



Knowledge in Motion SCI Webcast Series

For individuals living with spinal cord injury,
their caregivers, & healthcare professionals

Eating Well to Prevent and Manage Secondary Conditions in SCI

Presented by

Joanne Smith B.A., BRT Dip, CNP
Kylie James B.Sc. (OT), CNP

co-authors of

“Eat Well, Live Well with Spinal Cord Injury”

Thursday, June 5, 2014

6:30-8:00 PM Eastern Time

Register to attend [Free Online Webcast and Live Chat](http://www.bu.edu/nerscic/webcast-reg/)
(<http://www.bu.edu/nerscic/webcast-reg/>)

or contact:

Judi Zazula at judiz@bu.edu

617-638-7314

866-607-1804 (toll-free)

Attendees will be able to:

- Understand the therapeutic role nutrition plays in the rehabilitation and long term health of individuals with SCI, and how nutrition can positively impact your independence in an easy, practical, and cost effective way.
- Learn about the importance of nutritional supplementation.
- Learn about the specific nutrients that can help prevent, manage, and address bowel dysfunction and pressure sores.

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#### About this month's webcast:

Despite the prevalence, awareness, and negative impacts of secondary health conditions associated with SCI (such as pain, bladder infections, altered bowel function, osteoporosis, depression, etc.), there is limited information available for consumers that focuses on the impact of nutrition on preventing and managing secondary conditions. This lecture will discuss the important role nutrition plays in restoring balance to your body, which enhances your body's natural ability to heal and helps protect you from developing potentially life-threatening secondary health complications. Joanne Smith and Kylie James co-authored “Eat Well, Live Well with Spinal Cord Injury” to address the unique needs of people with SCI. This presentation will include case studies to demonstrate the positive changes that proper nutrition can have on certain conditions, such as bowel dysfunction and pressure sores.

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Save-the-Date!

Upcoming KiM Webcast

October 16, 2014

New England Regional Spinal Cord Injury Center Model System
www.bu.edu/nerscic