

SpinalCord.com Releases a New Series of Infographics to Simplify Education Related to Spinal Cord Injuries.

*A Picture is Worth a Thousand Words...
New Series of Infographics Available From
SpinalCord.com Helps Educate the
Community and are Available Now for
Download.*

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SpinalCord.com has added a new resource hub to its industry leading website. The new hub includes over 20 [infographics related to spinal cord injuries](#), all of which are available for download and sharing. The infographics are meant to help breakdown and simplify complex concepts related to spinal cord injuries during what can be an emotional time for many who are new to the spinal cord injury community.



These resources should be shared freely to reach all those who want or need to better understand spinal cord injuries."

*Vinny Dolan, Executive
Director of SpinalCord.com*

The new resource hub includes infographics on a number of spinal cord injury related subjects including but not limited to: data & trends, wellness & recovery, and lifestyle & relationships. When visiting the website, visitors will find each infographic is accompanied by an article which expands upon the subject matter. Spinalcord.com has also included references to various sources of information for

those who wish to further explore a particular subject.

Visitors have the option to download the infographic in PDF or PNG format, and SpinalCord.com is encouraging the community to share the information with anyone who may be interested in or otherwise benefit from the information. "While we may have put the information together and done our best to make it easy to understand, these resources should be shared freely to reach all those who want or need to better understand spinal cord injuries," explained [Executive Director Vinny Dolan](#).

When discussing why Spinalcord.com invested in creating these infographics Mr. Dolan shared,



SpinalCord.com A Resource for the Paralysis
Community.

"There is a need to make information more accessible in our community, not just for those directly impacted, but for everyone who knows or might meet an individual with a spinal cord injury. We hope these infographics help bring more awareness to the issues the community faces and introduces important subjects to those new to the community."

If you or a loved one has been affected by a spinal cord injury and would like to learn more about the resources available, please visit [SpinalCord.com](https://spinalcord.com). Anyone who wishes to schedule time to speak with a spinal cord injury community advocate may [complete the form here](#), email support@spinalcord.com, or call 877-336-7192.

Vinny Dolan
SpinalCord.com
+1 877-336-7192
[email us here](#)

Dietary Considerations

For People With Paralysis

Nutritious Foods to Add to Your Diet



Dark Greens

Dark green leafy vegetables are packed with nutrients and vitamins, including **vitamin C, potassium, iron, calcium, and folate**. Folate is a B vitamin that promotes heart health.



Berries

Berries are nutritious and low in calories. Berries contain **potassium, magnesium, vitamin C, vitamin K, and fiber**. They also provide **antioxidants**, which reduce the risk of cancer, heart disease, and arthritis.



Peanuts & Tree Nuts

Nuts have a lot of nutrients, such as **protein, calcium and phosphorus** to help strengthen bones. Almonds and walnuts are particularly rich in nutrients. Remember to eat nuts in moderation as they can be high in fat.



Sweet Potatoes



Sweet potatoes are rich in vitamins and minerals including **vitamin A, vitamin C, potassium, beta carotene, and manganese**, just to name a few. They also supply **antioxidants**. Squash and pumpkin are comparable options.

Find More Resources at
SpinalCord.com

(877) 336-7192
Support@SpinalCord.com

References
Barton, Vickie, and Kim, Susie. "Everyday Nutrition for Individuals with Spinal Cord Injury."

New Infographic: Post Spinal Cord Injury Diet Recommendations

How Does a Spinal Cord Injury Affect Romantic Relationships?



Marital Status at Time of Injury
At the time of injury, **44.9%** of individuals are single, **37.3%** are married, and **8.6%** are divorced.

Marriage Rate Increases Over Time
As time passes after one's spinal cord injury, they're more likely to become married. In a study of individuals who were injured for 40 years or more, **45.5%** were married, **24.8%** were single, and **29.2%** were divorced.



Divorce Rate Increases After Injury
Couples who are married when a spinal cord injury occurs are **1.5-2.5x more likely to get divorced** than the general population for the first 3 years after SCI. **After the first 3 years, the divorce rate decreases to the national average (40%).**



Social Activities & Divorce Prevention
Studies show that **social engagement reduces the likelihood of divorce for individuals with SCI**. Social isolation can increase stress on a marriage. Maintaining social connections and receiving support from friends and family can help individuals with SCI and their partners cope with the challenges they face.



Pregnancy Rate Among SCI Women
In a study of self-reported pregnancy experiences in 472 women at least one year post-SCI, **nearly 14% became pregnant**. Though, they tended to have babies of lower birth weight and with more complications at time of delivery.



Sexual Activity Among SCI Men
In survey-based studies, it is estimated that **30%-70% of SCI men are sexually inactive** for a variety of reasons including erectile dysfunction, chronic pain, and incontinence.



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References
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Cohen, Deborah A. et al. Pregnancy Outcomes in Women with Spinal Cord Injuries: A Population-Based Study.
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New Infographic: How Does a Spinal Cord Injury Affect Romantic Relationships?

This press release can be viewed online at: <https://www.einpresswire.com/article/641758516>

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