

Pittsburgh Area Brain Injury Alliance

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FOR IMMEDIATE RELEASE

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FREE Support Group Development Tools

Pittsburgh, Pennsylvania— January 15, 2004 John Pistorius, has developed tools to assist persons interested in creating peer-to-peer support groups or strengthen existing groups.

Interested persons can receive a free CD containing these tools by contacting Mr. Pistorius at jp@pabia.org or writing him at 1913 Arlington Avenue, Pittsburgh, PA 15210.

The Centers for Disease Control (CDC) has recently estimated that there are 5.1 million persons living with long-term, severe disability as a result of brain injury, and as many as 6.5 million persons living with some form of injury, including mild and moderate brain injuries.

Each human brain contains 100 billion (more or less) neurons and many times that number of supporting cells. Each individual neuron can be connected to more than 500,000 other neurons. Within each separate, tiny piece of the brain there are billions of synapses. Any twisting, compression or stretching of the brain can potentially alter the physical status for any or every one of these cells, each connection to other cells and the blood vessels that feed them.

The above-described acquired alteration is what we call traumatic brain injury. It can be caused by a host of means. Most often brain injury occurs when the head comes to a sudden stop while traveling. Sometimes brain trauma occurs when an object strikes the head. Other times, Brain Injury can occur when an object penetrates the skull and enters the brain. Brain damage can be diffuse, involving more than one area of the brain. It can also be specific, or focal, confined to one area of the brain. The alteration of brain cells can leave the individual with varying degrees of change and oftentimes impairment.

Prevention is the only cure at this time. Peer support helps people to connect with others, share recovery strategies and join advocacy efforts.

Mr. Pistorius is also the Webmaster of the Pittsburgh-area brain injury website, www.pabia.org

For more information, please contact John Pistorius, 412-481-0443. These templates are suitable for any type of support group.