

ThinkFirst Summer Drive

To Prevent Brain, Spinal Cord and other Traumatic Injuries

1986-2016



Help our Drive Raise \$30,000 for 30 Years!

Please! Help Us Reach Our Goal!

DONATE

Your donation supports injury prevention program development for use throughout the U.S.

Thank You!

The 2016 Summer Drive will run for 10 weeks, June 20 - August 29.

Week 5, July 17, 2016

We're halfway through our Summer Drive, but quite a distance from our goal. Check out this week's features and use the links at left to access this week's safety information. **Then help move our little red car to \$30,000 by making a donation to the ThinkFirst Foundation today!** *Your support is needed and deeply appreciated* in our efforts to reduce traumatic brain and spinal cord injuries.

ThinkFirst About Concussion!

In addition to general injury prevention programs, ThinkFirst chapters offer ThinkFirst About Concussion (TFAC) to middle school, high school and college students and athletes. Programs are given to health classes or to athletic groups before a sports season with the objective that students will be better prepared to prevent, recognize and respond correctly to signs and symptoms of concussion. For information on concussion and scheduling a program click [here](#).



Concussion brochures are available in packs of 100 for free, shipping fee only, while supplies last, thanks to a grant from the American Legion Child Welfare Foundation. To order click [here](#).

2016 Outstanding Research Award: TriHealth, Cincinnati

ThinkFirst's Outstanding Research Award recognizes chapters for evaluating their programs and publishing injury prevention research. The recipient of this year's Outstanding Research Award was the TriHealth ThinkFirst Injury Prevention Program in Cincinnati, Ohio. Accepting for their chapter were co-directors Stephanie Lambers and Krista Jones. The award was presented by Mark Spatola, MD, Chairman, ThinkFirst Foundation on May 1, 2016 in Chicago.

The *TriHealth Multifaceted Fall Prevention Study* was conducted in Green Township, Ohio from October 2014 to September 2015. The purpose of the study was to analyze the effects of a multifaceted fall prevention program called Stepping On. Results indicated that 40.5% of people in the intervention group had a reduced number of falls after the program, coupled with a home visit and home modifications. [Read more.](#)

Krista and Stephanie serve on the ThinkFirst Falls Committee, which recently created ThinkFirst to Prevent Falls (TFPF). TFPF provides concise one or two and one-half hour presentations that introduce the basic principals of preventing falls. The program includes handouts and resources for more extensive programs like Stepping On (a 7 week program).

Later in May, TriHealth ThinkFirst celebrated 30 years as a ThinkFirst chapter. Bob Meister was one of many recognized for their ThinkFirst work. Bob has one of the longest histories with TriHealth ThinkFirst, working with the chapter since its beginnings as a VIP speaker, Voice for Injury Prevention. Bob has shared his experience of living with a spinal cord injury with thousands of students, to help teens *Think First* to prevent traumatic injuries.



Krista Jones, Mark Spatola, MD, Stephanie Lambers



Krista Jones, Bob Meister and Stephanie Lambers

This Week's Summer Safety Links

[Concussion Fast Facts](#)

[Concussion 101](#)

[Product Catalog: Concussion Brochures](#)

Building a Culture of Safety

Toward Zero Injuries

ThinkFirst Inaugural AANS/CNS Injury Prevention Research Award

ThinkFirst was founded by the American Association of Neurological Surgeons (AANS) and the Congress of Neurological Surgeons (CNS) 30 years ago. To commemorate this milestone, ThinkFirst established an Injury Prevention Research Award to one recipient selected by the AANS and one selected by the CNS each year from their submitted research abstracts. The first award was presented to Chunyan Li, PhD, for her study entitled "Transient Elevation of Brain Temperature Could Serve as a Surrogate Marker of Cortical Spreading Depolarization," co-authored by Dr. Li and Raj K. Narayan, MD. [Read more.](#)

Pictured: Debby Gerhardstein, Executive Director, ThinkFirst Foundation; Raj K. Narayan, MD, Chair, Neurosurgery at Northshore University Hospital and LIJ Medical Center; Dr. Chunyan Li, Assistant Investigator, Feinstein Institute for Medical Research.



To donate by mail or phone:

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Preventing brain, spinal cord and other traumatic injuries through education, research and advocacy since 1986.

Classroom and Assembly Presentations • Health Fairs • Community Events

Vehicle Safety • Bicycle Safety • Sports Safety • Concussion • Falls Prevention • Violence Prevention • Water Safety