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## 2<sup>ND</sup> ANNUAL HEELS & WHEELS: 5K RUN, 1K WALK/ROLL

Heels & Wheels is a 5K Run/Walk and a 1K Walk/Roll which has been developed to promote brain injury awareness and raise funds for the programming of the BIAWW.

Heels & Wheels will be held on June 1, 2014 at Bingemans as a kick off to Brain Injury Awareness Month. Brain Injury Awareness month is a national month throughout Canada to promote public awareness on the cause, consequences, treatment and prevention of acquired brain injury. The major cause of brain injury in Canada are: Car Accidents (30%), Sports (20%), Biking (15%), Medical (10%), Violence (10%), Industrial (10%) and Diving (5%). Visit [www.biaww.com](http://www.biaww.com) for more details or to become involved email Robin at [robin@biaww.com](mailto:robin@biaww.com)

## THE BRAIN INJURY ASSOCIATION: AT WORK



We are pleased to announce the Vocational Program is accepting applications for paid employment and volunteer positions. If you are willing to work, have an acquired brain injury, are medically stable, and would like to apply for a position in the Glass Fusing Program or the Light Assembly Program please visit the BIAWW website and complete the Intake Package found under Programs, Vocational Program. After the intake package is received by us you will receive a phone call from the Vocational Services Manager.

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### WHAT IS A BRAIN ANEURYSM?

An aneurysm is an abnormal, weak spot on a blood vessel that causes an outward bulging or ballooning of the arterial wall. These weak spots can involve all walls of the blood vessel (fusiform aneurysm), form a sac from one wall (saccular) or separate the vessel walls (dissecting). An aneurysm can affect any vessel in the body...those in the head can cause a serious medical condition, a hemorrhagic stroke when they rupture, which can lead to brain damage and death. AN ANEURYSM CAN ALSO BE LOCATED IN THE ABDOMINAL AORTA. This can lead to abdominal aortic aneurysm, which usually causes death, depending on the size of the artery.

It is estimated that up to one in 15 people in the United States will develop a brain aneurysm during their lifetime.

Brain aneurysms are often discovered when they rupture, causing bleeding into the brain or the space closely surrounding the brain called the subarachnoid space, causing a subarachnoid hemorrhage. Subarachnoid hemorrhage from a ruptured brain aneurysm can lead to a hemorrhagic stroke, brain damage and death.

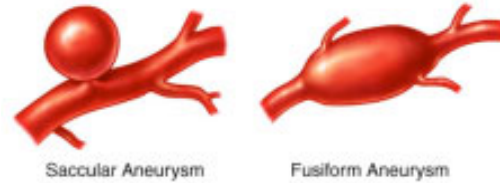
The main goals of treatment once an aneurysm has ruptured are to stop the bleeding and potential permanent damage to the brain and to reduce the risk of recurrence. Unruptured brain aneurysms are sometimes treated to prevent rupture. Learn more about treatment options for a brain aneurysm. Incidence Rates of Brain Aneurysms

Brain aneurysms are an uncommon disorder of the blood vessels that are usually acquired with age and affect approximately 6% of the United States population. The annual incidence of aneurysmal subarachnoid hemorrhage in the U.S. exceeds will die before reaching the hospital and over 50 percent will die within the first thirty days after rupture. Of those who survive, about half suffer some permanent neurological deficit

The most significant risk factors are cigarette smoking and having a close relative who had an aneurysm. The average age at presentation is usually 40 to 60 years old. Aneurysms are found more commonly in females than in males (3:2), and 20% of patients have multiple (two or more) aneurysms Ruptured Cerebral Aneurysm Symptoms

When an aneurysm ruptures, called subarachnoid hemorrhage, people often complain of "the worst headache of their life." Other ruptured cerebral aneurysm symptoms include:

- Nausea and vomiting
- Blurred vision or double vision
- Pain above and behind the eye
- Dilated pupils
- Sensitivity to light
- Loss of sensation



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If you or someone you know has suffered a critical injury, or would benefit from a legal second opinion, contact the lawyers at McLeish Orlando today at 1-866-685-3311.



## CONCUSSION FACTS

### A concussion is a brain injury that:

- Is caused by a blow to the head or body.
- From contact with another player, hitting a hard surface such as the ground, ice or floor, or being hit by a piece of equipment such as a bat, lacrosse stick or field hockey ball
- Can change the way your brain normally works
- Can range from mild to severe
- Presents itself differently for each athlete
- Can occur during practice or competition in ANY sport
- Can happen even if you do not lose consciousness

### How can I prevent a concussion?

Basic steps that you can take to protect yourself from concussion:

- Do not initiate contact with your head or helmet. You can still get a concussion if you are wearing a helmet
- Avoid striking an opponent in the head. Undercutting, flying elbows, stepping on a head, checking unprotected opponent, and sticks to the head all cause concussions
- Follow your athletics' department's rules for safety and the rules of the sport
- Practice good sportsmanship at all times
- Practice and perfect the skills of the sport

### What are the symptoms of a concussion?

You can't see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury.

### Concussion symptoms include:

- Amnesia
- Confusion
- Headache
- Loss of consciousness
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Nausea (feeling that you might vomit)
- Feeling sluggish, foggy or groggy
- Feeling unusually irritable
- Concentration or memory problems (forgetting game plays, facts, meeting times)
- Slowed reaction time

Exercise or activities that involve a lot on concentration, such as studying, working on the

computer or playing video games may cause concussion symptoms.

### What should I do if I have a concussion?

- Don't hide it. Tell your athletic trainer and coach. Never ignore a blow to the head. Also, tell your athletic trainer and coach if one of your teammates might have a concussion. Sports have injury timeouts and player substitutions so that you can get checked out.
- Report it. Do not return to participation in a game, practice or other activity with symptoms. the sooner you get checked out, the sooner you may be able to return to play.
- Get checked out. Your team physician, athletic trainer, or health care professional can tell you if you have a concussion and when you are cleared to return to play. A concussion can affect your ability to perform everyday activities, your reaction time, balance, sleep and classroom performance.
- Take time to recover. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a repeat concussion. In rare cases, repeat concussions can cause permanent brain injury.

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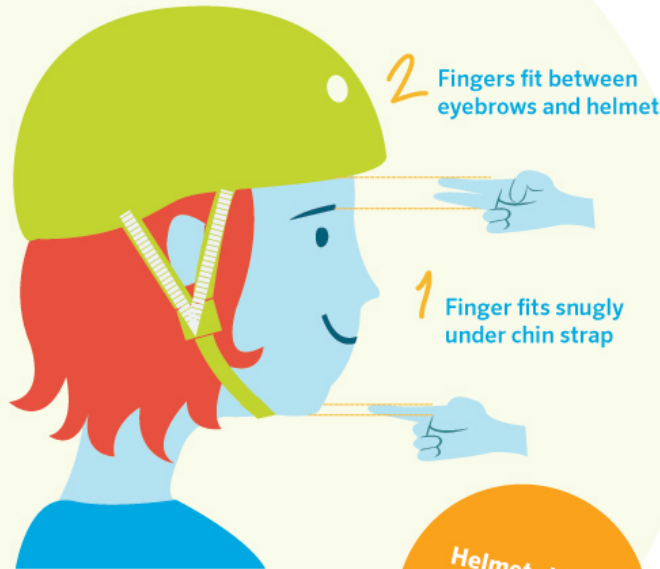


# THE PERFECT FIT

Wear your helmet properly to reduce the risk of brain injury

## ZVI RULE

Chin strap in a 'V' shape under and slightly in front of the ear



This will create a fit that is snug, level and stable enough to resist violent shakes and hard blows

Helmet should touch the head at the front, top and all sides.

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 D T I Y G M W G V O S A Y V Q E  
 R D C X J I Y I K O P V X O M O

Without looking  
 At the clue words  
 Can you guess what  
 each picture  
 represents?  
 All words start  
 With "D"

- DAB
- DADDY
- DANGLE
- DANNY
- DARK
- DART
- DATE
- DAWN
- DAYLIGHT
- DEAD
- DEAF
- DEALT
- DECENT
- DEEP
- DELIGHT
- DESK
- DIE
- DIMPLE
- DIRT
- DITCH
- DOG
- DOGHOUSE
- DOUBLE
- DRAGON
- DRAGONFLY
- DRAIN
- DREAD
- DREAM
- DREW
- DRIVEWAY
- DROOP
- DRY
- DUCK
- DUE
- DUNK
- DUSK



### FASCINATING FACTS ABOUT THE HUMAN BRAIN



The human brain has amazed and baffled people throughout the ages. Some scientists and doctors have devoted their entire lives to learning how the brain works. It is no wonder that people enjoy learning facts about this incredible organ in the human body. Below you will find 50 facts about the brain including how it works, how it develops, what it controls, how it affects sleep, dreams and memory.

#### Physical Attributes

- Weight:** The weight of the human brain is about 3 lbs.
- Cerebrum:** The cerebrum is the largest part of the brain and makes up 85% of the brain's weight.
- Skin:** Your skin weighs twice as much as your brain.
- Gray matter:** The brain's gray matter is made up of neurons, which gather and transmit signals.
- White matter:** The white matter is made up of dendrites and axons, which create the network of by which neurons send, their signals.
- Gray and white:** Your brain is 60% white matter and 40% gray matter.
- Water:** The brain is made up of about 75% water.
- No Pain:** There are no pain receptors in the brain, so the brain can feel no pain.
- Synapses:** There are anywhere from 1,000 to 10,000 synapses for each neuron.
- Blood vessels:** There are 100,000 miles of blood vessels in the brain
- Fat:** The human brain is the fattest organ in the body and may consist of at least 60% fat.

#### The Developing Brain

- Neurons:** Neurons develop at the rate of 250,000 neurons per minute during early pregnancy.
- Size at birth:** At birth, your brain was almost the same size as an adult brain and contained most of the brain cells for your whole life.
- Newborn growth:** A newborn baby's brain grows about three times its size in the first year.
- Stopped growing:** Your brain stopped growing

at 18.

- Cerebral cortex:** The cerebral cortex grows thicker as you learn to use it.
- Stimulation:** A stimulating environment for a child can make the difference between a 25% greater ability to learn or 25% less in an environment with little stimulation.
- Read aloud:** Reading aloud and talking often to a young child promotes brain development.
- Emotions:** The capacity for such emotions as joy, happiness, fear and shyness are already developed at birth.

#### Brain Function

- Oxygen:** Your brain uses 20% of the total oxygen in your body.
- Blood:** As with oxygen uses 20% of the blood circulating in your body.
- Unconsciousness:** If your brain loses blood for 8 to 10 seconds, you will lose consciousness.
- Wattage:** While awake, your brain generates between 10 and 23 watts of power or enough energy to power a light bulb.
- Brain death:** The brain can live for 4 to 6 minutes without oxygen, and then it begins to die. No oxygen for 5 to 10 minutes will result in permanent

► HUMAN BRAIN continued on Page 7

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## ◀ HUMAN BRAIN continued from Page 6

brain damage.

25. **Stress:** Excessive stress has shown to “alter brain cells, brain structure and brain function.”

### Psychology of the Brain

26. **Tickles:** You can't tickle yourself because your brain distinguishes between unexpected external touch and your own touch.
27. **Reading faces:** Without any words, you may be able to determine if someone is in a good mood, is feeling sad, or is angry just by reading the face. A small area in the brain called the amygdala is responsible for your ability to read someone's face for clue to how they are feeling.
28. **Pain and gender:** Scientists have discovered that men and women's brains react differently to pain, which explains why they may perceive to discuss pain differently
29. **Decision making:** Women tend to take longer to make a decision, but are more likely to stick with the decision, compared to men, who are more likely to change their mind after making a decision.
30. **Boredom:** Boredom is brought on by a lack of stimulation, is largely a function of perception, and is connected to the innate curiosity found in humans.
31. **Sadness and shopping:** Researchers have discovered that those experiencing the blues are more willing to spend more money in an attempt to alleviate their sadness.

### Memory

32. **Jet Lag:** Frequent jet lag can impair your memory, probably due to the stress hormones released.
33. **New Connections:** Every time you recall a memory or have a new thought, you are creating a new connection in your brain.
34. **Scent and memory:** Memories triggered by scent have a stronger emotional connection; therefore appear more intense than other memory triggers.
35. **Sleep:** While you sleep at night your brain is consolidating all your memories from the day.
36. **No sleep:** It goes to follow, a lack of sleep may actually hurt your ability to create new memories.

### Dreams and Sleep

37. **Everyone dreams:** Just because you don't remember your dreams doesn't mean you don't dream. Everyone dreams!

38. **Nightly average:** Most people dream about 1-2 hours a night and have an average of 4-7 dreams each night.
39. **Brain waves:** Studies show that brain waves are more active while dreaming than when you are awake.
40. **Virtually paralyzed:** While you sleep, your body produces a hormone that may prevent you from acting out your dreams, leaving you virtually paralyzed.

### Fun and Interesting Facts

41. **Juggling:** Juggling has shown to change the brain in as little as seven days. The study indicates that learning new things helps the brain to change very quickly.
42. **Blinking:** Each time we blink, our brain kicks in and keeps things illuminated so the whole world doesn't go dark each time we blink (about 20,000 times a day).
43. **Laughing:** Laughing at a joke is no simple task as it requires activity in five different areas of the brain.
44. **Yawns are contagious:** Ever notice that you yawn after someone around you did? Scientists believe that this may be a response to an ancient social behaviour for communication that humans still have.
45. **Music:** Music lessons have shown to considerably boost brain organization and ability in both children and adults.
46. **Brain Bank:** Harvard maintains a Brain Bank where over 7,000 human brains are stored for research purposes.

### Famous Brains

47. **Albert Einstein:** Einstein's brain was similar in size to other humans except in the region that is responsible for math and spatial perception. In that region, his brain was 35% wider than average..
48. **Babe Ruth:** The Babe was tested by two Columbia psychology students and was determined to be working at 90% efficiency compared to the 60% efficiency measured in most people.



Many Canadians celebrate Mother's Day by showing their appreciation for mothers or mother figures. The Mother's Day date in Canada is on the second Sunday of May each year

What do people do?

Many people in Canada express their gratitude towards mothers and mother figures on Mother's Day. Mother figures may include step-mothers, mothers-in-law, guardians (eg. foster parents), and family friends. It is the time for people to thank mothers and mother figures who took the time care for them and help them through life's challenges. Father's Day is also celebrated in Canada on the third Sunday of June, when people thank fathers and father figures for the positive contributions they made.

Some people give cards, flowers, or chocolates, and/or make handmade items or special meals on Mother's Day. Others take their mothers or mother figures to the movies, a restaurant, café, or a day in a park. Some mothers and mother figures also receive special gifts such as jewelry, clothing, accessories, and gift vouchers for services or products.

Public life

Mother's Day is not a federal holiday but it is on a Sunday, when many organizations, schools, and government offices are closed. Public transit systems run to their normal Sunday schedules and restaurants may be busier than usual as some people take their mothers out for a treat.

Background and symbols

Early celebrations of Mother's Day originated from Canada's neighboring country, the United States. Carnations are a popular Mother's Day symbol in both Canada and the United States. Some people may choose to wear a carnation as a brooch on Mother's Day. However, other flowers are also given to mothers or mother figures to symbolize one's love and appreciation for them.



Father's Day is an unofficial holiday to celebrate fathers around the world - although the date for celebration varies. It's an emerging holiday as it's celebrated in more and more countries nowadays as fathers are more and more involved in raising children and are recognized for their

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efforts.

Like many other holidays, however, this holiday has lost its real meaning over the years among the myriad of ads leading up to the 3rd Sunday of June. Online and offline we are bombarded by special offers to buy dad a smart phone, a home theater system, gift cards, golf clubs or clothing. It's a highly commercialized holiday - just like other holidays.

We encourage you all forget about gift cards, leather wallets and greeting cards that cost \$ and spend time with your father instead. It's free. Take a walk. Talk. Reminisce. Tell him you love him. Give him a hug. As years go by both of you will fondly remember the great times you spent together on father's days, long after the gift card is forgotten. Cheers to you, daddies!



June 21, 2014



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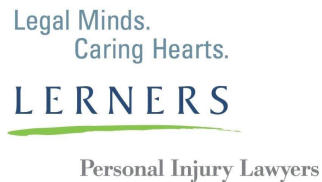
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