

The Causes of Spinal Cord Injuries

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Would you be surprised to find out that over 250,000 Americans suffer from some form of spinal cord injury? The figure is staggering considering that this is an old figure released over 2 years ago. Furthermore, every year, the number of [spinal cord injuries](#) caused by [car accidents](#) increase by about 11,000.

Unfortunately, of the spinal cord injuries that occur in the country, over 50% become paraplegic and almost 50% lose their legs and arms. What is even more shocking is that more than half of the injuries reported happen to young males between 16 to 30 years old which means at the prime of their lives, they lose their limbs. What is happening?

Even with all the controls and modern technology we have available, the problems are present because they are caused mainly by peer pressure, drunkenness, violence, or because of an accidental fall or a sports accident.

You can also get spinal cord injuries from health issues and diseases like cancer, a degenerative disease, inflammation of your spinal cord from a viral infection, or osteoporosis.

Unfortunately, even an accidental fall in the bathroom could cause your to lose your sensory functions. It could prevent you from walking for a few days up to a few years, depending on the extent of the injury. There have been many cases when the injury from a bathroom fall was permanent which means a permanent limp, although this is more common among the elderly whose bones are weaker.

Other problems you could encounter would be:

- Bladder and bowel issues
- Difficulty in breathing
- Pain
- Temporary or permanent loss of limbs

Most spinal cord injuries can be prevented if only people were more careful. When driving, don't drink. Always wear your seatbelt, and avoid using your mobile phone. If you have vision problems, wear correction glasses when driving, especially in bad weather. Fortunately, car accidents have gone down in the past decade, and there are more spinal cord injuries from violent acts like gunshot wounds, gang fights, and bar fights.

In the case of osteoporosis, you can have this diagnosed early or you can prevent this from getting worse by eating food that strengthens your bones. You could also have low bone density which could lead to osteoporosis. Do not imagine that only the elderly or post menopausal women are at risk. Young men and women still have a good chance of getting this condition. Causes of osteoporosis among younger people are poor diet, smoking, lack of exercise, and insufficient amount of calcium and Vitamin D.

Talk to your family doctor or parents about your family medical history, and have annual check-ups on your bone density.

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