



## “When I hit the ground, I had no idea how important Suburban Hospital would become to my family and me.”

Four days before my 18th birthday, I was face down on the ground in the dirt, unable to move, while watching a growing pool of blood collect around me.

Moments before, my favorite horse caught his own reflection in a puddle on the ground, causing him to attempt a solid wall jump three feet earlier than he should have. **When I hit the ground — snapping my neck and spine in three places and causing severe trauma to my head and face — I had no idea how important Suburban Hospital would become to my family and me.**

Within minutes of my instructor's 911 call, I was transported by helicopter to Suburban Hospital's emergency/trauma center where **I was evaluated and treated by the most amazing physicians, nurses, and technicians.**

I am so grateful that I was taken to Suburban Hospital. My successful recovery is a credit to the **compassionate care, professionalism, teamwork, and dedication of all who treated me.**

Now, 2 1/2 years after my accident, I am living life to the fullest — enjoying college, fun activities, and time with my friends and family. **My stay at Suburban Hospital, and gifts from generous donors like you, played a significant role in my successful recovery.**

*Rachel Anderson – Silver Spring, MD*

