



*Educational Webinar Series for Adults with
Spina Bifida*

Your Health After Forty

December 2020

Our panelists

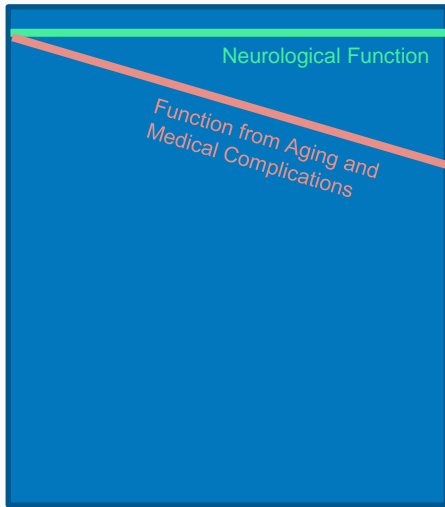
- **Timothy Brei, MD - Seattle Children's Hospital Neurodevelopmental Program; SBA Medical Director; adult with Spina Bifida**
- **Brad Dicianno, MD - Medical Director, UPMC Center for Assistive Technology; Director, UPMC Adult Spina Bifida Clinic; SBA Board of Directors; SBA PAC Chair**
- **Nancy Gore – SBA Board of Directors; adult with Spina Bifida**

Send us your questions!

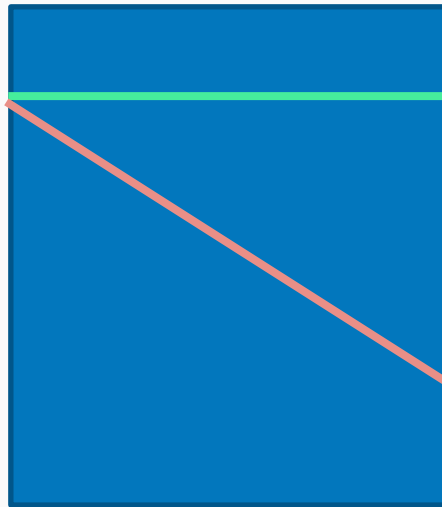


- **Click on the Q&A box in the Zoom webinar system**
- **Type and send your question**

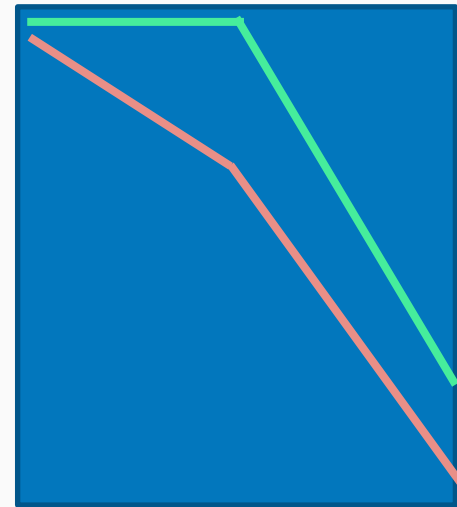
Spina Bifida is not Progressive, but...



General Population



Spina Bifida



Progressive Condition

Why are Adults with SB Hospitalized?

Top 3 reasons:

- Urinary tract infections (not all are really UTIs)
- Shunt and catheter issues
- Wounds

Preventable conditions

- Wounds, UTIs
- ~1/3 of hospitalizations
- Occur most often in 18-51 year olds
- Can be life threatening

Top 3 Reasons for Hospitalization of People with SB by Age

18-35 yrs	36-50 yrs	51-64 yrs	65+ yrs*, **
UTIs		Spine Arthritis	Pneumonia
Shunt/catheter issues		Degenerative Discs in Back	Anemia
Wounds		Back pain	Heart Failure

*Stroke is also common in those 65+

**42% of those 75+ readmitted again in 30 days

How Long do People with SB Live?

No good studies on this:

- **People with non-MMC can live into 80s**
 - **These older adults were born before shunts existed**
- **People with MMC have more complications and shunt issues**

	<u>MMC (n = 36)</u>		<u>Non-MMC (n = 12)</u>	
Cause of death				
1. Infection	6	16.7	1	8.3
2. Respiratory failure	3	8.3	3	25.0
3. Renal failure	0	0.0	2	16.7
4. Shunt-related complication	2	5.6	0	0.0
5. Metastatic cancer	0	0.0	2	16.7
6. Motor vehicle accident	1	2.8	0	0.0
7. Cardiac related	0	0.0	0	0.0
8. Unknown	24	66.7	4	33.3

Take-Home Points about Aging with SB

- **Aging effects can be accelerated**
 - **Examples: osteoporosis, joint problems**
- **SB-specific complications + general complications**
 - **Important to have specialists who can tell the difference**
 - **Primary care AND SB specialists**
- **Taking good care of yourself can prevent some long-term problems**

Life Experiences

Nancy Gore



Tim Brei, MD

Your Questions



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Thank you!

- **Visit the archive of this presentation and its resources at <https://www.spinabifidaassociation.org/education/sb-you/>**
- **Questions?**
 - **Judy Thibadeau, jthibadeau@sbaa.org**
 - **Juanita Panlener, jpanlener@sbaa.org**

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