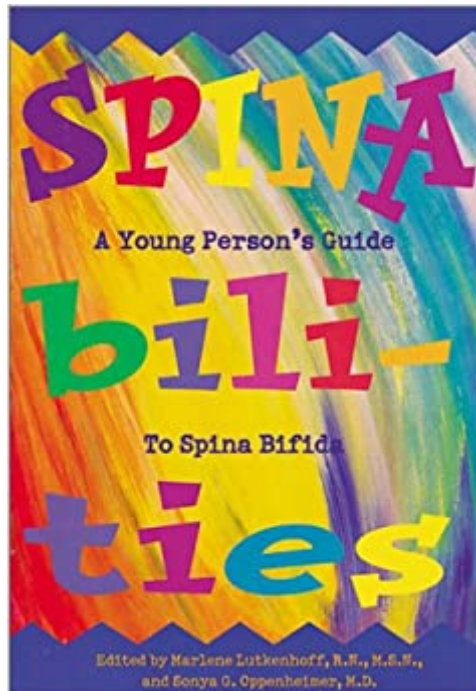




The book was found

SPINAbilities: A Young Person's Guide To Spina Bifida



Synopsis

If you're a teenager with spina bifida, check this book out! It can give you greater independence. Learn from savvy medical professionals with a sense of humor. They offer practical, no-nonsense advice (no b.s.) on managing your daily and long-term healthcare, tips on sex and relationships, and smart strategies for success at school and on the job, now and down the road.

Book Information

Paperback: 138 pages

Publisher: Woodbine House (February 1997)

Language: English

ISBN-10: 0933149867

ISBN-13: 978-0933149861

Product Dimensions: 10 x 7 x 0.4 inches

Shipping Weight: 9.6 ounces

Average Customer Review: 3.7 out of 5 stars 3 customer reviews

Best Sellers Rank: #1,125,811 in Books (See Top 100 in Books) #13 in [Books > Teens >](#)

[Personal Health > Physical Impairment](#) #49 in [Books > Teens > Social Issues > Special Needs](#)

#75 in [Books > Children's Books > Growing Up & Facts of Life > Health > Physical Disabilities](#)

Age Range: 12 and up

Grade Level: 7 and up

Customer Reviews

Grade 5 Up. This manual has been developed to help young people who have spina bifida attain as much control over their own care and achieve as much independence as possible. Years ago, babies born with this disease (1 in 1000 is affected in the U.S.) had a slim chance of survival. Now, due to advances in medical knowledge, many people can expect a long and full life?going to college, having careers, marrying, and even having children. Written by various nurses and therapists, this resource discusses the nitty-gritty of everyday living?mobility; dressing; and care of the skin, bowels, and urinary tract. How to deal with family, school, and issues of sexuality, including having sex, are also covered. The writing is clear, easy to read, and matter of fact. Suggestions of resources with addresses and phone numbers are included. Black-and-white cartoons add to the friendly tone of the text. This is a unique book with a special audience that should be available for the young people who need it and the adults who teach and care for them.?Martha Gordon, formerly at South Salem Library, NYCopyright 1997 Reed Business Information, Inc.

Gr. 8⁺-12. A mixed bag of essays by a variety of health care professionals considers a wide range of issues related to spina bifida in an effort to help those who have it become more independent. Medical terms are clearly explained, but the writing is pedestrian, and the amateurish cartoon illustrations (seen only in galley) add little. What's more, YAs with the condition probably won't discover anything new in the chapter on medical particulars or learn much from the section on nutrition, which is very general. The book is most successful when it deals with daily self-care concerns, especially those related to skin care and mobility. Also included are chapters dealing with questions about sexual matters (including discussion of orgasm and pregnancy), school, and family relationships. Use this in tandem with Kaufman's *Easy for You to Say: Q & As for Teens Living with Chronic Illness or Disability* (1995), a more comprehensive look at the issues. Stephanie Zvirin

Like the book but with a few reads I think the binding will break down and pages will fall out. Feels very brittle.

I recommend this book not only for teens, but parents, because it explains spina bifida in very easy to understand terms, and can help parents of younger kids think about things they can do now to help their children grow into independent adults.

This is a great book for teens that have spina bifida or their sibs. It explains things that can be confusing.

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