

Welcome Everyone

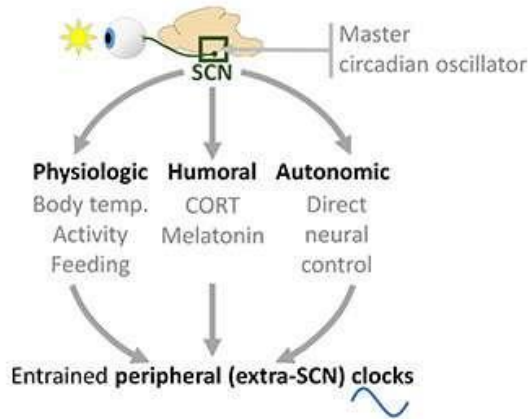
Tonight's Educational Forum: Staying Cool after SCI will begin shortly

Thank you everyone for coming to tonight's virtual session on Temperature Regulation after SCI. This is a continuation of Oregon Spinal Cord Injury Connection's ongoing sessions of Educational Forums. Tonight's forum will be recorded for our community members that couldn't attend. Please do not share any personal information that you aren't comfortable with being recorded. We'd like everyone to know this is a safe space to share and ask questions, so please respect others opinions and experiences. Please stay muted during all the presentations and you can put questions in the chat or save them till the end. Thank you.

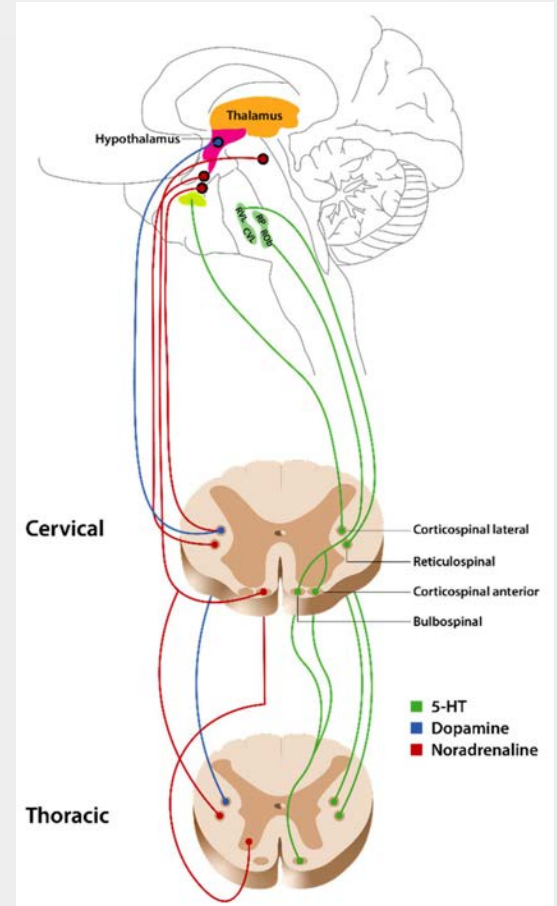
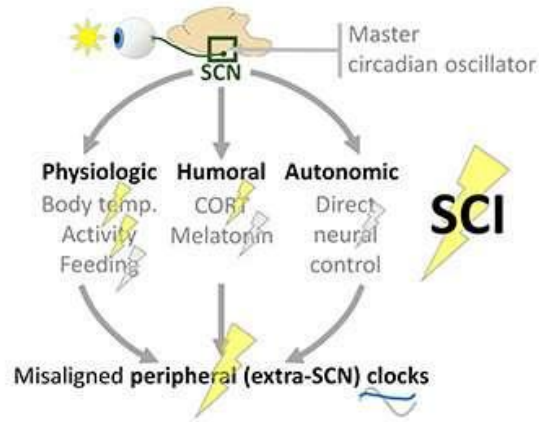
Spinal Cord Injury Complications: Temperature Regulation



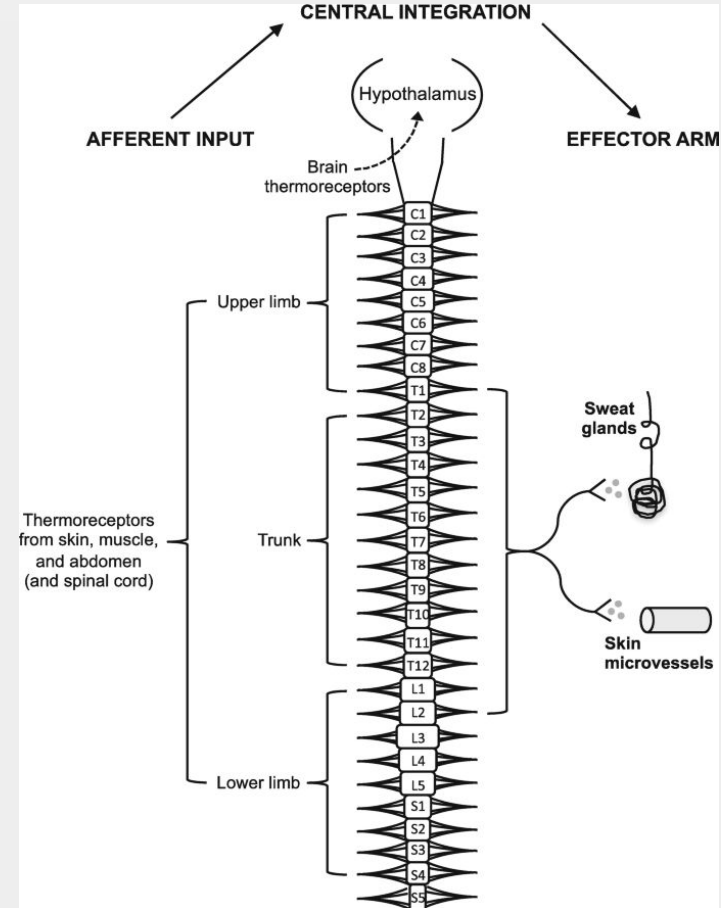
A. Healthy: circadian system in homeostasis



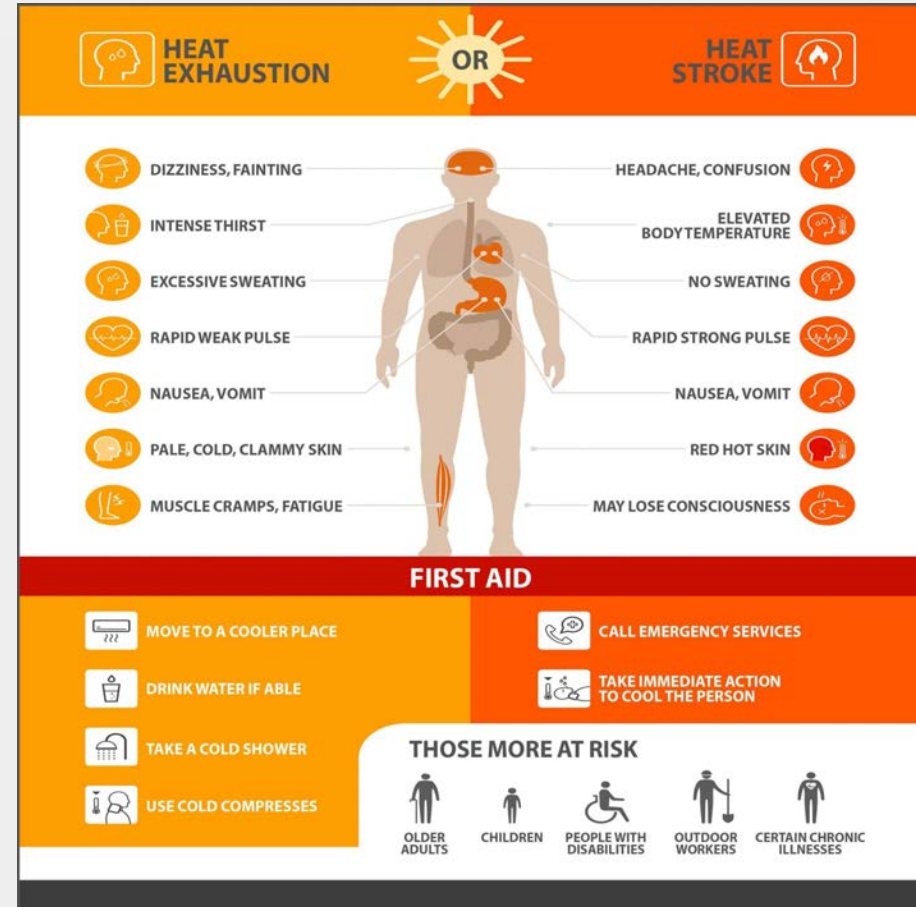
B. Post-SCI: Disrupted circadian system



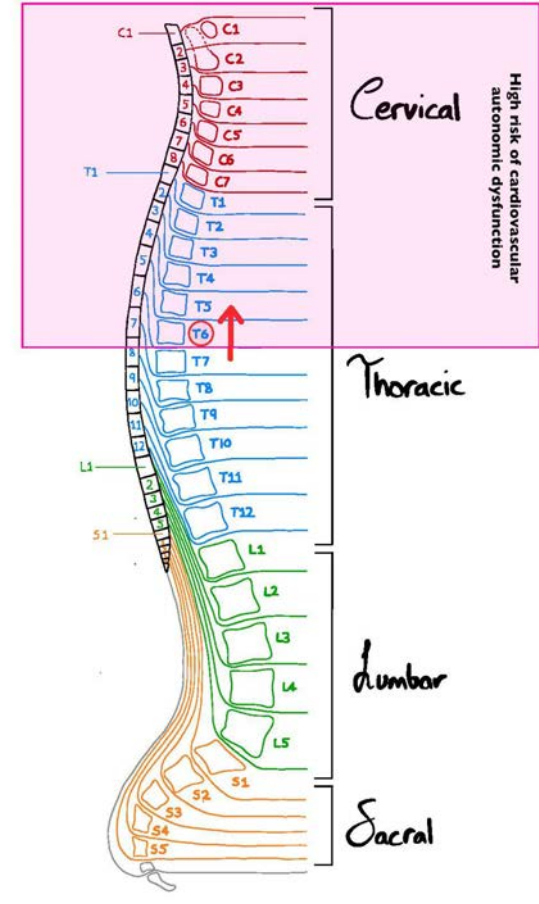
What level of injury is most commonly affected with thermoregulation issues?



The dangers of unregulated body temperature on a warm day, especially after sustaining a SCI



**More risks to consider
when it comes to SCI
and staying cool**



What to do if experiencing symptoms of heat exhaustion

- Get out of heat if possible
- Go to an air conditioned room
- Use a fan
- Drink plenty of cool liquids
- Pour cold liquid over your head
- Most effective is a combination of all these methods at once



What to do if experiencing symptoms of heat stroke

- **CALL 911 IMMEDIATELY**
- Cool down any way possible
- If able to, take cold shower
- Cover with cool wet cloths



Tips & tricks to avoid heat stress when having to be out on a hot day





Community Sharing



"Thank you very much, everyone, for participating in this educational forum. We hope it was useful to you and we are encouraged and grateful for your interest and time. We need to ask something of you... it would be extremely helpful to all of us who are involved in the ed forums to receive your candid and honest feedback on this particular event. Please do feel free to share openly, as any and all input will truly help us.

I am going to turn off the zoom recording now and then ask the feedback questions and note the responses. Thank you for staying online for a few minutes longer if you can."