



TBI

Model System Updates

Summer
2022

Volume 20
Issue 2

Hello from the **University of Washington Traumatic Brain Injury Model System**.

With summer in full swing in the beautiful Pacific Northwest, we reached out to ask you all about your favorite outdoor activities. We share what we learned in this issue. Next we include an article discussing the use of TBIMS data for the Healthy People Initiative. We also have an inspirational *Shared Story* in this issue by Sarah Traylor. And last but definitely not least, we shine a spotlight on Dr. Nicole Mazwi and welcome her to UW in our *Who's Who* column.

So please sit back and enjoy the reading!

**INSIDE
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Summer Exercise Poll: Results Are In!

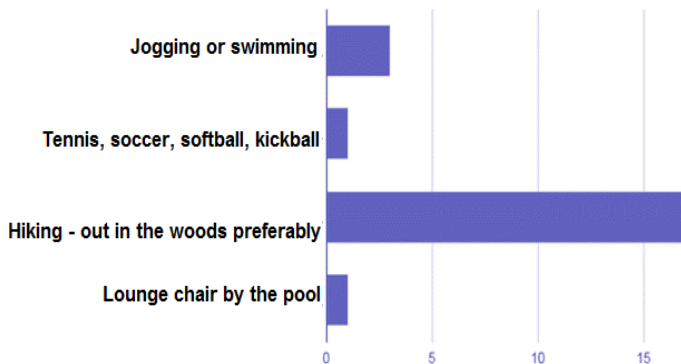
Thank you to those who participated in our summer activity poll. We asked: *What is your favorite way to exercise outside?* and included four possible responses and posted to our listserv as well as to our Facebook and Twitter accounts.

Potential Responses:

- 1) *I like to work up a sweat by jogging in my neighborhood or swimming in the lake.*
- 2) *Tennis anyone? (or soccer, or softball, or kickball!)*
- 3) *Get me to a hike in the great outdoors - out in the woods preferably!*
- 4) *If it's not in a lounge chair by the pool, I'll be inside.*

The majority of people (number=17) chose “Get me to a hike in the great outdoors - out in the woods preferably!”

What is your favorite way to exercise outside?



Hiking is an excellent way to exercise and to appreciate the outdoors. Whether you are looking for an all-day hike, or a quick and simple stroll, the Pacific Northwest is the place to be!

Organizations [All Trails](#) and [Outdoors for All](#) have exhaustive lists of trails that accommodate all abilities.

While some say the best hiking is deep in

the woods, there are also many interesting urban places to hike. Fun fact: Seattle as a city is becoming more accessible to walking and biking, even with our hills, bike lanes are increasingly common. The average walk score in Seattle is 74 “very walkable” and has a bike score of 71 “biking is convenient for most trips.” And of course we strongly recommend wearing a good helmet. (Learn about getting a low-cost or free helmet in King County [here](#).)



For those who like to swim, Washington has an abundance of lakes to take a dip, including [Lake Washington](#) and [Green Lake](#) in Seattle, [Dash Point](#) in beautiful Tacoma, [Lake Meridian](#) in Kent, or [Lake Stevens](#) in Snohomish. In Washington even on hot days, our water stays pretty chilly, so be sure to check that it is safe to swim before jumping in (and check the website before going to ensure it will be open for swimming). [Seattle Parks and Recreation](#) has a variety of tennis courts, swimming pools and parks in many neighborhoods, as well as soccer and softball fields.

We hope you have fun and stay safe this summer whatever your chosen activity! Watch for our next poll in which we will ask about your favorite part of the upcoming fall season.



Healthy People - 2030

Healthy People 2030

Building a healthier future for all

Healthy People is the name for a federal program (called an initiative) from the US Dept. of Health and Human Services (DHHS). The program uses data to set science-based goals to improve the health and well-being of people in the United States. It does this by focusing attention on and providing data, information and tools to those who can directly impact the goal. Across the country, individuals, organizations, and communities use the goals that are set by the *Healthy People initiative* to set their own goals.

At the beginning of each new decade, new goals are identified that concentrate on the latest public health challenges. (Read about the “*Healthy People 2020. An End of Decade Snapshot*” report [here](#).)

Healthy People 2030 is the next version and this time, and for the first time ever, a key focus will be on improving the lives of individuals with traumatic brain injury (TBI). The program used data collected by the TBI Model System between 2017-19. This data showed 31% of adults were able to resume more than half of their pre-injury activities (with or without support) five years after receiving inpatient rehabilitation for TBI.

This finding was used to set a goal for 2030 using the 31% as a 'baseline'; now the focus will be on increasing this percentage to 35.7%

DHHS provided this summary of the reasoning behind their decision: “*Many people in the United States are living with disability after traumatic brain injury (TBI). Providing services and support to help people manage and lessen the long-term effects of TBI can improve overall health, quality of life, and participation in society.*”



More information about the *Healthy People* initiative can be found [here](#).



Shared Stories of Hope and Resilience

by Sarah Traylor

I was at Harborview Medical Center from August 2004 until October 2004. I was hit by a car, which placed me in a coma and left me fighting for my life with trauma to my brain and body. A near death experience.



Sarah and her mom at her bedside on the HMC Inpatient Rehabilitation Unit in 2004.

Over the years, I've struggled with intense migraines, dizzy spells, forgetfulness, sporadic body pains, depression and sometimes fought suicidal thoughts. Then one day I made the decision to change my environment so that I could have full focus on my healing, health and wellness on a whole body level, holistically. In the beginning, I found that deep breathing and stretching really helped. It was like I had trapped energy in my body that was being released. This really helped ease the migraines and dance fitness, Zumba has brought joy after and a feeling of happiness.

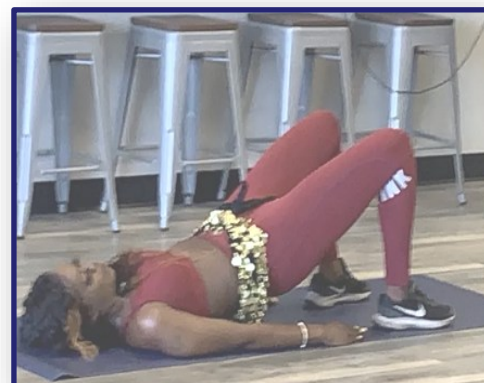
I found that deep breathing and stretching really helped.

It was like I had trapped energy in my body that was being released.

I educated myself, took trainings and certification courses, and read books on healing and self-help through healthy eating and practicing yoga for flexibility balance and overall health. This is what gets me out of depression and feelings of hopelessness. Exercising has always been important to me. I was able to strengthen my body and gain back the self-love that I feel I had lost.



I am now a holistic and spiritual wellness coach assisting and helping others to heal and find joy again after trauma.



We are grateful to Sarah for sharing her inspirational story with us. Sarah is also a musical artist and shared a track with us. Click [here](#) to listen to her song Joy-Joy.

Do you have a story you would like to share?

We would love to hear from you!

Please email us at uwtbi@uw.edu



Late Effects of Traumatic Brain Injury (LETBI) Study

UW Principal Investigator: Jeanne Hoffman, PhD

Have you ever wondered what happens to the brain after a traumatic brain injury (TBI)? How does it change over the course of one's life? We actually know very little about what influences individual outcomes. The purpose of this study is to learn more about how health conditions and cognitive functioning (thinking skills, such as memory or attention) change before and after brain injury. This study is unique in that participants are asked, regardless of their age or health condition, to make their wishes known about brain donation at the end of their life. Hundreds of people across the country (including more than 150 from UW) have expressed their wishes to donate their brain tissue after they pass away in order to help uncover the answers to these questions.

Eligibility: In order to take part in this study you must have had a TBI at least 1 year prior and have documentation (ex: doctor's note or hospitalization). Our latest LETBI grant expands recruitment with a specific focus on Veterans with TBI, but we are also enrolling others with TBI who are interested in participating. Participation consists of a visit to the UW Medical Center for an interview, questionnaires, blood draw and an MRI scan. If you are unable to travel to the center, there is an opportunity to participate by phone.

If you are interested in learning more, please contact **Research Coordinator Laurie Peabody at 206-744-3607 or lpeabody@uw.edu.**

Why Participate in Research?

Life can forever change after a TBI: athletes, accident or violence survivors, our elders, veterans, and many more. By taking part in research, you give the gift of hope to individuals with TBI and their loved ones, contribute to advances in the field, and help shape a future with new and improved therapies for generations to come.



TRADITIONAL GREEK SALAD RECIPE (HORIATIKI / XORIATIKI)



A traditional Greek salad consists of sliced cucumbers, tomatoes, green bell pepper, red onion, olives, and feta cheese. Greek salad is also known as *Horiatiki* (or *Xoriatiki*) which means little village.

Use Kalamata olives if you can find them. Commonly used in Greek food, their salty,

briny flavor is delicious with the feta cheese and crisp veggies. Chop the feta into 1/2-inch cubes and 1-inch squares for the bell pepper. Cut the cucumber into thin half-moons, and halve the Cherry or Roma tomatoes. Either Cherry or Roma tomatoes are the best for this salad, especially this time of year). Follow the lines to slice the red onion into chunks.

Toss ingredients with a quick dressing of a squeezed lemon, olive oil, sprinkles of dried oregano and sea-salt. Add in a crusty baked bread and you have a refreshing and healthy meal. Enjoy!



Who's Who? Dr. Nicole Mazwi

Dr. Nicole Mazwi joined the UW family on October 1st, 2021 as Director of Stroke Rehabilitation. Her husband Dr. Thabele “Bay” Leslie-Mazwi is the new Warren



and Jermain Magnuson Endowed Chair of Medicine in Neuroscience, and together they moved their family across the country from Boston to Seattle. Dr. Mazwi received her medical degree from the Mayo Clinic. She was the Chief Resident at the Harvard/Spaulding PM&R program, where she also did fellowship training in neurorehabilitation with a focus on TBI and Stroke. She and her husband have three active children, who have loved the move to the Pacific Northwest and are rapidly becoming happy little Seattleites.

Dr. Mazwi's interests are broad, covering diagnosis and treatment of a spectrum of traumatic brain injuries, stroke and other neurological diagnoses.

While she is only a half-hearted sports fan she has also served for many years as a neurotrauma consultant for several professional and collegiate organizations, including the National Football League, the

Boston Red Sox and various colleges in the Boston area, evaluating and managing athletes for concussion. She is happy that monitoring athletes at NFL games in Seattle comes with much better weather than it did in New England! Her research interest is in early rehabilitation interventions in the intensive care setting and enhancing recovery for patients with stroke and other neurologic conditions.



Dr. Mazwi shared that she is energized about the opportunity to extend another bridge from the West to East Coast with the goal of building new collaborative efforts. She plans to invest this next phase of her career in improving systems of care delivery and enhancing our understanding of the process underlying neurologic recovery and how we can positively affect it. She is currently the lead primary investigator at UW for the national VERIFY stroke trial which aims to study predictors of upper extremity motor recovery in stroke. In her free time Dr. Mazwi loves how travel expands her horizons and tries not to visit the same place twice. She also plays in a local kickball league and is earnestly learning the ins and out of PNW bike trails.

We are so happy to have Dr. Mazwi join us at UW Medicine.



**Do you have a story you would like to share? Do you have questions about TBI?
Do you have any feedback about this newsletter?
We would love to hear from you! Please email us!
Email: uwtbi@uw.edu**

Brain Health and Wellness Classes

June Summary – Muscle Tightness and Over-Activity after Brain Injury

Uncontrolled tightness and overactive muscles can be caused by brain injury as well as other neurological conditions such as stroke, spinal cord injury and MS. Brain Injury Fellow Kayli Gimarc, MD along with Resident Physician Allison Wallingford, MD, discussed the different types of muscle tightness: spasticity and dystonia and why these can occur after a brain injury.

After a brain injury, the nerve pathway that tells the muscle when to contract or relax may be disrupted, causing the muscles to receive the wrong signal. Symptoms of spasticity or dystonia include difficulty with relaxing or stretching muscles, loss of range of motion, or muscle spasms / overactive reflexes. Many people experience mild symptoms that improve over time without needing treatment. However, pain caused by muscle tightness, difficulty positioning (such as lying in bed, or while using a wheelchair), trouble with daily tasks (such as getting dressed), skin problems, and/or a reduced range of motion are all reasons to seek medical care for advice. Many effective treatments exist such as exercise, orthotics and medications.

August: Jamie Ott, MD ***Return to Driving and Work after TBI.*** A summary and slides will be posted to our website this month.

UPCOMING FALL CLASSES:

October – Fall Prevention with Bethoney McAndrews, PT, DPT

November – Memory and Attention with Larissa Del Piero, PhD

December – Relaxation and Mindfulness with Mary Curran, MSW, LICSW

All classes are held virtually.
Register with BIAWA here:
<https://www.biawa.org/calendar>



You can find slides from all of the classes on our [website](https://tbi.washington.edu/info-forum-events/) in the events tab.
<https://tbi.washington.edu/info-forum-events/>



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UWTBIMS



Members of the UW TBI Model System Team enjoying another great year raising awareness about brain injury at the 2022 BIAWA Walk, Run and Roll. (Pictured left to right: Tracy Herring, Orli Shulein, Jamie Ott with her daughter, Jeanne Hoffman, Kayla Cayton, Erica Wasmund, Jason Barber, and Pat Nixon)

The [Brain Injury Alliance of Washington](#) (BIAWA) offers [helpful information and resources](#) (such as how to attend an online support group!). BIAWA also has a podcast that focuses on educational topics, provides comfort, and offers strategies to help get us all through this time.

Contact the **BIAWA Resource Line 1-877-982-4292**



**Latest Podcast
Episode—
[LISTEN HERE](#)**



UW TBIMS Equity Statement

The Traumatic Brain Injury Model System team does research to improve the health of people who have had traumatic brain injuries. Structural racism, which is any policy or procedure that contributes to inequality, can make people sicker - especially people who are Black, Indigenous, and other People of Color, as well as LGBTQ+ communities, people with low income and those with disabilities. We are committed to improving the lives and well-being of people who have experienced traumatic brain injuries, and that includes using our research to increase awareness of the effects of racism.



TBIMS Updates

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