



UPLIFTING NEWS

(Self) Care options for people with brain injury

July 19th, 2018 - Madison, WI

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The Madison Brain Injury support group on July 19th began with a talk about Nidra yoga. This form of yoga has been successfully used to reduce severe headaches. The meeting led to a discussion about techniques used by several members of the group.

Much of the time was spent on the concerns of a new member, the mother of a former football player who experienced severe head trauma. She described struggling to get adequate support from Dean Care, a local medical collective. Other group members described better experiences with Dean and recommended a physician to contact. The group discussed the idea that increased strain on the medical system and restrictions from insurance companies were impacting patient care.

Finally, the group discussed medications as a form of treatment for traumatic brain injuries. The consensus was that, as risks often outweigh benefits, caution and informed choices are of utmost importance.

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