

# Spinal cord injury

In India, approximately 1.5 million people live with SCI. Approximately 20,000 new cases of SCI are added every year and 60-70% of them are illiterate, poor villagers.

**Spinal cord injury (SCI)** is a complex condition with profound implications for individuals and society. It occurs when there is damage to the spinal cord, the bundle of nerves that carries messages between your brain and the rest of your body, disrupting its vital role in transmitting signals. This can cause problems with movement, feeling, and other body functions. SCIs can range from mild to severe, and can be temporary or permanent.

## Causes:

- **Trauma:** Car accidents, falls, sports injuries, and violence are the leading causes of SCI.
- **Diseases:** Less common causes include infections, tumors, and certain medical conditions.

The severity of injury can range from temporary impairment to permanent paralysis, depending on factors like the location and extent of damage.

## Symptoms:

- Weakness or paralysis (loss of movement) in all or part of the body
- Loss of feeling or changes in sensation (like numbness or tingling)
- Difficulty controlling bladder and bowel function
- Muscle spasms
- Pain

Consequently, individuals with SCI often require comprehensive medical care, rehabilitation, and ongoing support to optimize their quality of life.

### **Treatment:**

While advancements in medical technology and rehabilitation strategies have improved outcomes for those with SCI, there is still much to be done in terms of prevention, treatment, and enhancing accessibility to resources and services. This may include medication, surgery, rehabilitation, and assistive devices.

Research into neuroregeneration, assistive technologies, and psychosocial interventions continues to offer options for individuals living with SCI. Addressing the multifaceted challenges of SCI requires a collaborative effort involving healthcare professionals, researchers, policymakers, and the broader community.

### **Living with SCI:**

Like Virali and many others, individuals with SCI can live full and productive lives! With proper support, care and guidance, they can manage their condition and achieve their goals.

### **Further resources you can explore:**

- [Indian Spinal Injuries Center](#) in New Delhi provides state of the art facilities for the management of all types of spinal ailments.
- [Chandigarh Spinal Rehab](#) and [Nina Foundation](#) among others work in this field.

By raising awareness, promoting inclusivity, and advocating for better resources and support systems, we can work towards improving the lives of individuals affected by spinal cord injury!