

INDIAN SPINAL INJURIES CENTRE

THE POWER OF THE MIND

NEURO-UROLOGY Magazine

Eradicate "Neglected Neurogenic Bladder" by 2030 Campaign
Caring for your Urinary Bladder and sexual health

A portrait of Major H.P.S. Ahluwalia, an elderly man with a white beard and a white turban, wearing a dark blue suit and tie. He is seated and smiling slightly. A military-style badge is visible on his left lapel.

Major H.P.S. Ahluwalia

THE POWER OF THE MIND

CONTENTS

ISIC Day Celebrations- 29th MAY



Contents:

1. "Words of Wisdom"-Mrs. Bholi Ahluwalia, Chairperson, Indian Spinal Injuries Centre.
2. Early Bladder care and Education for Self-management.
3. Interview with Dr. Dinesh Suman, MCh. Director Neuro-urologist & SCI Andrologist, ISIC.
4. The Crucial Role of Neuro-urology in Spinal Cord Injury: From Evaluation to Long term Management
5. Need for Neuro-urological evaluation and Urodynamics.
6. The Importance of Regular Follow-ups for Bladder Health in Spinal Cord Injury.

Tribute by Ankita Chawla:

Let`s Learn to Live from the Heroes, the warriors who survived and overcame the spinal cord injury to lead an exemplary life and became a glowing example for millions to follow

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THE POWER OF THE MIND

INDIAN SPINAL INJURIES CENTRE

INSIGHTS FROM THE CHAIRPERSON MRS. BHOLI AHLUWALIA

---AN INTERVIEW WITH MS. ANKITA CHAWLA

Words of Wisdom

Ankita Chawla: Greetings, On the special occasion of the 5th September, the SPINAL CORD INJURY (SCI) Day, we are honored to have with us the Chairperson of the Indian Spinal Injury Centre. Thank you for joining us, Ma'am.

Chairperson Ma'am: Thank you for having me. It's my pleasure to be here and talk about spinal cord injuries on this important day and the vital role played by the **Indian Spinal Injuries Centre in bringing about a revolution and bringing the best of "Modern spinal cord injury management" in India.**

Ankita Chawla: For those who have recently experienced a spinal cord injury, life may seem complex and very challenging. Can you shed some light on what it takes to deal with the challenges and refashion a life after such an injury?

Chairperson Ma'am: Absolutely. Spinal cord injury has been long feared as the most catastrophic injury known to the mankind.



Mrs Bholi Ahluwalia, Chairperson, Indian spinal injuries centre

Till the early 20th century, there was immense gloom and pessimism about this condition, so much that most of the SCI patients would not survive beyond a few weeks or months. It was only after the lessons learned during the Wars, that the SCI patients were managed effectively that they it seemed possible that they could survive the consequences of the injury. Cumulative developments in science have enabled near

normal life expectancy among the SCI patients today, particularly in the developed world. **However the situation in India is still evolving and we all have to collectively work, to not only offer the best of the surgical management but also to provide the best of rehabilitation and life-long support systems for the SCI patients** so that they could experience a productive and active life.

Refashioning life after a spinal cord injury is undoubtedly a significant challenge, but it's not an impossible one. It requires a multidisciplinary approach and a strong support system. We, at Indian Spinal Injuries Centre have been closely working towards a "Holistic care approach for the SCI persons since last 25 years and are happy to note with satisfaction the positive change in the lives of millions of SCI patients and their families.

Ankita Chawla: What do you think are important aspects of care which the ISIC focuses on for the SCI persons uniquely?

Chairperson Ma'am: Immediate scientific medical care is crucial. Rehabilitation programs help patients regain physical functionality and adapt to their new circumstances. Urological and sexual health care, Physical therapy, occupational therapy, and assistive technologies play a pivotal role.

Coping with a spinal cord injury leads to emotional distress. Psychological support, counseling, and peer support are essential in helping individuals adjust and maintain mental well-being. Use of various devices and assistive technologies can significantly improve independence and quality of life. Wheelchairs, adaptive tools, and communication devices are just a few examples.

It's essential to encourage continued education and vocational training to explore new career opportunities and regain financial independence. It is important to reconnect with friends, family, and the community to build a sense of belonging and reduce feelings of isolation.

It is our community responsibility to raise awareness about accessibility and advocate for inclusive environments in public spaces, transportation, and workplaces to create a more inclusive society.

Ankita Chawla: Those are fantastic insights, Ma'am, It's evident that a comprehensive approach is necessary for rebuilding lives after a spinal cord injury. How has the ISIC contributed to the this year's theme of SCI day " access to SCI services-a life less complicated"?

Chairperson Ma'am: We have launched quite a few initiatives to bring comfort and solace to the lives of the spinal cord injury persons and make their lives "less complicated;

We have actively started regional centres at various places in India, and Teleconsultation to make medical care accessible for SCI persons from the comfort of their homes.

We have also initiated a Urology TeleHealth care service provided by our Neurourology team to multitude of SCI patients in the far and remote corners of our vast country who have no access to appropriate neuro-urological care

We have initiated a Urology education and counseling website SCIBLADDER.COM and YOUTUBE channel SCIBLADDER for enhancing the urological awareness and orientation which includes sexual health and fertility concerns which are so important to the sci persons. We believe that the Education is the best tool to bring lasting changes in the lives of the SCI persons.

We have started an educational magazine "THE POWER OF THE MIND" dedicated to the spirit of our Founder Chairman Major H.P.S. Ahluwalia, to bring hope and courage, to overcome the fears of the mind, not to give up and continue to do their best and embrace Life with courage and Dignity.

Ankita Chawla: Lastly Ma'am, what message would you like to convey to the spinal injury patients and the community on this significant World SCI day?

Chairperson Ma'am: To all the spinal injury patients and the community, I want to say that while a spinal cord injury brings about immense challenges, it does not limit your potential. Each person's journey is unique, and with the right support and determination, you can lead a fulfilling life after the injury. I have been close witness and partner to the wonderful and successful life of Major H.P.S. Ahluwalia, a glorious person and a visionary who gave Revolutionary concept much ahead of the times in the form of the ISIC to the Nation, which continues to bear the torch of hope and life to millions of SCI persons and professionals across the country and beyond.

Remember that you are not alone; the Indian Spinal Injury Centre and the entire community stands with you. Embrace the spirit of resilience and focus on what you can achieve, rather than what you've lost. Together, we can create a more inclusive and supportive environment for everyone, regardless of their abilities. Let's work together to break down barriers and foster a society where everyone can thrive.

Thank you, and let's make this World SCI Day, a day of celebration, of hope and possibilities, for all persons with SCI and their families.

RENDEZVOUS WITH DR. SHALINI BHALLA, MEDICAL DIRECTOR, ISIC



Greetings to you all on this magnificent occasion of Spinal Cord Injury (SCI) Day, a day dedicated to celebrate Life and Good health among the spinal cord injury, raising awareness about spinal cord injuries and fostering understanding about SCI within our community. As we approach the 5th of September, allow me to share the vision and mission of the Indian Spinal Injuries Centre (ISIC), a place of hope, healing, and transformation.

At ISIC, our vision extends beyond the physical boundaries of treatment; we envision a world **where individuals with spinal cord injuries not only recover their physical abilities but also regain their independence, confidence, and sense of purpose.** Our mission, woven into the fabric of every action we take, is to provide comprehensive care that transcends the limits of conventional medical treatment. Our telehealth and tele-education program moves beyond boundaries and is freely in the grasp of every spinal cord injury person across the country and beyond.

ISIC stands as a beacon of excellence in the realm of spine surgery and orthopedic care. Our team of renowned surgeons, skilled in the most advanced techniques, endeavors to restore not just mobility but the quality of life for our patients. Through **state-of-the-art spinal surgery procedures,** we aim to not only correct anatomical concerns but to also nurture the emotional and psychological well-being of our patients.

ISIC takes pride in performing state of the art spine, orthopedic and joint replacement surgeries, however, our role does not conclude within the operating room.

We understand that a spinal cord injury **transforms lives in multifaceted ways, impacting not only the body but also the mind and spirit.** This realization has led us to lay great emphasis on holistic rehabilitation. Our commitment extends to providing **exclusive neurourological and sexual health care, top-notch physiotherapy, occupational therapy, counseling, and vocational training.** We believe in empowering our patients to surmount challenges, embrace change, and reclaim their lives.

ISIC does not aspire to be just a hospital; **we aspire to be the vanguard of change.** Our dedication to comprehensive care has the potential to ignite a fire of transformation across the healthcare landscape. By **spearheading initiatives that focus on the overall well-being of spinal injury patients,** we strive to set new benchmarks.

On this SCI Day, let us come together to not only celebrate the progress we've made but also to renew our resolve towards a future where spinal injury patients not only survive but thrive. Let ISIC be the torchbearer of this change, illuminating the path to comprehensive care, unwavering hope, and boundless possibilities.

Wishing you all the SCI day filled with awareness, compassion, and the unwavering spirit of resilience.

Early bladder care after spinal cord injury

Understanding the Impact of SCI on the Urinary System

The spinal cord plays a key role in controlling the body's urinary function, enabling communication between the brain and the bladder. SCI can disrupt this communication, leading to neurogenic bladder, where patients experience bladder dysfunction due to nerve damage. Symptoms may vary, based on the location and severity of the injury. Some patients may struggle with incontinence (involuntary leakage of urine), while others may have difficulty emptying their bladder completely, increasing the risk of urinary tract infections (UTIs), kidney damage, and bladder stones.

The Importance of Early Urinary Bladder Care

Addressing urinary issues early in the post-SCI care plan is crucial to:

- **Prevent complications:** Early intervention helps avoid UTIs, bladder stones and kidney damage, which can lead to severe health problems if left untreated.
- **Improve quality of life:** Managing urinary symptoms can significantly improve comfort and confidence, contributing to better overall wellbeing and facilitating rehabilitation efforts.

Regular urinary assessments can monitor kidney health and catch potential issues before they become critical.

Being Proactive: Ask Your Doctor

Given the importance of bladder care post-SCI, patients and caregivers must proactively discuss this aspect with their medical team.

Don't hesitate to ask about the impact of SCI on urinary functions, even if it's not initially addressed.

Be sure to discuss:

- The possibility of a neurogenic bladder or other urinary issues resulting from SCI
- The **need for regular assessments** of urinary function
- Potential interventions, such as catheterization or medication
- **Symptoms to watch out for**, indicating complications.

Conclusion

Taking charge of your health after an SCI involves understanding its impact on the urinary system.

Awareness and education play a crucial role in preventing potential complications and ensuring the best possible care.

Remember, it's not just about survival; it's about living the best quality life possible, even after a spinal cord injury.

EARLY NEUROGENIC BLADDER CARE AFTER SCI

**An interview with Dr. Dinesh Suman, MCh.
Director Neurourologist & SCI Andrologist, ISIC--
....by Ms. Ankita Chawla.**



DR. DINESH SUMAN

Prioritizing Early Urinary Bladder Care after Spinal Cord Injury

Living with a spinal cord injury (SCI) presents many challenges, some of which might not be immediately obvious. One such issue revolves around urinary bladder care, a crucial aspect of post-SCI health management often overlooked in initial treatments. This article aims to stress the importance of early urinary bladder care following SCI, encouraging patients and caregivers to actively seek appropriate assessment and intervention.

In the aftermath of a spinal cord injury, immediate concerns usually gravitate towards mobility, physical therapy, and pain management. While these areas undoubtedly require immediate attention, other functions, such as the urinary system, may not receive the same early focus. **However, the urinary system can be profoundly affected by SCI, leading to potentially severe complications if not promptly addressed.**



Healing through Hope & Joy



From Identification to Management: Crafting a Personalized Care Plan

The results of the **neurourologist's evaluation and urodynamic** testing play a pivotal role in determining the best management strategies for each individual.

Management options can range from non-invasive methods like bladder training and pelvic floor exercises to medications that help control bladder contractions. In some cases, intermittent catheterization (self-emptying the bladder via a catheter) or surgical interventions may be recommended.

It's important to remember that there's **no one-size-fits-all solution**; each patient's management plan will be tailored to their specific condition, lifestyle, and personal preferences. **Regular follow-ups** are also crucial to adjust the care plan as necessary and monitor for potential complications.

Conclusion: Take Control of Your Health

Becoming an active participant in your health care is vital. Ensure to engage with your medical team, Ask for a Urological evaluation if it's not already offered, and make sure you fully understand the results and implications of any tests, including urodynamics.

Through proactive involvement and partnership with a neurourologist, you can navigate the challenges of SCI, effectively manage bladder dysfunction, and significantly enhance your overall health and quality of life.



The Crucial Role of Neurourology in Spinal Cord Injury: From Evaluation to Long term Management

By Dr. Dinesh Suman, MCh.
Director, Department of Neurourology & SCI Andrology, ISIC

Spinal Cord Injury (SCI) can have profound effects on a person's life, extending far beyond the immediate physical impairments. One aspect that is often overlooked but carries significant implications for long-term health and quality of life is urinary bladder care. Central to this care is the role of the neurourologist, a specialist uniquely equipped to manage the urinary challenges posed by SCI.

Understanding Neuro-urology

Neuro-urology is a specialized field focusing on how the nervous system controls the urinary system. Neurourologists assess, diagnose, and manage conditions like neurogenic bladder, which occurs when nerve signals between the bladder and the brain are disrupted, often due to SCI.

Importance of Neurourological Evaluation provides a thorough evaluation of your bladder health and function. This evaluation often includes a detailed history, physical examination, and various diagnostic tests such as urodynamics.

Urodynamics: The Key to Understanding Bladder Dysfunction :

Urodynamics is a series of tests that measure how well the bladder, sphincters, and urethra are storing and releasing urine. These tests can provide invaluable insights into the type of bladder dysfunction.

Urodynamic tests can reveal whether your bladder muscle is overactive (which could lead to incontinence), underactive (which could lead to urine retention), or a combination of the two.

These tests are typically painless and only take about 30 minutes, but they can provide a wealth of information for you and your medical team, facilitating the development of an effective treatment plan.

Importance of Regular Follow-ups for Good Bladder Health

Living with a spinal cord injury (SCI) requires significant adjustment and consistent care to maintain optimal health. A crucial overlooked part is the maintenance of bladder health. The bladder dysfunction, can lead to a range of complications if not properly managed.

Regular follow-up play a pivotal role in maintaining bladder health and minimizing these complications.

Understanding the Risks

Damage to the nerves controlling bladder function can result in neurogenic bladder. This condition can manifest as an overactive bladder (frequent, uncontrolled contractions), an underactive bladder (difficulty emptying the bladder completely), or a combination of both. These issues can lead to urinary incontinence, urinary retention, urinary tract infections (UTIs), bladder stones, and, over time, potential kidney damage.

The Role of Regular Follow-ups

. Here's why they're so crucial:

- 1. Monitoring Changes:** Your body's response to SCI and the subsequent bladder dysfunction can change over time. Regular follow-ups help track these changes and adapt your management plan accordingly.
- 2. Preventing Complications:** Through regular assessment, healthcare professionals can identify signs of potential complications such as UTIs or bladder stones before they become serious, implementing treatment early to prevent further issues.
- 3. Assessing Treatment Effectiveness:** If you're on a management plan involving medication, intermittent catheterization, or other interventions, regular follow-up will help assess the effectiveness of treatment and make necessary adjustments.
- 4. Education and Support:** Regular interaction with healthcare professionals can provide ongoing education about self-care practices and psychological support to help cope with the challenges associated with SCI and bladder dysfunction.



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THE INDIAN SPINAL INJURIES CENTRE , VASANT KUNJ, NEW DELHI

Taking Charge of Your Bladder Health

ISIC

To maximize the benefits of regular follow-ups:

Be Prepared: Before each appointment, make a note of any changes or concerns you've had since the last visit. This can include new symptoms, changes in urine or bladder habits, or difficulties with your current management plan.

Ask Questions: Be sure to ask any questions you might have regarding your bladder health, treatment options, potential complications, or anything else you're uncertain about.

Conclusion:

While managing life after an SCI can feel overwhelming, remember that you are not alone, and resources are available to support you.

Prioritizing regular follow-ups is key to maintaining bladder health and overall wellbeing.

Your healthcare team is there to assist you in navigating these challenges and ensuring the highest possible quality of life.

Regular follow-ups aren't just about catching complications; they're about empowering you to take control of your health journey.

Stay Compliant: Adhere to your prescribed treatment plan and make sure to attend all scheduled appointments.

If an issue arises, don't wait for your next appointment; reach out to your healthcare provider immediately.