RESOURCE CENTRAL

Help on the Long Road to Recovery from Brain Injury

With 1.5 million Americans sustaining traumatic brain injuries per year and the strong possibility that countless more are going undiagnosed, the odds are high that someone you know has had at least a mild concussion.

To supplement our Brain Injury Special Report on page 12, you can visit the following websites for more information:

Brain Injury Association of America
biausa.org
1-800-444-6443
This nonprofit offers education, prevention, research, and advocacy programs to improve the lives of individuals with brain injury, their families, and friends.

National Library of Medicine's Medline Plus
nlm.nih.gov/medlineplus
This government site provides comprehensive information and links. For its section on head and brain injuries, type "TBI" into the search engine.

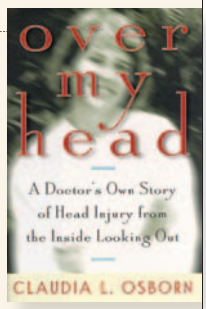
Centers for Disease Control and Prevention
cdc.gov
This government site provides information on brain injury, including links to publications. Type "TBI" into its search engine.

Traumatic Brain Injury Model
tbindc.org
This site describes 16 centers in the U.S. that provide comprehensive systems of TBI care and rehabilitation.

Over My Head

A Doctor's Own Story of Head Injury from the Inside Looking Out
By Claudia L. Osborn (Andrews McMeel, 2000)

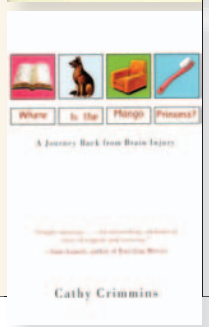
A physician chronicles her comeback from a brain injury that initially stole her identity and professional life. She explains how she managed over the course of 11 years to rebuild her life and resume teaching and research.



Where is the Mango Princess?

By Cathy Crimmins (Vintage, 2001)

The author describes the frightening accident that damaged her husband's brain and the even more daunting long-term rehabilitation that followed—providing a window on how a brain injury impacts the whole family.



Assistance Directory

HELP FOR ALL NEUROLOGICAL DISORDERS

National Institute of Neurological Disorders and Stroke
ninds.nih.gov

"The Brain Matters"
AAN Foundation patient website
thebrainmatters.org

American Academy of Neurology Foundation
neurofoundation.org

ALZHEIMER'S DISEASE

Alzheimer's Association
alz.org
1-800-272-3900

Alzheimer's Disease Education and Referral Center
alzheimers.org
1-800-438-4380

Alzheimer's Foundation of America
alzfdn.org
1-866-232-8484

AUTISM

Autism Society of America
autism-society.org
1-800-3AUTISM (1-800-328-8476)

CEREBRAL PALSY

United Cerebral Palsy
ucp.org
1-800-USA-5UCP (1-800-872-5827)

EPILEPSY

Epilepsy Foundation
epilepsyfoundation.org
1-800-332-1000

LEFT: CHRIS HARTLOVE; RIGHT: AP PHOTO/JENNIFER GRAYLOCK

HEADACHE

National Headache Foundation
headaches.org
1-888-NHF-5552 (1-888-643-5552)

HUNTINGTON'S DISEASE

Huntington's Disease Society of America
hdsa.org
212-242-1968

MULTIPLE SCLEROSIS

National Multiple Sclerosis Society
nationalmssociety.org
1-800-FIGHT-MS (1-800-344-4867)

Multiple Sclerosis Association of America
msaa.com
1-800-532-7667

NEUROMUSCULAR DISEASES

ALS Association
alsa.org
1-800-782-4747

Muscular Dystrophy Association
mda.org
1-800-FIGHT-MD (1-800-344-4863)

PAIN

American Pain Foundation
painfoundation.org
1-888-615-PAIN (1-888-615-7246)

Neuropathy Association
neuropathy.org
212-692-0662

PARKINSON'S DISEASE

National Parkinson Foundation
parkinson.org
1-800-327-4545

Parkinson's Disease Foundation
pdf.org
1-800-457-6676

Michael J. Fox Foundation
for Parkinson's Research
michaeljfox.org
1-800-708-7644

SLEEP DISORDERS

National Sleep Foundation
sleepfoundation.org

SPINAL CORD INJURY

National Spinal Cord Injury Association
spinalcord.org 1-800-962-9629

STROKE

American Stroke Association
strokeassociation.org
1-888-4-STROKE (1-800-478-7653)

National Stroke Association
stroke.org
1-800-STROKES (1-800-787-6563)

On Guard: Planning Ahead

To avoid the kind of legal battle surrounding Brooke Astor, you can consult the following long-term planning resources which supplement our guardianship article on page 42:

National Guardianship Association
guardianship.org

AARP
aarp.org

American Bar Association
abanet.org/aging
The ABA just released its 2006 edition of "Legal Guide for Americans over 50."

The Sound of Music Therapy

Music therapy has emerged as a mainstream healthcare profession that addresses neurological conditions, covering everything from movement rehabilitation to memory enhancement.

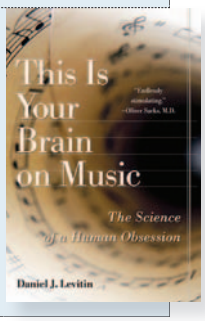
For more information on the music therapy concepts covered in our article on page 26, visit the following websites:

American Music Therapy Association **musictherapy.org**
The AMTA, promoting proven treatments, represents more than 5,000 certified music therapists, corporate members, and related associations worldwide.

Institute for Music and Neurologic Function **bethabe.org**
Beth Abraham Hospital's innovative music institute, as featured in our story, is considered one of the nation's leading facilities for treatment and research.

This Is Your Brain on Music

The Science of a Human Obsession
By Daniel J. Levitin, Ph.D. (Harper, 2006)



A rock musician before becoming a cognitive neuroscientist, this McGill University associate professor introduces the brain's inner workings and explores how it processes all aspects of music in a book whose jacket blurbs range from Stevie Wonder to Oliver Sacks.