

**Mayo Clinic Medical Edge**  
***Importance of Helmet Protection***

1:00

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	FOR SPORTS MEDICINE DOCTOR EDWARD LASKOWSKI, THERE'S NOTHING BETTER THAN A BIKE RIDE WITH HIS KIDS. BUT BEFORE THEY HIT THE TRAILS HE MAKES SURE EVERYBODY IS SUITED UP FOR SAFETY AND THAT STARTS WITH A HELMET ON THE HEAD.
<b>Edward Laskowski, M.D.</b> <b>Mayo Clinic Sports Medicine</b>	"THE FIT IS VERY IMPORTANT ON A HELMET. WHEN I KNOCK THE HELMET IT DOESN'T MOVE MUCH. IT'S VERY STABLE ON MY HEAD."
	DR. LASKOWSKI PUBLISHED A STUDY ON HELMETS IN THE JOURNAL <i>PEDIATRICS</i> .

<b>Edward Laskowski, M.D.</b>	“THERE’S AN 80-PERCENT REDUCTION IN HEAD INJURIES WHEN YOU WEAR A HELMET.”
	IF YOUR HELMET’S OLD OR BEEN IN A CRASH, GET A NEW ONE THAT HAS A SAFETY CERTIFICATION STICKER ON THE INSIDE. TWO KNOWN CERTIFICATION COMPANIES ARE ANSI AND SNELL. AND DR. LASKOWSKI’S RESEARCH SHOWS IF PARENTS WEAR A HELMET, YOUR KIDS WILL TOO.
<b>Dr. Laskowski</b>	“BE A GOOD ROLE MODEL FOR YOUR KIDS.”
	AND NOT JUST WHEN YOU’RE ON YOUR BIKE. DR. LASKOWSKI SAYS ANYTIME YOU’RE ON WHEELS YOU SHOULD BE WEARING A HELMET.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a> . I’M VIVIEN WILLIAMS.
