

Spinal Cord Injuries Statistics

by [John Demas](#) on 06/23/10 at 12:49 pm

When the spinal cord is affected by trauma, it can cause varying degrees of injuries. In fact, even a fall gone wrong can have serious repercussions, especially if not attended to properly and the impact was mainly on the spine. This kind of injury happens more often than you think. In fact every year, around 10,000 [spinal cord injuries](#) cases are reported. This does not include those who have died because of an accident either on site or later on in the hospital; and it also does not include those who don't seek treatment, either because they are unaware of their situation or they just don't want medical attention.

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It is mostly males who are prone to [spinal cord injuries](#) with about 80% of men and 20% of women. Also, males who experience spinal cord injuries are between 16 to 30 years of age (the prime of their lives).

Of all the reported *spinal cord injuries*, approximately 40% of these are caused by vehicular accidents. It's either a case of vehicle-to-vehicle or vehicle-to-pedestrian, and this makes it the foremost reason for people who end up suffering permanently from spinal cord injuries, many of whom are unable to go back to the daily routines of their lives before the accident.

Elderly and senior citizen also experience a great majority of spinal cord injuries with about 25% of injuries occurring in individuals past the age of retirement. Another high figure would be violent incidents, whether as an accident or intentional. About 15% of all spinal cord injuries sustained in a year is caused by physical abuse in the house, gunshot or knife wounds.

In addition, for every 4 people who suffer from [spinal cord injuries](#), one of them can be linked to the use of alcohol. This high figure can be explained because when a person is drunk and drives, he is almost 80% sure of getting into an accident. Similarly, he can also get into a fistfight or a violent encounter with another person who is drunk. In other words, abuse of alcohol is a serious matter, and no one should ever take it for granted.

The smallest minority group among injuries sustained to the spinal cord is sports accidents, recreational activities and debilitating illnesses like arthritis and cancer. The recreational and sports activities can include, but are not limited to, working out in the gym, diving, impact sports, and even carrying heavy objects.

Source: Facts and Figures at a Glance, May 2001. National Spinal Cord Injury Statistical Center.

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