

Mayo Clinic Medical Edge

Exercise Safety

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	FOR DOCTOR EDWARD LASKOWSKI, THERE'S NOTHING BETTER THAN A BIKE RIDE WITH HIS KIDS. BUT SAFETY COMES FIRST AND IT STARTS AT THE TOP, WITH A HELMET. DR. LASKOWSKI PUBLISHED A STUDY ON HELMETS IN THE JOURNAL PEDIATRICS WHICH FOUND THAT ONE OF THE MOST IMPORTANT FACTORS IN WHETHER KIDS WORE A HELMET WAS IF THEIR PARENTS WORE A HELMET. BEING A GOOD ROLE MODEL IS KEY .
Edward Laskowski, M.D.	"THERE'S AN 80 PERCENT

	REDUCTION IN HEAD INJURIES WHEN YOU WEAR A HELMET.”
	AND IT’S NOT JUST FOR BIKING. TAKE ROLLERBLADING. NOT ONLY IS A HELMET A GOOD IDEA, BUT...
Dr. Laskowski	“YOU WANT TO MAKE SURE YOU HAVE PADDING FOR AREAS THAT ARE AT RISK WHEN YOU FALL. KNEEPADS, ELBOW PADS...”
	AND WRIST PADS.
Dr. Laskowski	“WE HAVE STUDIES THAT SHOW PEOPLE WHO WEAR WRIST PROTECTION HAVE LESS SERIOUS INJURIES TO THE WRIST WHEN THEY FALL.”
	SO GO AHEAD, GEAR UP AND GO FOR A RIDE. BUT BE SURE YOU’RE SUITED UP FOR SAFETY.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.

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