



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

U-CAN NEWSLETTER

April 2018

Hello,

Welcome to the April edition of the U-CAN Newsletter. Happy April and happy spring!

Spring greeted us on March 20th with a cold snap! But, I am hopeful that mother nature will be kind and bring the warmth of the season.

Did you know that before Spring was called Spring, it was called Lent in *Old English*. Starting in the 14th century, that time of year was called “springing time” —a reference to plants “springing” from the ground. In the 15th century this got shortened to “spring-time,” and then further shortened in the 16th century to just “spring.”

April is Limb Loss Awareness month. It was started in 2010 by the Amputee Coalition, to raise awareness about limb loss prevention. It is celebrated across the United States and around the world as a time to recognize those living with limb loss.

Here are some facts about limb loss;

There are **2.1 million people** living with limb loss in the U.S. and that number is *expected to double* by 2050.

185,000 people have an amputation each year, about **300 to 500** amputations are performed *every day*. There are more than 1 million annual limb amputations globally - one every 30 seconds.

Lifetime healthcare costs for people with limb loss is \$509,275 compared to \$361,200 for people without limb loss. The estimated cost to American private & public insurance agencies is \$12 billion annually.

Upcoming Meeting

Our next U-CAN meeting will be held on **Tuesday, April 3rd, from 5:30-7:30 pm.** U-CAN’s social worker, Nora Rosenblum, with talk about how to navigate your health insurance.

[Here’s what’s ahead at our next meeting](#)

May 1st- Pilates with Jessica Hoard

Quote of the month: “I am different but not less” - Temple Grandin

Articles

- Amputee Firefighter makes history by returning to work in full capacity, wishtv.com, March 1, 2018; <http://wishtv.com/2018/03/01/fishers-firefighter-makes-history-with-prosthetic-leg/>
- North Korean amputee defector makes Winter Paralympics debut, theguardian.com, March 5, 2018; <https://www.theguardian.com/sport/2018/mar/06/north-korean-defector-winter-paralympics-ice-hockey>
- Blind and double amputee climbers regain the right to climb Everest, rockandice.com, March 8, 2018; <http://rockandice.com/climbing-news/blind-double-amputee-climbers-regain-right-climb-everest/>
- Microsoft’s new Xbox Live Avatars focuses on diversity, theverge.com, March 14, 2018; <https://www.theverge.com/2018/3/14/17113478/microsoft-xbox-live-avatars-launch-features>

- This amputee actress' hand is a beautiful device loaded with cool tech, techrepublic.com, March 16, 2018; <https://www.techrepublic.com/article/this-amputee-actress-prosthetic-hand-is-a-beautiful-device-loaded-with-cool-tech/>
- Bionics breakthrough creates renewed sense of movement for amputees, thespec.com, March 15, 2018; <https://www.thespec.com/living-story/8328693-bionics-breakthrough-creates-renewed-sense-of-movement-for-amputees/>
- Rare amputation procedure gives bone cancer survivor a second chance, abc13.com, March 20, 2018; <http://abc13.com/health/rare-amputation-gives-8-year-old-cancer-survivor-2nd-chance/3235239/>
- British students build robotic hand for less than \$450 USD, Belarus news, March 27, 2018; <http://eng.belta.by/society/view/british-students-build-robotic-hand-for-less-than-450-usd-110361-2018/> For a photo of the hand, click on the website below: http://www.infosurhoy.com/cocoon/saii/xhtml/en_GB/science/3-d-printed-robot-prosthetic-limb-for-amputees-created-by-students/

Research Corner

- ❖ **Graduate students** at the University of Michigan School of Business and the School of Public Health are conducting research related to above-the-knee (AK) amputees. The goal is to utilize an **online survey** to better understand amputees' prosthetic needs and how they access information.

Participation requirements:

- Above the Knee amputees
- Completion of a multiple-choice survey, approximately 15 minutes to complete & requires an internet connection.

The survey focuses on the prosthetic knee and how you gather information about prosthetic products. Data collected will not be used in any way to personally identify you or connect you in any way to specific answers.

As a thank-you for your time, each person who completes the survey and is willing to share their name, will be entered into a raffle to win a \$25 Amazon gift card! Entering your name is **NOT** required. If you provide us with your name, it will not be used or distributed to anyone.

If you would like more information or have any questions, please contact:

Ron Longworth at: rlongwor@umich.edu.

- ❖ **A company in located in Detroit** is working on the development of a smart phone app that will help alleviate phantom limb pain. They are currently in the testing phase of the app and are looking for volunteers with phantom limb pain, **upper or lower extremity**, to help test the technology. You will be compensated for your time and can come to you at your convenience.

The test calls for a simple 20 to 60 second smart phone video of the participant moving his or her limb. The app will flop the video image, ultimately showing the participant a video where they can see two functioning arms and legs and hopefully alleviate the phantom pain through a version of mirror therapy.

If you are interested in volunteering for this project, please contact:

Pat Grant

Pocket Lightning, LLC

Phone: 586-722-4978

pmgrant@wowway.com

- ❖ **Researchers** at Indiana University's Department of Health Sciences are conducting a study to better understand the experiences that individuals with amputations have with massage therapy.

Participation requirements:

- Individuals who are 18 years or older and have at least one amputation
- Individuals who have or have never received a massage therapy treatment
- Completion of an online survey, between 20-30 minutes

You can access the survey at: <https://redcap.uits.iu.edu/surveys/?s=HAWRN4JJ87>

In appreciation of participants' time, each who completes a survey will be entered to win a \$25 Amazon gift card

If you would like more information or have any questions, please contact:

Dr. Niki Munk:

Phone: 317-278-8658

Email: nmunk@iu.edu

Upcoming Events

- **Dance Mobility- Amputee and wheelchair Ballroom Dancing class, Saturday, April 14th, 7:00- 8:30 pm, Fred Astaire Dance Studios in Bloomfield Hills- 2172 Franklin Rd.** The Dance Mobility program provides free amputee and wheelchair ballroom group lessons led by Fred Astaire's professional, certified dance instructors with experience in teaching amputee and wheelchair ballroom dancing. Participants are welcome to bring their own dance partner or they will be paired with a volunteer partner. **The class is free but you do need to make a reservation.** For more information or to reserve a spot, please call: 248-454-1715 or visit the website; <https://www.fredastaire.com/bloomfield-hills/2183-2/>

For questions or for more information, visit the website: <https://www.michiganadaptivesports.com/lessons-and-guides>

- **The Michigan Amputee Golf Association has 4 yearly tournaments held in May, July and August.** For more information, please visit the website; <http://maga.golf/events/>
- **First Annual Golf Maize Outing (University of Michigan Adaptive & Inclusive Sports Experience), Friday June 8th, 2018 at Fellows Creek Golf Course, Canton MI.** For more information, contact Becky McVey at 734-936-5491 or visit the website: https://friends.umich.edu/site/Ecommerce;jsessionid=00000000.app212a?store_id=2344&NONCE_TOKEN=1B C792BA31E78AF17B6B27E24B730DEA
- **Amputee Coalition 2018 National Conference July 12-14th, Star pass Resort & Spa, Tucson, AZ.** For more information, visit the website: <https://www.amputee-coalition.org/events-programs/national-conference/>
- **U-CAN Detroit Tigers Game Outing, Sunday, August 12th, 2018. Price- \$34.25 a ticket, includes: transportation and a goodie bag for the bus ride. Seats are along the 1st base line and are in the covered section to protect from the elements. Handicap seats are available upon your request.** Tickets will be mailed if you choose not to ride the bus. **Reservations are required and payment must be received by July 10th, 2018.** For questions or for more information, please contact: Carla Vollmer, 734-975-7432, cvollmer@med.umich.edu
- **Ann Arbor Center for Independent Living** offers sports, recreation and art all year round. For 2018, they offer drop in art classes and open gym as well as resources in the community. For more information, visit the website at: <http://www.annarborcil.org>

- **Amputee Coalition Travel Adventures** - To check out trips planned for 2018 or if you would like to plan your own trip and want more information on accessible travel, visit the website: <http://easyaccesstravel.com/>

Don't forget about U-CAN when it comes time to donate! It helps keep the group going and fund all the great activities we do; <https://leadersandbest.umich.edu/find/#!/give/basket/fund/311702>

Carla