

ELIZABETH SANDEL, M.D.

Author | Speaker | Researcher



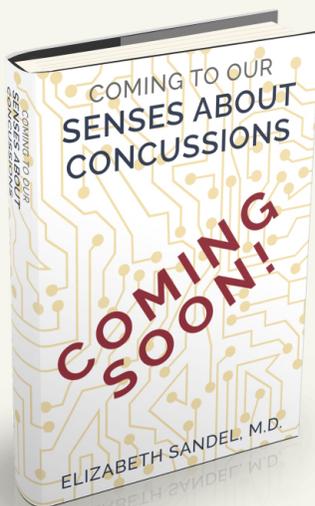
Awareness of the critical nature of concussion is long overdue. Unlike obvious traumatic brain injuries, concussions often appear to be “invisible,” with symptoms that are often attributed to other causes. But new research is shedding light on the immediate and long-term effects of what can be a very disruptive occurrence in anyone's life.

As a physician who has been treating patients with concussion and traumatic brain injury for more than three decades, Dr. Elizabeth Sandel is at the forefront of the movement to raise awareness of this life-changing condition. Her book, *Coming to Our Senses about Concussion*, is filled with insights about an often misunderstood and difficult-to-diagnose condition. As a speaker, Dr. Sandel shares those insights with first-hand stories of patient interactions, diagnoses, treatments, and outcomes, along with the latest research and her own take on where we are in treating concussion—and where we should be going. The topics here can be presented in keynote format for audiences that include parents, young athletes, older adults, school administrators, athletic trainers, and PTAs.



**BOOK DR. SANDEL FOR
YOUR NEXT EVENT**

drsandel@elizabethsandelmd.com



COMING TO OUR SENSES ABOUT CONCUSSION

Dr. Elizabeth Sandel wrote *Coming to our Senses About Concussion* to spread what is known about concussion, what remains to be researched, and to tell real world stories about the effects of this common injury. Stories of patients from many different demographics bring to life the controversial issues surrounding concussion in the medical community and beyond. Dr. Sandel explains the research that has already been done to understand concussion and approaches the questions that have yet to be answered about this unpredictable condition.

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FULL BIO

DR. ELIZABETH SANDEL is Board-certified in Physical Medicine and Rehabilitation (PM&R) and Brain Injury Medicine (BIM), specializing in caring for patients with brain injuries for more than 30 years. She is currently a medical director for Paradigm Management Services, which provides medical case management to catastrophically injured workers, including those with concussions and more severe brain injuries, spinal cord injuries, and multiple trauma. She is also a clinical professor in the Department of Physical Medicine and Rehabilitation at the University of California Davis School of Medicine.

Over the past three decades, Dr. Sandel's patients have included people of all ages injured in falls and motor vehicle accidents, as well as athletes, veterans, injured workers, and victims of violent crimes. Recognizing a troubling lack of knowledge and understanding about the risks and treatment of concussion, she aims to use her forthcoming book, *Coming to Our Senses about Concussion*, to educate the public and healthcare professionals.

After graduating from the Medical College of Pennsylvania (now Drexel College of Medicine) in Philadelphia, Dr. Sandel completed her residency in PM&R at Thomas Jefferson University Hospital and a fellowship in brain injury rehabilitation at Magee Rehabilitation Hospital. She has been an active member of the American Academy of Physical Medicine and Rehabilitation (AAPM&R), the largest organization of physicians specializing in PM&R in the world, for more than 30 years, serving on the Board of Governors for eight years – as president from 2009 to 2010, and since 2013 as the organization's official historian. A member of the Brain Injury Medicine Examination Committee of the American Board of PM&R from 2011 to 2015, she was one of only 321 physicians first certified in this new medical subspecialty.

In addition to practicing medicine, Dr. Sandel has extensive experience training medical students and other healthcare professionals, developing and conducting clinical research, and planning education programs on brain injury medicine. She is currently a panelist for the Brain Injury Association of America/Icahn Mount Sinai Traumatic Brain Injury Guidelines project. As a national surveyor for the Commission on Accreditation of Rehabilitation Facilities (CARF), Dr. Sandel surveyed brain injury programs across the U.S. and served on several CARF advisory boards helping to develop the first brain injury standards in the 1980s and early 1990s.

Throughout her career, Dr. Sandel has served on many state and national boards and committees, including the Defense and Veterans Administration Head Injury Program, the California Rehabilitation Association, the National Stroke Association, the Institute of Medicine, the National Institutes of Health, the Centers for Medicare and Medicaid Services, the Agency for Healthcare Research and Quality, the Foundation for PM&R, the American Medical Association, and the Traumatic Brain Injury Common Data Elements Project. Widely published, she was an associate editor for the Journal of Head Trauma Rehabilitation and a senior editor for PM&R, AAPM&R's official journal.

Dr. Sandel received AAPM&R's prestigious Krusen Lifetime Achievement Award in 2012. She has also received numerous awards from organizations such as the New Jersey Rehabilitation Association, the Pennsylvania Head Injury Foundation, the College of Physicians of Philadelphia, the University of Pennsylvania and the Permanente Medical Group of Northern California (Kaiser Permanente).

Dr. Sandel currently resides in Oakland, California with her spouse, and she spends her free time with friends and family, playing the piano, and going to the cinema and theatre.

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SHORT BIO

DR. ELIZABETH SANDEL is board-certified in Physical Medicine and Rehabilitation (PM&R) and Brain Injury Medicine (BIM). She has specialized in brain injuries for 30+ years, working with patients of all ages including athletes, veterans, injured workers, and victims of violent crimes along with people injured in falls and motor vehicle accidents. As a medical director for Paradigm Management Services, she participates with a clinical team to provide medical case management to catastrophically injured workers with concussions, more severe brain injuries, and multiple trauma. She is also a clinical professor in the Department of Physical Medicine and Rehabilitation at the University of California Davis School of Medicine.

Recognizing a troubling lack of knowledge among healthcare professionals, and confusion produced by contradictory messages in the media, she aims to use her forthcoming book, *Coming to Our Senses about Concussion*, to educate both public and professional audiences about the risks, evaluation, and treatment of concussion



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AWARDS



Award of Excellence
*Pennsylvania Head Injury
Association*



**Profession of Medicine
Award**
*The Permanente Medical
Group*



**Krusen Lifetime
Achievement Award**
*American Academy of Physical
Medicine and Rehabilitation*

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Topics for People with Concussions or At-Risk Populations



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Concussion: **What Happens to Your Brain?**

Conventional CT scans and MRIs don't always reveal the telltale signs of a concussion. A definitive concussion diagnosis is difficult, but when scientists view brain tissue under a microscope, they know the telltale signs of concussion and especially repetitive concussions. Dr. Elizabeth Sandel will talk about what a concussion is, new approaches to diagnose this difficult condition, what the symptoms and signs of concussion are, and why it's important for family, friends, parents, caregivers, and coaches to understand the need for expert evaluation so people can get the medical attention they need.



Concussion: **Avoid It If You Can!**

Concussions happen to people from all walks of life. Yet few people really understand the true risks associated with concussions. Too often, people shrug off a trauma to the head or a "mild brain injury", figuring they'll "shake it off" or that a slip-and-fall is insignificant. To date, only a few hundred physicians are board-certified in brain injury medicine, but it's now an area of medicine that has been designated a specialty by the American Board of Medical Specialties. One of those few hundred is Dr. Elizabeth Sandel, who will talk about the immediate and long-term risk of concussion, how to lower those risks, and why we're just now beginning to see how critical avoiding a concussion is for athletes of all ages, our youngest children, the elderly, workers in certain high risk occupations, military personnel, and other groups.



Concussion: **What to Do If It Happens to You...**

Symptoms of a concussion can appear immediately after an incident or days or weeks later. When someone experiences a jolt to the head or body, it's important to know what to do next, whether that's taking care of yourself, or having family or friends watching over you know the signs and symptoms that indicate medical attention is needed. Dr. Elizabeth Sandel will share with audience members why it's important to understand the consequences of a concussion, what help is available, and how a treatment team can give hope to those who may be affected by an injury that can be life-altering.