



### **Press release**

SCI Day on 5<sup>th</sup> September is all about raising awareness of Spinal Cord Injury. ASCoN and its members are organizing numerous events and activities across the region to mark this 1<sup>st</sup> International Day. For further information please visit [www.worldsciday.org](http://www.worldsciday.org)

Spinal cord injury (SCI) and the resultant paralysis has devastating physical, mental, social, sexual and vocational consequences for the injured. In addition the injury increases the economic burden not only on the person who sustains SCI but also his/her entire support network including family and friends. SCI can cost an injured individual as much as \$334,000 to 1 million in the first year after injury. Costs in each subsequent year can range from \$41,000 to 178,000 depending on the severity of injury.

The goal of management is to get the spinal injured to lead an inclusive life. Because of the permanence of disability in complete injuries, prevention assumes special significance. It is not always bad luck that causes spinal cord injuries. In many cases, it is carelessness, recklessness, ignorance or simply bad decisions. The common saying is, 'Prevention is better than cure'. But in fact, where a spinal cord injury is concerned, 'Prevention is Cure'.

For deeper reach to the society and the desired impact of prevention and rehabilitation programs, there is a need to involve the government (both at central and state levels), government organizations, corporate sector, media, NGOs, hospitals, schools, colleges and the world of entertainment, to name a few, and of course, the public at large.

International Spinal Cord Society (ISCoS), an international society of professionals and consumers involved in management and research activities related to spinal cord injury, has decided to observe 5<sup>th</sup> September as Spinal Cord Injury (SCI) Day with the intention of increasing awareness amongst general public and all stake holders. It is anticipated that the awareness would facilitate an inclusive life for persons with disability and ensure greater chances of success of prevention programs.

Quote from Prof J J Wyndaele, President, ISCoS & Dr Harvinder Singh Chhabra, SCI Day Committee Chair: "Getting a spinal cord injury (SCI) is the most devastating event in a person's life. SCI can be prevented in many cases and various strategies are available. SCI rehabilitation and prevention outcome depends on knowledge, dedication and cooperation. A national and international collaboration of forces can make a real difference."

ISCoS along with its 17 affiliated societies are organizing various events in their respective countries. Details about SCI day, the participating societies and the events being organized are available on [www.worldsciday.org](http://www.worldsciday.org).

ISCoS and its affiliated societies call upon everyone to join hands in making this a memorable event.