

## **Professional and Community Presentations**

### **Brain Injury Basics**

This presentation covers information about Traumatic Brain Injury (TBI) as well as brain injury caused by stroke, the #3 cause of death in this country. TBI is called the “silent epidemic,” is the #1 cause of death and disability in children and young adults in the U.S. and affects more people than those affected by stroke, breast cancer, HIV/AIDS, spinal cord injury and Multiple Sclerosis combined. Learn what TBI is and what steps to take to prevent this significant health risk.

### **Brain Injury Survival Kit**

This presentation will provide BI survivors with tools and strategies to deal with cognitive challenges. Information will relate to memory, time management, organization, as well as general health issues effecting cognition. The presenter will share her experiences gained through physician and management training, learnings as a private pilot, skills learned through cognitive rehabilitation and information shared by other brain injury survivors and their supporters. This talk shares information from the book by Dr. Sullivan, *Brain Injury Survival Kit: 365 Tips, Tools & Tricks to Deal with Cognitive Function Loss*.

### **Brain Fitness Training**

This presentation offers many strategies to help improve our current brain function. Ideas will also be shared on how to help ourselves to slow the decline of our already brain injury-impaired cognitive function due to the aging process we cannot escape. This presentation will include general health strategies as we can become overwhelmed with issues not related to our brain injury that impact our cognitive arena. Topics covered include nutrition, including supplements, diet, exercise, cognitive exercises, and stress relievers among other things.

### **Dealing with TBI, A Physician’s Journey**

This presentation gives a brief overview of the effects of TBI on Dr. Sullivan, including the death of her mother and the injuries to her father from falls. She describes some of the particular challenges she dealt with on her TBI journey. She then covers some of the key elements from her book, “Brain Injury Survival Kit.”

Any of the above presentations can be modified to fit your needs, both in content and time. Dr. Sullivan also has spoken about the unexpected challenges as well as unique experiences as a physician dealing with TBI to hospital therapy departments, graduate psychology and neuropsychology students and as a keynote speaker at conferences.

## **Professional Biography: Cheryle Sullivan, MD**

BS Biology, Michigan Technological University, 1979

MD, Michigan State University, 1983

Family Practice Residency, Saginaw Cooperative Hospitals, completed 1986

Solo Family Physician in Michigan, 1986-1996

1986-1988, Brown City Michigan, U.S. National Health Service Corps

1988-1996, Mt. Pleasant, MI, private practice

Kaiser Permanente Physician 1996-2005

Family Practice physician

Physician administrator of a 10 provider medical office

Diversity Department trainer for Physicians and medical staff with program on providing culturally competent care to persons with disabilities and LGBT members

Prevention Educator, providing programs for employer groups on prevention-related topics

Member and co-leader of Longmont Colorado BI Support Group

BIAC Outstanding Professional of the Year, 2005

BIAC Outstanding Survivor of the Year, 2006

Colorado Statewide Independent Living Council past member and secretary

Private Pilot certificate earned 1997