Health Employment and Longevity Project
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Message from Dr. Jim Krause

Dear Participant,

We would like to update you on our research progress and, more importantly, to thank everyone for their participation. The past 6 months have been the busiest in the history of our research team. We have collected a total of approximately 1,600 self-report assessments within the past six months alone. All of the information received is critical to being able to publish research findings to help educate professionals who provide services, those who develop policies, and those who have spinal cord injuries (SCI).

I would like to personally thank you for your patience with your payments for participation. We are as diligent as possible in processing your check or gift card requests, despite several challenges, including recent staff turnover in our finance department, and those with delays at the post office, given the large number of responses. We are doing all we can to get the payments out in the most timely fashion. If you have had any issue with not receiving your payment for a survey recently completed, please do not hesitate to call our office (1-866-313-9963).

Thank you again for your participation and interest in our research!

-Dr. Jim Krause

Recent Publications


For more than 40 years, Krause has studied the long-term effects of spinal cord injury (SCI) with the goal of increasing lifespans and standards of living, while coming to terms with the implications of his own injury.

Now, five new grants totaling more than $2.6 million will help him continue and expand that work.

“These grants are all very different from each other in methodology and will allow us to attack the problem of what happens to people after spinal cord injury in different ways,” Krause explained.

As this type of research grows in importance nationally, Krause’s ambition is to continue to expand MUSC’s capability to conduct SCI research and treat those with spinal cord injuries. His five grants go a long way toward making that happen.

“It’s a testament to the scope and quality of the work we’re doing, but ultimately, it’s going to give us the resources to help people with spinal cord injuries. And that’s what’s important.”

To read the full Catalyst article please click here!

Dr. Cao Developing Scholar of the Year Award

On December 13, 2016, Dr. Yue Cao received the 2016 College of Health Professions (CHP) Developing Scholar of the Year Award, which serves to recognize junior members of the Medical University of South Carolina CHP faculty who are promising research scholars as demonstrated by their research contributions. This award is well-deserved as Dr. Cao has made outstanding contributions to the research team and the college. Over the past year, he published 3 manuscripts, with 4 others accepted for publication. He also co-authored 7 presentations at professional conferences. Dr. Cao is a team player who works hard to accomplish team goals and uses research to answer questions of fundamental importance to those living with SCI and other neurological injuries.

Congratulations, Dr. Cao!
Multiple Sclerosis Awareness Month—March

Prevalence of Symptoms in those with Multiple Sclerosis

- Numbness, tingling: 63.5%
- Cognitive dysfunction: 13.4%
- Depression: 11.7%
- Fatigue: 48.1%
- Vision problems: 41.2%
- Pain: 39.7%
- Bladder dysfunction: 11.1%
- Bowel dysfunction: 3.1%
- Weakness: 23.5%
- Walking difficulty: 46.9%

March is Multiple Sclerosis (MS) Awareness Month. More than 2.3 million people are affected by MS worldwide. MS is a chronic, disabling disease that attacks the central nervous system. Symptoms may be mild or severe. The average range for diagnoses fall between the ages of 20 and 50, 2/3 of which are women. Currently there is no cure for MS. There are numerous efforts to find a cure through research, fundraising, and raising awareness.

*Developed by the National MS Society, please see the links below for informative videos on MS symptoms and research milestones!*

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**National MS Research Milestones**

**What is Multiple Sclerosis?**

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**walk MS**

MS walk at Hampton Park, Charleston, SC

Walk MS is a sponsored event by the National Multiple Sclerosis Society (NMSS). Walk MS is one of many fundraising events the NMSS Sponsors. Each year, about 300,000 people participate in the Walk MS Event. This walk is held in many cities throughout the country.

Walk MS Charleston will be held at Hampton Park. Check-in opens at 8am and the walk begins at 9am.

For more information on the MS walk at Hampton Park, please visit the event page [here](#)
New Research Studies

This past September we at the Health, Employment, and Longevity Project were fortunate to be awarded funding to conduct five new research projects over the next three years. Funded by the U.S. Department of Health and Human Services’ Administration for Community Living (HHS/ACL), the H.E.L.P. research team will conduct four studies on the following topics in SCI: Aging 45 YR, Re-Hospitalization, Knowledge Translation, and Emergency Department visits. Our 5th study, Negative Health Spirals, was awarded by the Department of Defense.

Please see below for a brief description about each new study!

Aging 45 YR
Originally started in 1973, this longitudinal study aims to further understand the unique challenges people with spinal cord injuries face as they age. With the renewal of the aging study, we will be able to continue this critical health and aging research for the SCI community.

Negative Health Spirals
One of the consequences of living with a SCI is the risk of chronically deteriorating health. This new grant, funded by the Department of Defense, aims to predict and prevent negative health changes in the SCI population.

Re-Hospitalization
Living with SCI means an increased risk for hospital visits, which can be both costly and disruptive to daily living. This new grant aims to study the cause and cost of reoccurring hospital visits.

Knowledge Translation
One of the challenges health professionals face is the translation of research into useful tools for target populations to use. The KT grant aims to do just that with the development of an online “calculator” of health risks and outcomes for those with SCI’s.

Emergency Department Visits
As with hospitalizations, individuals living with SCI are more likely to utilize the ED for rapid care, which can be costly and burdensome. This study aims to further understand the reasons behind ED utilization after SCI.