

By Tiffany Carlson

## Cipro Dangerous?

Cipro, one of the most common UTI antibiotics given to folks with SCI, is now under warning by the FDA. A recent report suggests this well-known antibiotic may cause tendon ruptures, especially in the Achilles tendon, biceps, shoulder rotator cuffs, and even the thumbs. Tendons are cords of tissue that attach your muscles to bone.

The report, which states that the FDA received hundreds of citations of injuries (but doesn't state how many), says any signs of inflammation or soreness at the possible injury sites should be sign enough for the user to discontinue using the drug. This report comes as a surprise to many doctors. Tendon ruptures are generally relegated to sports injuries, especially among men in their 30s.

If you use Cipro and begin to experience extreme soreness in tendon-located areas, bring this study up to your doctor.

For detailed information, check out the FDA's site at [www.fda.gov/cder/index.html](http://www.fda.gov/cder/index.html).

## Share and Tell

Want to share your hard-earned experience? Send your everyday SCI health and coping tips to [theophania79@yahoo.com](mailto:theophania79@yahoo.com).

## Come Swim With Mike

Mike Nyeholt was a three-time All-American college swimmer when he attended the University of Southern California in the late '70s. After breaking his neck in '81 in a motor-bike accident, he found himself in need of an accessible van. Two months after his injury, his longtime friend and swimming partner, Ron Orr, who is currently the senior assistant athletic director at USC, organized a fundraiser for him that was originally called "Swim For Mike." They raised twice the amount needed, so Nyeholt suggested they donate the rest to injured athletes for scholarship opportunities.

"Swim With Mike" was then held the following year. "None of us had any idea a fundraiser that started to raise funds just for me would ever grow into something like this," says Nyeholt. Since its inception 27 years ago, it has raised over \$7.3 million dollars, which has been given out as academic scholarships to athletes who are now unable to compete



but still want to attend school. Half the recipients attend USC, and the rest attend a variety of public and private schools nationwide.

The money is dispersed after each yearly "Swim With Mike" event, which is held at the main pool at USC, where celebrities, donors and disabled folks gather to raise funds, BBQ, have a "belly flop" contest and more. In the fall of 2007, 27 students were given \$660,000 in total. Actor/comedian Will Ferrell and singer/songwriter Jack Johnson attended the event, in which a record \$1 million was raised. A satellite event also occurs in Hawaii each year as well.

Nyeholt stresses that the "Swim With Mike" foundation isn't too strict on their prior athletic experience policy. "Almost everyone played some kind of sport from T-ball to anything else while growing up," he says. They just try to give to as many people as possible.

Interested in receiving a scholarship? Want to donate? Visit [www.swimwithmike.org](http://www.swimwithmike.org).

## Expand Your Wii Addiction

It's already well-known among the disability community that Nintendo's award-winning Wii console has been a boon to mobility-impaired crips everywhere. But did you know a gadget exists that will allow you to play *all* of Wii's addicting games (even *Zelda*!)?

Mark Felling of Broadened Horizons has created the

world's only adapted Wii remote (Wiimote). It costs a pretty penny at \$329, but what it can do to enable you to use both the A and the B button — by "switch adapt-

ing" them — may be worth it for any serious quad gamers out there.

For all the details, go to [www.broadenedhorizons.com/videogaming.htm](http://www.broadenedhorizons.com/videogaming.htm). **MI**

## Cheap Relief for Joint Pain

Air-activated heating pads are an easy and economical way to relieve soreness and tension in your back, shoulders, or other joints. Beyond Bodi Heat offers "peel and stick" pads and heated wraps. The "neck and shoulder" heating pads are especially ideal for upper-body tension experienced by wheelchair users. Check out [www.beyondbodiheat.com](http://www.beyondbodiheat.com).