

Recreation Therapy Outpatient Programs

Project Healing Waters
Fly Tying & Casting Clinics -5:30-7:30 pm
Fly Fishing Trips scheduled regularly for program participants
Contact person: Bertelle Bunyard, CTRS

Team River Runner
Intro. to Kayaking – 2nd & 4th Mondays 5 – 7p
Kayaking Trips scheduled regularly for program participants
Contact person: Kristen Lessig, CTRS

Sportable Wheelchair Basketball
Every Thursday 7-9 pm
Humphrey Calder Community Center, N Thompson Street, Richmond, VA
Contact person: Kristen Lessig, CTRS

Sportable Richmond Invitational Wheelchair Basketball Tournament
November 21-23, 2008
Contact person: Kristen Lessig, CTRS

Sportable Powersoccer
Coming January 2009
Contact person: Kristen Lessig, CTRS

New Kent Adaptive Deer Hunt
Saturday, November 15th, 2008
Contact person: Bertelle Bunyard, CTRS

Calendn Adaptive Deer Hunt
Saturday, December 6th, 2008
Contact person: Clint Rogers, CTRS

2009 Disabled Winter Sports Clinic – Aspen, CO
March 29th – April 3rd, 2009
Final deadline to turn in application packet is November 15th, 2008
Contact person: Bertelle Bunyard, CTRS

Are you feeling bored and would like to get more involved? Call SCI&D Recreation Therapy to set up an individual leisure planning session to explore the available programs & resources in your community and learn more about Recreation Therapy outpatient program opportunities through Richmond VAMC.

Contact Us:
Bertelle Bunyard, CTRS
(804) 675-5000 ext. 4164
Bertelle.Bunyard@va.gov
Kristen Lessig, CTRS
(804) 675-5000 ext. 4163
Kristen.Lessig@va.gov
Clint Rogers, CTRS
(804) 675-5000 ext. 2323
Clint.Rogers@va.gov



SCI Community Milestones

We are pleased to share the amazing accomplishments of the 2008 Richmond VAMC team at the National Veterans Wheelchair Games in Omaha, NE. The team consisted of 18 SCI/D patients ranging from 30 to 60 years of age, including 5 first time athletes. The team brought home a total of 35 medals including 14 gold, 12 silver, and 9 bronze medals. Our teammates gave every sport they participated in their best fight with long busy schedules often starting at 6:30 am and not ending till 11pm. GO TEAM!!

2008 National Veterans Wheelchair Games Richmond VAMC Medal Recipients

Preston Curry	Gold – Discus; Gold – Trap Shoot
Roderick Slaughter	Bronze – Archery
Raymond Kenney	Gold – Softball; Gold – Table Tennis; Silver – Bowling
Welton Locklear	Gold – Javelin; Gold – Shot Put; Gold – Softball; Gold – Basketball
Walter Evans	Bronze – Nine Ball; Bronze – Air Guns
Jimmy May	Bronze – Softball
James Mayo	Silver – Shot Put; Bronze- Archery

Stev Cleveland	Gold – Table Tennis; Gold – Air guns
Tal McGuire	Gold – Basketball; Silver – Archery; Silver – Quad Rugby (coach)
Arnold Beard	Gold – Weightlifting; Silver – Archery; Bronze – Javelin; Bronze – Air Guns
Andrew Shepherd	Silver – Archery; Silver – Air Guns
Kevin Coleman	Silver – Bowling; Silver – Shot Put; Silver – Discus
Vernon Taylor	Bronze – Air Guns
Johnny Holland	Silver – Quad Rugby; Silver – Weightlifting
Paul Sandridge	Gold – Bowling; Gold – Air Gun; Bronze – Trap Shoot

Remaining participants gave their best fight but unfortunately did not take home a medal: Terry Merrifield, Booker T. Foster, Greg Sansom
We are always looking for new participants for our National Programs. Stop by SCI/D Recreation Therapy 1V-106 for more information

SCI News Express

Message from the Chief

Welcome to the Hunter Holmes McGuire VAMC Spinal Cord Injury and Disorders

Service... same place, different face! We've been transforming physically and directionally over the past two years and are excited to share our efforts and facility! SCI Medicine has been changing in recent years, and the new clinical guidelines have been implemented at HHMVAMC to ensure state-of-the-art care for our veterans and active-duty warriors. In particular, Acute SCI Care and Rehabilitation, Bladder Management, Upper Extremity Preservation and Respiratory Management strategies have been unveiled in the past 3 years, and are improving the way we provide SCI care at your SCI Center.

Significant advances have been made in drivers training, wheelchair mobility and exercise equipment, and HHMVAMC has kept stride and is leading the way in these endeavors. Feel free to stop by and take a look at the "new face" of SCI&D, including our Exercise Physiology, Body Composition and Locomotor Training Laboratories, all of which are being utilized to improve your ability to participate in health awareness and recreational opportunities in the mid-Atlantic region! Times are a changin'...make sure you get on board!

David Gater, MD
SCI&D Chief



Health & Wellness

Flu Vaccine Article
IT'S TIME TO GET YOUR FLU SHOT. INFLUENZA SEASON IS HERE FACT:

More people die of complications from the flu than from any other vaccine-preventable disease. Each year about 114,000 people in the United States are hospitalized because of the flu. ARE YOU PROTECTED? Talk with doctor. The flu is serious for anyone, but people with SCI&D are more likely to develop complications or die with flu. If you have SCI&D, you should get the flu shot every year. If you work with SCI&D patients you should get a flu shot to help protect your patients.

If you are unable to come to the SCI Clinic at McGuire VAMC, there are other places you can get a flu shot:
•Non-VA doctor/clinic
•Community service organizations (e.g. church, shopping mall, Health Fairs)
•Nursing home or assisted living facility
•Pharmacy/drug store or Ukrops/Westbury Pharmacy/Westbury
•Public Health Department
If you get your flu shot somewhere else, please let your provider know when you come for your next visit.

Research Happenings

Welcome to the Research Section of the SCI Express Newsletter. The SCI Exercise labs are located in room 1V-137, 139 and 141. We collaborate with VCU at the General Clinical Research Center (GCRC) located in the North building on VCU campus. Current research studies include:

- Exercise to reduce obesity in SCI (active enrollment)
- Standing and transfers after SCI with an implantable neuroprostheses (active enrollment)
- Energy costs of spasticity in SCI (active enrollment)
- Logomat facilitated exercise on fitness parameters in SCI (collecting pilot data)
- Body composition assessment in SCI (awaiting approval)

Other studies: Drug therapies and Urological studies

McGuire Research Team Members:

David Gater, MD, PhD, Chief of SCI&D
Joshua Miller, MS Exercise Physiology
Hunter Poarch, BS, Research Assistant
Astrak Gorgey, PT, PhD
Melodie Anderson, RN
Jewel Moore, RN
Please come by the labs when you are at the VA for a tour. Contact Josh Miller at 804-675-6200 or Melodie and Jewel at 804-675-6741 to see which studies you may qualify for. We look forward to working with you. See you in lab.
Joshua Miller, SCI&D Research Exercise Physiologist

Vocational Rehab

Let us help you return to the work you want in life! In essence, the quality of their life is better! You have the right to have the life you want! If you are interested in learning more about vocational opportunities please contact me, Rick Schlessler at: 804-675-5155 or e-mail me at: rschless@va.gov. I look forward to meeting you!
Rick Schlessler, MRC, CRC, LPC
Vocational Rehabilitation Counselor

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Prevention Tips

Tobacco Cessation
Cigarette smoking is the leading preventable cause of death in the United States and is associated with 1 in every 5 deaths, resulting in over 400,000 deaths each year (CDC, 2000). 21% of the American population smokes, 34% are Veterans. Smoking contributes to problems such as cancers, heart disease, lung disease, and stroke. In the SCI/D population, tobacco-related concerns include problems with respiratory functioning, pressure ulcer development, wound healing, and numerous other health care issues. On the SCI/D unit tobacco cessation is a multi-disciplinary effort. Psychologists, physicians, and nurses conduct tobacco screenings and provide counseling during each admission and outpatient visit. Patients are offered nicotine replacement therapies and/or medication, education and counseling. In addition, the SCI/D program developed a Multidisciplinary Education Program for Tobacco Cessation (MEPT) which provides a series of educational topics, counseling, and support to tobacco users from a multidisciplinary perspective: physicians, physician assistants, nurses, recreation therapists, and psychologists. This program addresses the complex physiological, behavioral, nutritional, emotional, health, and leisure issues associated with cessation, maintenance, and relapse prevention. Patients who are interested in quitting or participating in any of the tobacco cessation programs on the SCI/D unit should speak with their team psychologist or medical provider.
Cathy Williams-Sledge, Psy, D, LCP

Physician and Physician Assistant Farewells

Dr. Vidya Jayawardena
Nottley '09' Maddox, Jr., PA-C
Dr. Nambiar
Dr. V. Marcellino

Welcome

Timothy Lavis, MD
T. Castillo, MD

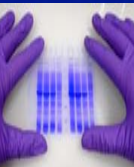


Nutrition News Portions, Portions Everywhere...And All Too Much To Eat!

Have you noticed that food portion sizes have gotten larger? You may not have because it seems that it gradually happened over time. Needless to say, all of these extra portions have increased our weight and waistlines.

How many calories do I need?

For people who have spinal cord injuries, a standard formula can be used:
- If you have paraplegia, you should calculate 27.9 calories per kg (1 kg = 2.2 lbs).
- If you have tetraplegia (or quadriplegia), you should calculate 22.7 calories per kg (1 kg = 2.2 lbs).
If you are already overweight, your calculations should be based on your desirable body weight for your height.
Milissa Janisko, RDSCI&D Dietitian



Program Updates

SCI&D Physicians and Physician Assistants overview and updates



David Gater, MD
David Gater, SCI Chief, came to us from Michigan in the summer of 2006. He has led the SCI&D service in developing routine respiratory treatments including insufflation and postural percussion and drainage, initiated the SCI home health program, runs the SCI exercise research lab and has several active research studies ongoing. He is a committed educator

And has been a key note speaker at various conferences nation wide. He continues to work toward making our SCI Center a Research Center of Excellence, and has expanded our doors to allow acute rehabilitation care for those with ALS and MS, along with stable and acute SCI.



Denis F. Castillo, MD
Dr. Castillo received his MD from the University of the Philippines and completed residencies at University of Illinois Hospital/Jesse Brown VAMC and Medical College of Wisconsin. He did a Postdoctoral Fellowship in Spinal Cord Injury Medicine at the Milwaukee VAMC and trained in Acupuncture at the Midwest College of

Oriental Medicine in Racine, WI. He is board certified in Internal Medicine, PM&R, SCI Medicine and Pain Medicine. He is an Adjunct Assistant Professor at the VCU Department of Physical Medicine and Rehabilitation. Currently, he is one of the Staff Physicians in the SCI 1W Unit.



K.E. Moore, MD
Dr. Kenneth Moore completed his 4-year residency at VCU/MCV 1993 and came to McGuire VAMC to complete his 1-year fellowship on SCI&D in 1994. Dr. Moore joined McGuire SCI&D Service in July 1994.

His special interests include pain management and research in wound treatment. Currently, he is one of the Staff Physicians in the SCI 1W Unit.



Chang Y Ha, MD
Dr. Ha received his MD from Pusan Medical College and completed PM&R residency at Mt Sinai School of Medicine in NY. He is board certified in PM&R and SCI

medicine and Team Leader on 1U. His latest poster is "Non-United Intertrochanteric Fracture Causing Autonomic Dysreflexia Managed with Total Hip Arthroplasty."



Timothy Lavis, MD
Dr. Timothy Lavis received medical degree from University of Texas – Southwestern Medical School. He then completed residency at the University of Colorado in Physical Medicine and Rehabilitation and completed a fellowship in Spinal Cord Injury Medicine at the University of Michigan. He worked as Medical Director of Carolinas Rehabilitation at Mercy Hospital in

Charlotte, North Carolina before taking a staff physiatrist position in spinal cord injury here at Hunter Holmes McGuire Medical Center. His most recent publication is "Cardiovascular Health and Fitness in Persons with Spinal Cord Injury" in the Physical Medicine and Rehabilitation Clinics of North America.



Stuart Lander, PA-C
Stu Lander is a board certified Physician Assistant who graduated from Alderson Broaddus College in 1999. He has been working in McGuire SCI&D since 2000 under the supervision of Dr. Ha. He is the

SCI representative for Medical Record Committee, is a SCI Patient Advocate and has been working on Reducing Nicotine Use in SCI patients.



J. Mike Brown, PA-C
Mike Brown started his medical training and career in the U.S. Army in September 1967. After completing his tour of duty he was accepted into the Washington State University Medex Program, a program designed to transform ex-military medics into Physician's Assistants. Beginning in 1972, Mike Brown spent 22 years in private practice in different

locations throughout the USA. In 1994, Mike Brown began in VAMC service at McGuire Veterans Hospital. In August 2000, Mike Brown joined the 1W SCI team under the supervision of Dr. Moore. Today, Mike Brown serves McGuire SCI as an outpatient provider on the 1V unit.