne Pohlman, and Lisanne Mitts.

Over fifty participants attended the daylong event, to support youth who are experiencing a new reality with a parent, grandparent, or sibling who has changed due to an ABI. Our noted facilitators brought a range of age appropriate activities related to understanding of brain injury, personal experiences and coping strategies.

The workshop began with five panelists who shared their personal experiences of acquired brain injury. The panelists ranged in age, experience, and were able to give the audience many different perspectives. The afternoon was spent in age related groups, where participants enjoyed a range of activities, discussed challenges and shared coping strategies.

BIAQD would like to thank everyone involved in making the workshop a success. Future youth workshops will be run on a bimonthly basis. Please contact the BIAQD office for more information.



Mary-Ellen Thompson, Ph.D.

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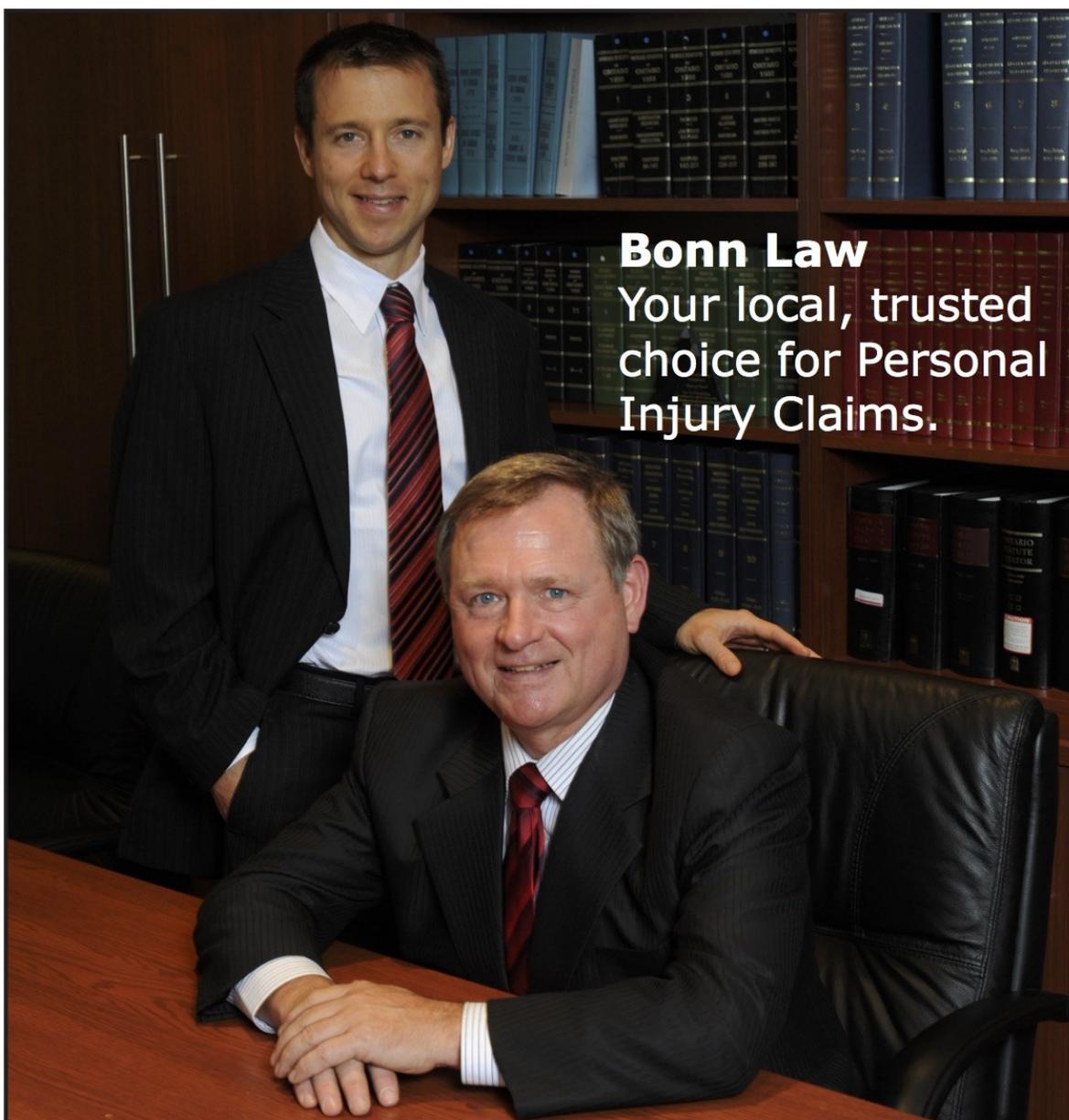
Special Thanks to

Thank you to Prince Edward Pizza, Emmanuel Baptist Church, Holland Bloorview Kids Rehabilitation and The Stark Family Fund for all your support and making this workshop a reality.



Our five panelists at Youth ABI Workshop





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Doctor's Notes: Why we need to pay more attention to women's head injuries

Biological differences can cause men and women to experience injury in diverse ways.

By: **Angela Colantonio** University of Toronto, Published on Mon March 7, 2016

Many would assume that gender equity in health has been achieved. But in subtle ways, medical research has a male bias that can leave women behind. Take my area of research as an example: traumatic brain injuries. Huge advances have been made in this field over the last few decades. We now know that for some, even seemingly minor hits to the head can have long-lasting effects, and we recognize the importance of proper recovery and rehabilitation. But we don't fully know the differences of how women and men experience brain injury, and that has consequences for how women are diagnosed and treated.

Sex and Gender Knowledge Gap

Biological differences — including muscle strength, hormones and physiology — as well as social norms and stereotypes, can cause men and women to experience injury in diverse ways. For example, women are thought to suffer greater harm from a similar level of impact than men because of physical factors like neck strength. But it could also be that women may be reporting more symptoms than men, who face societal pressures to act tough. We need a lot more research focused on these nuances to be able to offer the most relevant care.

In February, I was guest editor for a special issue on sex and gender and traumatic brain injury in the journal *Archives of Physical Medicine and Rehabilitation*, which is the most highly cited journal in the rehabilitation field. In one of the articles — a systematic review of over 200 studies on mild traumatic brain injury — researchers found that only 7 per cent of the studies actually separated their data based on sex. It makes it hard to draw conclusions about sex and gender when this type of information is so often unavailable.

And the sex and gender knowledge gap is not limited to my area of brain injury alone. As just one example, it has long been the norm in preclinical medical research to use male rodents and cells. The National Institutes of Health in the U.S. has recently begun to require use of both sexes in cell and animal research. And despite major physiological and hormonal differences between men and women, I'm aware of only one pharmaceutical drug with sex-specific dosage (a sleeping pill called Ambien).

What we know

We are aware of certain sex and gender differences when it comes to traumatic brain injury. Men are more likely to be injured while engaging in high-risk activities involving driving, professional contact sports, construction work or military occupations. Women are more likely to be hurt in typically "female" occupations like health care or as a result of physical violence in these settings. In fact, even though hits to the head are common in intimate partner violence, we aren't paying enough attention. For example, front-line providers in women's shelters are not typically trained to look for signs of brain injury. I'm currently involved in a team of stakeholders developing a training program to address this. Despite so much attention on male athletes, women account for approximately a third of traumatic brain injuries, based on hospitalization data. And among older populations, the rates are more equal among men and women. We also have some evidence showing that females report feeling more dizziness and headaches after an injury than males.

When it comes to recovery and navigating the health system, women also appear to be at a disadvantage. One study showed that women who are returning to unpaid work in the household reported being less likely to be referred for rehabilitation following a traumatic brain injury than those returning to paid work outside the home. This inequality in care could have huge repercussions for recovery.



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Closing the knowledge gap

The more we understand the differences at play when it comes to sex and gender and traumatic brain injuries, the better care we'll be able to provide. We need research to get past the stereotypes telling us, for example, to worry about male-dominated contact sports but pay little attention to more female-dominated activities like cheerleading, which also poses risks.

I am glad to see that researchers are starting to pay more and more attention to sex and gender differences. As the official sex and gender research champion for a newly funded Canadian Traumatic Brain Injury Research Consortium, an interdisciplinary national network of researchers, I will facilitate explicit consideration of sex and gender throughout the research process in order to improve clinical outcomes after a brain injury. And Canada's Institute of Gender and Health — the first of its kind in the world — supports research that results in better science.

We are finally finding the right path to finding out more about women and traumatic brain injuries — and I think that will have a direct impact on how well we'll be able to better support recovery and rehabilitation.

Prof. Angela Colantonio is the Director of the Rehabilitation Sciences Institute in the Faculty of Medicine. She is CIHR Research Chair in Gender Work and Health, as well as senior scientist and team leader of the Acquired Brain Injury & Society Team at the University Health Network's Toronto Rehabilitation Institute. Doctors' Notes is a weekly column by members of the U of T Faculty of Medicine. Email doctorsnotes@thestar.ca.

Story retrieved from: Toronto Star, http://www.thestar.com/life/health_wellness/2016/03/07/doctors-notes-why-we-need-to-pay-more-attention-to-womens-head-injuries.html

6th Annual BIAQD Golf Tournament



Register by calling the BIAQD Office at 613-967-2756

Just a Reminder!
You must let the office know by June 10th if you wish to attend. Anyone who is not signed up will not be guaranteed a spot!

Bayview Golf Course

June 23, 2016

10—12 PM

If you are a survivor and want to have some fun, come join us at the 6th annual Brain Injury Association Quinte District Golf Tournament on Thursday June 23rd at the Bayview Golf Course

from 10:00—12:00 PM

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June is Brain Injury Awareness Month

- Our Vigil is being held on Wednesday June 1st at 5:30 pm at the BIAQD office
- Celebrating Success is June 16th at the John M Parrott Art Gallery located in the Belleville Library from 5–6:30 pm.
- The Survivors Golf Tournament is being held on June 23rd from 10–Noon at the Bayview Golf Course
- Our Brain Injury Awareness banner will be hanging in downtown Trenton from June 6–20th

For More
Information
regarding any of
these events
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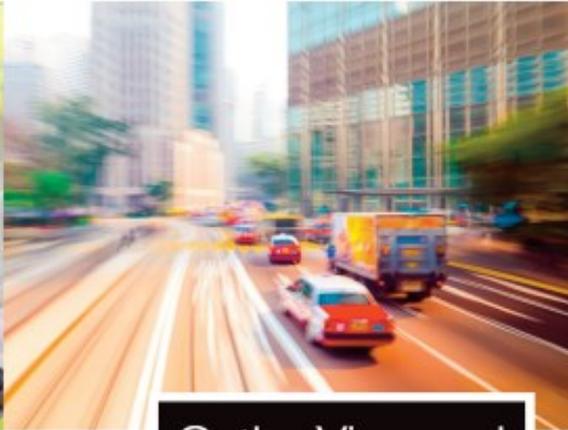


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Conference Fee: \$50.00

*All conference fees will be donated.

Agenda

- 8:00 Registration and Breakfast
- 8:20 Welcome and Opening Remarks
- 8:30 All You Need to Know about Consent & Capacity
- 9:15 What a Substitute Decision Maker Can and Cannot Do
- 9:45 The Impact of the Changes to the SABS: Strategies for Survival
- 10:30 Refreshment Break
- 10:45 The Challenges of Litigating Mental Health Disorders
- 11:30 The Latest in Catastrophic Impairment
- 12:15 Lunch

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BIAQD Reading List

BIAQD has begun a quarterly reading list. Members, staff and friends of BIAQD are encouraged to submit titles of their favorite books! Here are a few suggestions we have for spring reading....

The Ghost in My Brain: How a Concussion Stole My Life and How the New Science of Brain Plasticity Helped Me Get it Back **Author:** Clark Elliot

Summary: In 1999, Clark Elliot suffered a concussion when his car was rear-ended. Overnight his life changed from that of a rising professor with a research career in artificial intelligence to a humbled man struggling to get through a single day. At times he couldn't walk across the room, or even name his five children. Doctors told him he would never fully recover. After eight years, the cognitive demands of his job, he crossed paths with two brilliant Chicago-area research-clinicians — one an optometrist emphasizing neurodevelopment techniques, the other a cognitive psychologist — working on the leading edge of brain plasticity. Within weeks the ghost of who he had been started to re-emerge.

Baseballs Don't Bounce: My Journey from Hopelessness to Happiness... and the Three words that Changed my Life **Author:** Forrest Willet

Summary: Wouldn't it be nice if you could experience happiness rather than hopelessness? Have a little less anxiety? Or be free of depression? This book is full of ideas to help you in all of these areas and more.

I have real-life experience with traumatic brain injury recovery. Not just one, but two brain injuries. The first occurred when I was two years old. After falling down a flight of stairs and landing head first on concrete basement floor, I ended up in the hospital with a subdural hematoma. The doctor had to drill a hole in my skull to release the pressure from my brain.

The second occurred in 2002 when I was involved in a horrific motor vehicle accident. I was a passenger and the driver lost control while talking on a cell phone. Following this near death experience I was diagnosed with a catastrophic brain injury.

If you, or your family, take just one thing from this book that will help in your recovery and save many months of frustration, you will have made a great step toward happiness. Every day I live with this invisible disability and I am not letting it hold me back anymore. I have found many ways to truly enjoy my life, no matter what is thrown at me and so can you.

Come with me on my journey from hopelessness to happiness and discover how three simple words changed my life.

Visioning Day

On February 17th, 2016

Community Awareness: Mary-Ellen Thompson, Leslie Lloyd, Lee Swackhammer

Fundraising: Kris Bonn, Jeff Durish

Programs: Lianne Mitts, Carole Vincent, Mary-Ellen Thompson

Operations: Jeff Durish, Susan Barrett

The BIAQD Board of Directors had their annual Visioning Day on February 17, 2016. The meeting reviewed the achievements of 2015 and looked ahead into 2016 and 2017. The Brain Injury Association Quinte District will continue to provide support across the Quinte Region to families affected by brain injury. We are enjoying our new space the Core center and encourage everyone to stop by and enjoy our new programs.

As we look ahead to 2017, we are excited to account our 25th Anniversary of the Association. We hope that to celebrate with everyone that has been apart of the association over the past 25 years.

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Loyalist College PR Students

On March 11, 2016, a group of students from Loyalist College Public Relations program, hosted Boxing 4 Brain: Fight for Awareness fundraiser at The Stach in Belleville. The fundraised dollars from this event were donated back to BIAQD to continue to fund programs for individuals affected by brain injuries. BIAQD members, staff and board of directors would like to thank these students for their hard work raising funds and promoting awareness throughout our community. They hosted a wonderful event and made everyone at BIAQD proud!

Panera Bread

BIAQD would like to thank Panera Bread Belleville for hosting a community fundraiser night, on March 23, 2015. Members of our association along with quite area locals, enjoyed dinner at Panera Bread. Part of the proceeds from those meals will be donated back to BIAQD to support various programming for members. A big thank you to Panera Bread for supporting our association and making this evening possible. We are very gracious for all the support that the local quite community has shown BIAQD!

OBIA Advisory Council (OAC) Report

As an affiliate of the Ontario Brain Injury Association, BIAQD has two representatives that attend provincial wide meetings, held in Toronto, 5 times per year. The purpose of these meetings is to provide input from survivors and community associations regarding local issues, and also to provide direction to the provincial association.

Each meeting has a topic or guest speaker, determined by current needs of ABI agencies across Ontario. An integral part of these meetings is "Across the Province" where members share news of their events, successes and failures as well as local issues. Attendees are able to express the needs in regards to strengths and weaknesses of the associations across the province to OBIA, This information is used to develop future topics to be addressed and provide literature/ support to the local agencies.

Our Association is represented by Leslie Lloyd and Mary-Ellen Thompson. Mary-Ellen was elected Co-Chair in June 2014, and shares this position with Wendy Charbonneau of the Ottawa area. At the meetings, Leslie Lloyd shares information about the activities at BIAQD and presents a report to our Board meetings. The OAC discussions are a lively sharing of activities and represent the energy in the ABI community across the province.

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All donations in Ralph's Memory will support

The Brain Injury Assoc. Quinte District

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The many tests that follow a Traumatic Brain Injury

Acquired Brain Injury survivors experience a life altering event, that can change their identity within a matter of seconds. These changes can potentially lead to many physical and cognitive challenges. They experience a world full of case workers, lawyers, and support staff. One key component of the recovery journey is the rigorous testing processes that these individuals go through. Here is a short overview of some of the testing behind a Acquired Brain Injury.

Glasgow Coma Scale (GCS): Is a exam completed immediately after a Traumatic Brain Injury. The 15-point scale is used to determine the level of consciousness post injury. The test is broken down into three major functions: eye movement, verbal response, and motor response¹. The scale is used to determine the severity of the injury, on the scale of severe, moderate, and mild. The lower the score, the more severe the injury. This score is often used during settlement cases and when being deemed catastrophic.

Imaging Testing

Computerized tomography (CT) scan : A CT scan can be performed on an individual immediately post-injury. It produces a structural image of the brain that is able to identify injury, bleeds, and tumors².

Magnetic Resonance Imaging (MRI): This test is performed once the individual is stable. It uses magnetic field and radio waves to create a detailed structural image of the brain and brain stem³.

Functional Magnetic Resonance Imaging (fMRI): A functional MRI is used to look at the blood flow through the brain to measure brain activity.

PET (Positron Emission Tomography) Scan: A PET scan shows how the brain and the tissues are working. Similar to the fMRI it measures brain activity, unlike the MRI and CT scan which result in a structural image. Test Length 30 minutes—2 Hours⁴.

Intracranial pressure monitor: It is important to monitor the pressure inside the brain post-injury. If this pressure is too elevated in the brain, it can cause extensive damage due to swell inside a fixed volume skull⁵.

Neuropsychology Test: This test is performed to determine the injuries impact on speech, movement, memory, and thought⁶. This test is a key component to determine the course of treatment and the therapies required to begin the recovery process.

Rehabilitation Team Members: Physicians, neurologists, neuropsychologists, psychiatrics, speech-language pathologists, physiotherapist, case manager, rehabilitation assistants social worker, and many more⁶.

There are many key tests and medical professionals that are apart of the recovery and rehabilitation after a traumatic brain injury. In the past few years the scientific community has drastically improved our knowledge about brain injury, we are thankful for this research and look forward to new interventions and testing that will aid in rehabilitation after brain injury.

Reference

1. Brainline.org, 2015. "What Is the Glasgow Coma Scale" Retrieved on March 1, 2016 from: <http://www.brainline.org/content/2010/10/what-is-the-glasgow-coma-scale.html>
2. <http://www.mayoclinic.org/diseases-conditions/traumatic-brain-injury/basics/tests-diagnosis/con-20029302>
3. <http://www.healthline.com/health/head-mri#Overview1>
4. <https://www.nlm.nih.gov/medlineplus/ency/article/007341.htm>
5. <https://www.nlm.nih.gov/medlineplus/ency/article/003411.htm>
6. http://www.brainline.org/landing_pages/categories/diagnosing.html

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Upcoming Events

Save the Date!

Oately Vigmond—Changes to the SABS Conference

May 3rd, 2016— Donald Gordon Conference Center, Kingston

Casino Night

Friday May 13th at 7pm—Belleville Club

Ralph Kitchen Memorial Ride

May 15th, 2016—Eldorado Fire Hall

Vigil

Wednesday, June 1st

Art Show Opening Reception

Thursday, June 16th from 5—6:30pm—
Belleville Art Gallery in the Belleville Library

Survivor Golf Tournament

Thursday, June 23rd—Bayview Golfing Centre

BIAQD Walk- A-Thon

August 17th, 2016—Zwicks Park

If you are interested in any of the events please contact the office for further information!

We're On the Web! Check us out to keep up to date between magazines!

www.biaqd.ca

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