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There is a range of physical and cognitive (learning and understanding) disabilities when it comes to CP. Some children have a lot of problems with movement or learning, while others don't. It depends on how damaged the brain was. For example, the damage may be partial, affecting only the part of the brain that controls walking. Or it could affect a larger area like the parts that control walking and talking. Brain damage that causes CP can also affect other brain functions and lead to problems such as: visual impairment or blindness of hearing loss of food aspiration (sucking food or fluid in the lungs) gastroesophageal reflux (spit up) speech problems and/or saliva cavity syndromes osteoporosis disorder (weak, brittle bones) problems with behavior learning disabilities Many of them have problems that may need ongoing therapy and assistive devices such as braces or wheelchairs. How is cerebral palsy treated? There is no cure for cerebral palsy. But resources and treatments can help children grow and develop into their greatest potential. Once CP is diagnosed, the child can start therapy for movement and other areas that need help such as learning, speech, hearing, and social and emotional development. Medicine helps children who have a lot of muscle pain and stiffness. They can take medication through the mouth or get it through the pump (baclofen pump) placed under the skin. Surgery can help correct dislocated hips and scoliosis (curved spine), which are common in children with CP. Leg braces help when walking. Children can improve their bone health by eating diets high in calcium, vitamin D and phosphorus. These nutrients help keep bones strong. Doctors, nutritionists and speech therapists can work with families to make sure that children get enough essential nutrients and offer changes to their diet or dietary regimens if necessary. What else do I need to know? Children with CP often need to see many different medical professionals for care. This team may include doctors and surgeons, nurses, therapists, psychologists, educators and social workers. Even if a lot of medical professionals are required, it is still important to have a primary care physician or a KP specialist. This doctor will take care of your child's routine medical care and also help you coordinate care with other doctors. Where can caregivers get help? Caring for a child with cerebral palsy can feel overwhelming at times. Not only do children with CP need a lot of attention at home, they also have to go for many medical appointments and Don't be afraid to say yes when someone asks: Can I help? Your family and friends really want to be there for you. To feel less alone and to communicate with other people who are facing the same problems, find a local or online support group. You can also get information and from CP organizations such as: The Cerebral Palsy Foundation United Cerebral Palsy Stay Strong and Healthy is not only good for you, but also for your child and your entire family. Looking ahead, living with cerebral palsy is different for every child. To help your child move and learn as much as possible, work closely with your care team to develop a treatment plan. Then, as your child grows and their needs change, adjust the plan as needed. These guides can help as you plan for each stage of childhood and early adulthood: There is a range of physical and cognitive (learning and understanding) disabilities when it comes to CP. Some children have a lot of problems with movement or learning, while others don't. It depends on how damaged the brain was. For example, the damage may be partial, affecting only the part of the brain that controls walking. Or it could affect a larger area like the parts that control walking and talking. 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These guides can help as you plan for each stage of childhood and early adulthood: Various medications treat various problems caused by cerebral palsy, including muscle and neurological problems, mental illness and gastrointestinal disease. Medications for psychiatric, seizures, or gastrointestinal problems are the same as those used for any other person with these conditions. For example, a person with seizure disorder such as epilepsy will take one of the standard antiepileptic drugs that others with seizure disorder will be prescribed. A person's psychiatric prescriptions will depend on their specific condition and difficulties. First-line drugs used to regulate a person's muscle tone, tamp down spasticity, or otherwise manage stiff, contracted, or hyperactive muscles include diazepam (Valium), baclofen, dantrolen, and tizanidine (zanaflex). (2) Most of these drugs are oral, but some medications require a different method of delivery. Botulinum toxin is a substance that relaxes hyperactive muscles, settles nerve cells that control them. The effects of botulinum toxin injections last about three months in most people. This therapy is best paired with physical therapy, which involves stretching and splinting. The drug baclofen is a muscle relaxant, which can be taken in pill form or administered through intrathecal baclofen therapy, in which the pump is implanted into the human body, and the drug is released into the cerebrospinal fluid. The pump can be adjusted to take into account the time when the symptoms are better or worse. Side effects from drugsAll drugs have side-effects some people who take them. Those taking these drugs may therefore need constant monitoring in case of some of the most dangerous side effects occurring, such as changes in blood pressure and liver damage. Other side effects, such as drowsiness, do not require monitoring, but and its caregivers should be aware of them if they interfere with their daily activities. Botulinum toxin causes pain at the injection site and can cause flu-like symptoms such as fever, chills and pain, but these symptoms usually go away within a few days. Normally I don't let my disability get to me, but sometimes the odd triggers would hurt my self-esteem. Watching the Forrest Gump movie, for example. In the film, Forrest was born with CP and has to wear braces similar to mine. In the iconic scene Run, Forrest, run he breaks out of his braces and subsequently heats! For any moviegoer, this is just another chapter in a touching story, but it's just Hollywood magic. No one can be cured of their CP, a concept that has been devastating to my six-year self. I cried for hours afterwards. The good news is, like most of the issues I have with my CP, Forrest's story doesn't bother me for too long. Instead, I resumed my quest for a normal life. I wanted to be active like everyone else. I spent countless hours in physical therapy doing stretches, joined my neighborhood swim team and Boy Scouts; I even developed a love of playing baseball, which is still a great competitive outlet for me. As it is now with my cerebral palsy Growing up with CP was a challenge, but as I'm ok getting older (I'm almost 23) I find myself grateful for the physical and emotional struggle I've had to endure. Living with CP taught me to be a problem solver; I can't do it become I'll do it and then What next? My advice for those struggling with self-esteem issues related to CP or not is to find an outlet or hobby that makes you feel awesome and stick to it (my singing). It sounds like a cliché, but it couldn't be more true. Yet to this day, I try to distance myself from my disability, especially considering my cerebral palsy is minor compared to most cases, but there are about 500,000 people in the United States who have this incurable condition. I hope my story can raise awareness of cerebral palsy so that we can eventually find a cure. Until then, I will continue to walk through life, spreading joy and awareness to others. I'm proud not only of how I grew up, but also of how I grew up with cerebral palsy. Maximilian Vollner was born in Northern Virginia and currently lives in New York City. He earned a degree in communications from Fordham University in 2013 and has been a production editor at Everyday Health ever since. Diagnosed with cerebral palsy at 14 months old, he was an active supporter of cerebral palsy awareness. You can follow him on Facebook and Twitter. To Need for cerebral palsy, please visit UCP.orgRead for more accounts of struggle, strength and survival on Everyday Health's My Health Story column. Column. Column. physiotherapy assessment form for cerebral palsy pdf

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