



PARALYZED VETERANS OF AMERICA NEWS

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YES, YOU CAN! Online

Popular SCI self-care guide now freely available on the web

Washington, DC—*YES, YOU CAN!*, Paralyzed Veterans of America's (Paralyzed Veterans) popular self-care guide for people with spinal cord injury (SCI), is now accessible online for free.

“Making vital self-help information accessible to millions of people with disabilities, their families and their caregivers is an important part of Paralyzed Veterans' mission,” said Randy L. Pleva, Sr, National President of Paralyzed Veterans. “Information is power and *YES, YOU CAN!* has helped to empower so many disabled people by giving them the information they need to help themselves. Now this essential resource can be accessed by anyone who has a computer with an Internet connection.”

YES, YOU CAN!, A Guide to Self-Care for Persons with Spinal Cord Injury, is written and edited by experts. This third edition includes six new chapters on pain, substance abuse, exercise, alternative medicine, equipment, and staying healthy. It is the most comprehensive self-care guide for people with SCI, including newly injured patients in our nation's SCI units and SCI patients who are out of the hospital. Family members of people with SCI will also find this a useful resource.

With this online version of *YES, YOU CAN!*, you'll be able to:

- Download the book for free
- Email the book to a friend
- Take an online tutorial on how to use the book
- Conduct keyword searches
- Bookmark any page
- Print any page
- Instantly click on dozens of website references that are all hot-linked

To access *YES, YOU CAN!* online and to purchase print copies, please visit www.pva.org.

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Notes to editor:

Founded in 1946, **Paralyzed Veterans of America** (Paralyzed Veterans) is the only congressionally chartered veterans service organization dedicated solely for the benefit and representation of individuals with spinal cord injury or disease. For 62 years, Paralyzed Veterans

and our 34 local chapters have been working to create an America where all veterans, people with disabilities, and their families have everything they need to thrive. We represent more than 19,000 veterans in all 50 states, the District of Columbia and Puerto Rico. Please go to www.pva.org to learn more about the work we do.