



Brainstorming4Us, Inc.

Newsletter

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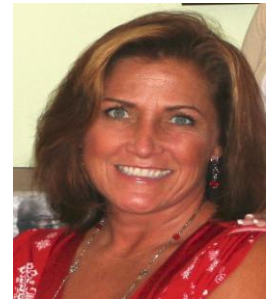
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LISA MOSS
PRESIDENT/FOUNDER



VINNY VELARDE
DIRECTOR OF MARKETING



STACIE EDWARDS
SECRETARY

FROM OUR DESK
BRAINSTORMING 4 US, INC.

Brainstorming 4 Us has had an active last few months. We have many goals to attain to better serve the community of traumatic brain injury. We are actively seeking additional Trauma Hospitals in California and Utah with the placement of our Brain Injury Resource Kits. We are working passionately on our website to have information available to families and survivors of any type of brain injury attack while adding educational information, legal resources, and testimonials to our site.

When you receive the dreaded phone call that your loved one has sustained an injury your mind begins to swirl out of control. There are so many questions, medical issues, legal issues to deal with on a constant basis that we feel it is impossible to endure just one more thing. Our main mission is to give you the opportunity to understand how a Traumatic Brain Injury, Aneurysm, or Stroke can affect everyone's life within your family and community.

Over the next few months, you will witness our site continuing its growth at a rapid rate with the objective to be a dedicated resource for you and your family.

Always remember a brain injury is not a sprint it's a marathon. Take a deep breath and realize you are not alone.

Sincerely,

Lisa Moss

RESEARCH STUDY OPPORTUNITY FOR INDIVIDUALS WITH TRAUMATIC BRAIN INJURY

Study Title:

Measuring Quality of Life in Traumatic Brain Injury:

Introduction:

Health Related Quality of Life and Fatigue (a feeling like you are often physically and/or mentally exhausted) are issues for many people who have had a traumatic brain injury. Our previous research into Health Related Issues after brain injury have shown that it is related to problems with emotional, social participation, physical/fatigue, and cognitive or thinking challenges.

Purpose of this Study:

The goal of this study is to develop a more compact and state of the art questionnaire, which will be used by clinicians (doctors), other health professionals, and researchers.

What Happens During this Study:

You will be asked to complete four different interviews (assessments, questionnaires) after an initial collection of demographic information is done. The demographic information collected will include things like age, education level, living and working status, and medical history. The initial collection of demographic information, which may be done at Santa Clara Valley Medical Center or by telephone, will be immediately followed by one questionnaire. The subsequent interviews may be done by phone and will be done six weeks apart. Each interview is approximately 2 hours long. The interviews are made up of multiple choice questions related to quality of life.

Compensation:

You will be paid \$25 for the first interview (assessment, questionnaire) you complete, \$30 for the second, \$35 for the third and \$40 for the fourth assessment that you complete. Participants that complete all four assessments will be paid \$130.

Potential Risks and Discomfort:

There are no known risks associated with your participation in this study. Discomfort may be experienced only to the extent that some of the questions may be of a more personal nature and that each interview may require up to 120 minutes of your time. You may withdraw at any time.

Who is Eligible to Participate:

You must have had a traumatic brain injury (i.e. hit on the head, concussion, knocked out) that required you to seek medical attention. Mild, Moderate and Severe Injuries are all included in this study. Further, you need to wait at least six months after your brain injury to start this study. You must be 18 years or older. You need to be able to understand and communicate in English. You must be able to provide documentation of your injury. Informed consent and HIPPA forms will be mailed to you to complete.

Who is Sponsoring this Study:

The National Institute on Disability and Rehabilitation Research, U.S. Department of Education.

Who is Responsible for this Study:

Jeffrey Englander, MD
Santa Clara Valley Medical Center

Whom Do I Contact If I'm Interested in Participating:

Paul Carufel (408) 793-6431 or (800) 352-1956
paul.carufel@hhs.sccgov.org

**If one dream should fall
and break into a thousand pieces,
never be afraid to pick one of those pieces up
and begin again.**

Flavia Weedn

Study Links Brain Injury to Pituitary Dysfunction

CLAIRE O'CONNELL

BRAIN TRAUMA from a head injury or stroke can be linked with pituitary problems in some patients, according to research at Beaumont Hospital.

Awareness of that link could help address hormone-related problems faced by some patients following brain injuries, according to Beaumont consultant endocrinologist, Prof Chris Thompson.

"The endocrine system is a series of glands throughout the body which modulates much of the body's metabolic activities, and they are all under the control of the pituitary gland," he explained. "So if there is dysfunction of the pituitary gland, those glands can't function correctly."

The Beaumont study was inspired by observations that some patients had developed an under-active pituitary as a result of brain injury.

"One young man in particular had his life severely compromised by pituitary disease, but when we were able to diagnose this and to treat it correctly he had a return to a fantastically productive life," said Prof Thompson.

The prospective studies at Beaumont involved about 200 patients with severe head injuries - mostly from traffic accidents or falls - or a type of stroke called a sub-arachnoid hemorrhage, explained Prof Thompson, who is professor of endocrinology at the Royal College of Surgeons in Ireland.

The findings showed that levels of stress hormones could be affected in the acute time after a stroke, he said.

"Because the pituitary was being stunned or transiently harmed, it wasn't directing the adrenal gland to produce cortisol, cortisol levels were falling and the normal stress response, which helps people to survive injuries like sub-arachnoid hemorrhage."

Overall, about 30 per cent of long-term survivors of traumatic brain injury showed evidence of pituitary dysfunction, noted Prof Thompson, and he described how that could lead to symptoms such as fatigue, headache, menstrual irregularity and erectile dysfunction.

"The important thing is to be aware of the problem," he said. "So if someone had symptoms that might be related to that you recognize it and you can treat accordingly."

Prof Thompson also highlighted the need for recognition and funding for a national dedicated pituitary treatment unit. "Although the Beaumont and Cork units provide the bulk of multidisciplinary care for pituitary patients in Ireland, there is no official recognition or funding of these two units as providers of pituitary care," he said. "This leaves them vulnerable to bed closures and interruption of delivery of care."

How and where can I meet new friends or people to date?

Finding someone special like a close friend or romantic partner is an important goal shared by most people. Having another person you can trust to discuss your interests, dreams, and goals can add countless joy and meaning to life. Many people find that sharing life with an important person enhances the journey and experience of living.

Sorry to say that many survivors express doubt that they will *ever* find someone special after their injury. Have you heard yourself say something like...

- ❖ “No-one will ever love or care about me now that I’ve had a brain injury.”
- ❖ “It’s impossible to meet new people in this town.”
- ❖ “Who’s going to want to be my friend? I’ve got too many problems.”
- ❖ “All the people I know are either in a significant relationship or married. There’s no one left to date.”
- ❖ “I never meet anyone new or interesting. Even if I did, I wouldn’t know how to act or what to say.”
- ❖ “What’s the use in meeting someone new? All my past relationships have turned out badly.”

Like many important tasks, reaching the final goal of having someone special in your life can be broken down into smaller, more manageable steps. First, you should make a reasonable plan to meet new people. You’re more likely to be successful at finding a suitable match if you consider your own likes and dislikes, and plan accordingly. If you don’t like heavy metal music, you may not want to plan meeting someone at a rock concert. On the other hand, if you admire books, you may find someone sharing a similar interest at your local library or bookstore. Make a list of things you like to do that offer a chance to meet and talk to others.

Remember, pursuing your own interests with a plan to meet others is a great way to make new friends. Second, you must make yourself available to meet others. That means getting out of your house, apartment, or car and being around new people. Try to do activities you enjoy, in the company of others, as much as possible. Trying a new activity is another great way to meet other people. If you’ve ever wanted to learn about Chinese cooking or scuba diving, this is a great time to take a group class or lesson. Although some have found meaningful relationships in the newspaper or on-line, quality relationships are usually best formed in person.

Third, you should try to be the kind of person someone else would like to meet. Think about people you admire and their qualities that attract others to them. What do they look like? How do they act? Do they have a good sense of humor, a caring or giving nature, a cheerful smile, or an interesting story to tell? Which of these attractive qualities do you possess or have the ability to develop?

Keep in mind that every person has something unique to offer others. *Have confidence that you will make someone a great friend.*



Lisa Moss
President

Vinny Velarde
Marketing Director

Stacie Hodes
Secretary

Dear Sponsor,

I would personally like to thank you for your support and considerable gift to this worthy cause.

Brainstorming4Us, Inc. was developed in 2005 to assist families and victims that have suffered a Traumatic Brain Injury. Brainstorming4Us, Inc. is a non-profit organization based out of California. In 2008, the organization went nationwide with the dispersion of our Brain Bags. A Brain Bag can be requested simply by visiting our website at www.brainstorming4us.com. Every 19 seconds in the United States of America, a person suffers a Traumatic Brain Injury. This makes you think that you may know someone dear to you that will suffer a TBI in the future.

Your donation will aid in our efforts to increase knowledge, seek prevention, and possibly find a cure for Traumatic Brain Injuries in the near future. Your gift can be written off on your taxes. The Tax Identification number for Brainstorming4Us, Inc. is 20-5954559. Again, I would like to thank you for your significant gift, extreme support, prayers, and caring words. May you have a safe and blessed year of 2011.

Sincerely,

Vinny Velarde
Director of Marketing
Brainstorming4Us, Inc.

TRAUMATIC BRAIN INJURY AND HIDDEN VISUAL PROBLEMS

by Optometric Extension Program, a non-profit organization.

Often visual problems resulting from Traumatic Brain Injury are overlooked during initial treatment of the injury. Frequently these problems are hidden and neglected, lengthening and impairing rehabilitation. Vision is the most important source of sensory information. Consisting of a sophisticated complex of subsystems, the visual process involves the flow and processing of information to the brain. Because there is a close relationship between vision and the brain, Traumatic Brain Injury can disrupt the visual process, interfering with the flow and processing of information. The result is a vision problem. Symptoms indicating a vision problem are:

- Blurred vision
- Sensitivity to light
- Reading difficulties; words appear to move
- Comprehension difficulty
- Attention and concentration difficulty
- Memory difficulty
- Double vision
- Aching eyes
- Headaches with visual tasks
- Loss of visual field

GOOD VISUAL SKILLS -- GOOD VISION

Good visual skills are necessary for efficient information processing. When processing visual information is difficult, one may "try harder," straining without even knowing it because the effort is subconscious. If the visual system is inefficient, every task can seem difficult, using more energy than required. Visual skills affected by Traumatic Brain Injury include:

Tracking: the ability of the eye to move smoothly across a printed page or while following a moving object.

Fixation: quickly and accurately locating and inspecting a series of stationary objects, such as words while reading.

Focus Change: looking quickly from far to near and back without blur.

Depth perception: judging relative distances of objects - how far or near they are.

Peripheral vision: monitoring and interpreting what is happening in the surrounding field of vision

Binocularity: using both eyes together as a team - smoothly, equally and accurately.

Maintaining attention: keeping focused on a particular activity while interference, such as noise, is present.

Visualization: accurately picturing images in the "mind's eye," eye retaining and storing them for

future recall.

Near vision acuity: clearly, seeing, inspecting, identifying and understanding objects viewed within arm's length.

Distance acuity: clearly seeing, inspecting, identifying and understanding objects viewed at a distance.

Vision perception: understanding what is seen.

OPTOMETRY AND REHABILITATION

Very few in the health care professions, including head trauma rehabilitation centers, are adequately aware of visual problems resulting from Traumatic Brain Injury and the visual-perception consequences. Unfortunately, this creates a gap in rehabilitative services, resulting in incomplete treatment and frustration for the patient, family and treatment team.

The vision care professional can play an important role in the rehabilitation effort. Through vision therapy and the proper use of lenses, a behavioral or developmental optometrist specifically trained to work with Traumatic Brain Injury patients can help improve the flow and processing of information between the eyes and the brain.

Vision therapy can be a very practical and effective. After evaluation, examination and consultation, the optometrist determines how a person processes information after an injury and where that person's strengths and weaknesses lie. The optometrist then prescribes a treatment regimen incorporating lenses, prisms, low vision aides and specific activities designed to improve control of a person's visual system and increase vision efficiency. This in turn can help support many other activities in daily living.

WHAT IS BEHAVIORAL OPTOMETRY OR DEVELOPMENTAL OPTOMETRY?

Behavioral optometry is based upon the core principle that vision is a learned process and can be developed or enhanced at any age. Optometrists practicing this method have continued their education beyond the basic Doctor of Optometry (O.D.) degree. This continuing education emphasizes the use of lenses, prisms, and vision therapy to enhance a patient's visual capabilities, reduce visual stress, prevent and rehabilitate vision problems. As a member of the rehabilitative team, behavioral optometrists have extensive experience treating the vision problems stemming from Traumatic Brain Injury.

*There are two ways of meeting difficulties.
You alter the difficulties or you
alter yourself to meet them.*

~Phyllis Bottome~

Brainstorming 4 Us Support Group Dates and Times

Brainstorming 4 Us Support Group
Sterling Inn
17738 Francesca Road • Victorville, CA 92395
Meets 1st Saturday of every month from 12:00 PM- 2:00 PM
Bring a sack lunch if you like

Brainstorming 4 Us Support Group
Riverside Community Hospital
4445 Magnolia Avenue Riverside, CA 92501
2nd Wednesday of each month- 6:30 PM- 8:30 PM

Brainstorming 4 Us Support Group
HealthBridge Children's Hospital- Orange
393 S. Tustin
Orange, CA 92886
2nd Saturday of each month- 1:00 PM -3:00 PM

Brainstorming 4 Us Support Group
Desert Regional Hospital
1150 N. Indian Canyon, Palm Springs, CA 92262
4th Wednesday of each month - 6:00 PM- 8:00 PM

If you have any questions please feel free to contact:
lisa@brainstorming4us.com or call (760) 954-4662.

Never talk defeat.
Use words like hope,
belief, faith, victory.

NORMAN VINCENT PEALE



Halloween Word Search



Find and circle all of the words that are hidden in the grid.
The remaining letters spell an activity played on Halloween.

S V A M P I R E Z O M B I E B
L N R E T N A L O K C A J Y O
U B C B N G R A V E Y A R D E
O G A K C O F F I N D A W N M
H O N C T I T N K R C F E A U
G B D I N O I E A S U G R C T
W L L T N K M C L L A W E Y S
I I E S P E U B L E O M W R O
T N M M K L T M S R K B O E C
C S U O A U O H C T A S L T S
H P M O F O L E G T O O F E E
E R M R N A R L S I H N P M L
S P Y B M A E R C S R G E E P
L E T A C K C A L B S F I C P
G H O S T S S R E D I P S N A

APPLES	COSTUME	JACK O LANTERN	SKELETON
BATS	DRACULA	MASK	SKULL
BLACK CAT	FRIGHTENING	MUMMY	SPIDERS
BROOMSTICK	FULL MOON	NIGHT	TOMBSTONE
CANDLE	GHOSTS	PUMPKIN	VAMPIRE
CANDY	GHOULS	SCARECROW	WEREWOLF
CEMETERY	GOBLINS	SCARY	WITCHES
COFFIN	GRAVEYARD	SCREAM	ZOMBIE



Brainstorming 4 Us, Inc

Brainstorming 4 Us, Inc. would like to thank and acknowledge Loma Linda University Hospital, Desert Regional Hospital, Riverside Community Hospital, Arrowhead Regional Hospital, Zumbrunn Law Firm and Nursing Home Solutions for their generosity, and support in placing our Brain Injury Resource Kits into Trauma Centers.

Submit all stories and requests to
The editor at: lisa@brainstorming4us.com
Deadline Date December 21, 2011

Disclaimer

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