



The Brett Torino Foundation Education Services, a program of Nevada Childhood Cancer Foundation, has developed a number of education services designed to meet the educational needs of every child diagnosed with a life-threatening or chronic illness in Southern Nevada. The program provides a way for chronically-ill children to continue their education while receiving treatment and return to school with equal opportunity and any necessary accommodations required by law to aid them in the pursuit of their success in education and future goals.

Introduced in 2021, NVCCF's LEARNING POD is a service of The Brett Torino Education Services Program of Nevada Childhood Cancer Foundation. In partnership with CCSD, this IN-PERSON learning program is facilitated by Nicki Klein-Richter, MA, M.Ed., full-time and multilingual NVCCF Education Supervisor, who is a licensed teacher with CCSD along with 26 years of classroom experience. The "pod" was created to support children who are in current treatment, experiencing effects from treatment, immune compromised, and unable to return to in-person or hybrid learning due to their diagnosis. The LEARNING POD operates MON – THUR, 10 a.m. to 12 p.m. Participants must be registered clients of NVCCF and must confirm their participation with NVCCF's instructor. Please contact "Mrs. K" at 702.735.8434 or at nicki@

nvccf.org for more information on this and other support services.

Named after its donor, the programs and services include the Brett Torino In-Patient Classroom, located at Sunrise Children's Hospital, tutoring, advocacy, transition services and more. Through these programs, licensed professional staff members work to ensure that each child is given the opportunity and support to succeed in their education.

How the Nevada Childhood Cancer Foundation Helps:

- Provide direct and bedside instruction in The Brett Torino Foundation In-Patient Classroom for students in-patient at Sunrise Children's Hospital
- Provide tutoring for school age critically ill children, their siblings, and for children whose parents are diagnosed with cancer
- Offer tutoring at several locations throughout the Las Vegas valley for students in need of supplementary instruction
- Attend school meetings to provide teachers and administrative staff with the facts on diagnosis and treatment and ensure accommodations and interventions are implemented and followed
- Support students as they re-enter the school setting: performing a puppet show designed to educate peers and teachers on the facts of diagnosis and treatment, the importance of embracing differences, and messages of anti-bullying

diagnosed with cancer as well as their caregivers. An oasis away from medical facilities, The Caring Place Program provides no-cost programs and services to support, educate and empower those who have or have had cancer as well as their direct caregivers.

Services are intended to assist in healing mind, body, and soul and are not a replacement for medical care. We are committed to improving your quality of life and helping you experience joy and peace.

Go to: nvccf.org for more

Cervical Vertigo. What is it? (from page 11)

Vestibular test battery to rule out inner ear (vestibular) conditions. Management and Treatment How do you fix cervical vertigo? Cervical vertigo treatment involves addressing the underlying condition. Be sure to follow your healthcare provider's specific guidelines. In addition, they may recommend physical therapy, vestibular rehabilitation, medication or a combination of treatments.

Physical therapy

Physical therapy exercises can help improve your balance and coordination, as well as your neck's range of motion. A physical therapist can train you in proper posture and teach you stretching exercises to reduce your symptoms. In some cases, your healthcare provider might refer you to a specialist for a chiropractic adjustment of your neck and spine.

It's important to note that physical therapy can improve many cervical vertigo symptoms, but it can't eliminate dizziness. For this reason, your healthcare provider may recommend vestibular rehabilitation as well.

Vestibular rehabilitation

Vestibular rehabilitation encompasses a number of exercises designed to improve your balance and reduce dizziness. These cervical vertigo exercises are tailored to your needs and may include training in:

- Eye movements.
- Neck movements.
- Balance.
- Walking.

Your healthcare provider can teach you how to do these cervical vertigo treatments at home.

Medications

Medications may also be a part of your cervical vertigo treatment plan. These medications may include:

- Muscle relaxants to reduce neck tightness.
- Pain relievers to ease discomfort.
- Drugs to reduce dizziness.

What doctor treats cervical vertigo?

Cervical vertigo is typically treat-

ed by a neurologist — a doctor who specializes in diseases of the brain, spinal cord and nerves.

Prevention

Can I prevent cervical vertigo? You can't always prevent cervical vertigo, especially if it's the result of a car accident, sports injury or other traumatic event. However, physical therapy exercises can help keep your neck muscles strong. In turn, this can decrease pressure on your cervical disks and reduce your risk of developing cervical vertigo later on.

Outlook / Prognosis

Most of the time, cervical vertigo is quite manageable. But proper diagnosis and treatment are essential. You'll probably need testing to rule out other, more serious conditions.

Once a diagnosis is established, your healthcare provider will recommend personalized treatment to ease your symptoms. Depending on the cause and extent of your condition, you may need physical therapy, vestibular (inner ear) therapy or medication.

How long does cervical vertigo last?

Episodes of cervicogenic dizziness can last between several minutes to several hours. The condition itself can last several years, and people may experience periodic flare-ups. Keep in mind, cervical vertigo symptoms can appear months — or even years — after a traumatic incident.

Living With

When should I see my healthcare provider?

If you have neck pain, dizziness or other cervical vertigo symptoms, schedule a visit with your healthcare provider immediately. Because cervicogenic dizziness can mimic other, more serious health conditions, prompt diagnosis and treatment are key.

Your healthcare provider can determine what caused cervical vertigo and tailor a treatment plan to manage your symptoms. With care and diligence, you can minimize your symptoms and vastly improve your quality of life.



A Program of Nevada Childhood Cancer Foundation

The Caring Place, an adult services program of NVCCF, is dedicated to easing the journey of those adults