



Health Notes

Surgeons Choice Medical Center & Oakland Nursing Center

22401 Foster Winter Drive
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Surgeons Choice Macomb Center

11012 E. Thirteen Mile Rd
Warren, MI 48093
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Surgeons Choice Dearborn Center

22731 Newman St
Dearborn, MI 48124
313-359-9540

Surgeons Choice Imaging Center

11012 E. Thirteen Mile Rd,
Suite 111
Warren, MI 48093
586-558-8470

Surgeons Choice Medical Clinic

Call for an appointment to be seen by a specialist within 24-hours
248-485-8300



OUTDOOR WINTER SAFETY

The sections below provide some basic information and fact sheets about the most common risks and hazards and how to prepare for or avoid them. For more detailed information or question about these topics, refer to the contact or links on each sheet.

Thin Ice

When is ice safe? There really is no sure answer. You can't judge the strength of ice just by its appearance, age, thickness, temperature, or whether or not the ice is covered with snow. Strength is based on all these factors. In addition the depth of water under the ice, size of the water body, water chemistry and currents, distribution of load on the ice and local climate conditions all play a factor.

Keeping Children Safe

While freezing winter temperatures keep many adults indoors, children may want to play outside all day. Each year, emergency rooms in the United States treat thousands of children for injuries related to sledding and ice skating. Frostbite is also threat for children.

Access and Functional Needs

Michiganders who use a wheelchair, rely on home-delivered meals or are visually impaired are among those who need to pre-plan during extremely cold weather. Ready.gov has tips.



Winter Sports and Activities

Michiganders spend almost as much time outdoors in winter, having fun and recreation, as they do in summer. Adults and kids love to go snowmobiling, skiing, ice skating, sledding and many other activities all season long. With just a few precautions and smart behavior, those activities should be safe and fun!

Frostbite and Hypothermia

Frostbite is the freezing of skin and extremities on the body. The nose, cheeks, ears, fingers, and toes (your extremities) are the most commonly affected. Everyone is susceptible, even people who have been living in cold climates for most their lives.

In very cold weather, a person's body can lose heat faster than they can produce it. The result is hypothermia, or abnormally low body temperature. It can make a person sleepy, confused and clumsy. Because it happens gradually and affects one's thinking, it may not be immediately recognized.

SLIPPERY SLOPE: TAKE CARE TO PREVENT SLEDDING INJURIES

Most people can agree that kids on slippery saucers careening down an icy hill at upwards of 20 miles per hour can be dangerous. According to the Center on Injury Research at Nationwide Children's Hospital in Columbus, Ohio, more than 20,000 kids younger than 19 are treated for sledding injuries on average each year. Injuries often occur when the sled hits a stationary object or the child falls off. That's why parents would be wise to purchase sleds that can be controlled with a steering mechanism and brakes.

If you are planning on taking the kids to the local hill, don't just drop them off, especially if they're under age 10. Stick around while they sled, make sure all sledders wear a helmet - sledding injuries often include skull fractures - and be sure to share these important guidelines with them so they can enjoy tobogganing and sledding safely.

Is a Sledding Ban on the Horizon in Your Community?

- Make sure all equipment is in good condition, free of sharp edges and cracks

- Sled on spacious, gently sloping hills with a level run-off at the end so the sled can safely stop
- Check slopes for bare spots, holes and obstructions, such as fences, rocks, poles or trees
- Do not sled on or around frozen lakes, streams or ponds
- Riders should sit or lay on their back on top of the sled with feet pointing downhill; never sled head first
- Dress warmly, and wear thick gloves or mittens and heavy boots to protect against frostbite and injury overwhelmingly oppose a sledding ban.

While some states are protected by immunity laws, in other states sledding injuries have led to lawsuits, and municipalities have had to pay out millions of dollars to the injured. It's no wonder some cities don't want to take that financial risk.

Even if hundreds of communities ban sledding, kids still will find a place to do it. Awareness of one's surroundings and adherence to safety guidelines do not take away from the thrill of sledding, but a trip to the hospital most likely will.



IN THE SPOTLIGHT:

Snow Shoveling: Get The Scoop

While shoveling snow can be good exercise, it can also be deadly for optimistic shovelers who take on more than they can handle. Following a few precautions will help you get a handle on safe shoveling:

- Older persons, or those who are relatively inactive, should be especially careful. If you have a history of heart trouble, check with your doctor before engaging in any shoveling activity.
- Avoid shoveling after eating or while smoking.
- Take it easy. Snow shoveling is a weight lifting exercise that raises your heart rate and blood pressure. Warm up before starting the job and stretch both before and after shoveling.
- If possible, shovel only fresh snow that is still relatively powdery. It is easier to shovel than wet, packed-down snow.
- Push the snow forward rather than lifting it out of the way; pick up only small amounts when needed. Your back will thank you.

As with any lifting activity, use your legs, not your back. Your legs should be bent with your back straight. Bend and "sit" into the movement, allowing your large muscle groups to do most of the work.

Never work to the point of exhaustion. Take frequent breaks. If your chest feels tight, stop immediately.

Dress as you would for any outdoor activity. Dressing in layers is the best. Take extra precautions for keeping the extremities warm.

BE PREPARED FOR WINTER DRIVING

Driving in the winter can be harrowing, especially in snowstorms and icy conditions. By getting your car ready for winter and using some simple tips to drive safely, you can face almost any weather Mother Nature decides to send your way.

Prepare Your Car for Winter

In addition to annual maintenance, here are some tips to winterize your car:

- Test your battery; battery power drops as the temperature drops
- Make sure the cooling system is in good working order
- If using all-season tires, check the tread on your tires and replace if less than 2/32 of an inch
- Check the tire pressure; tire pressure drops as the temperature drops
- Check your wiper blades and replace if needed
- Add wiper fluid rated for -30 degrees
- Keep your gas tank at least half full to avoid gas line freeze

Remember to keep your car's emergency preparedness kit fully stocked, too.

Before You Start Out

- Clean your car's external camera lenses and side view mirrors so you'll be able to see what's around you
- Remove dirt, ice and snow from sensors to allow the assistive-driving features like automatic emergency braking to work
- In frigid weather, you may want to warm up the car before you drive it
- To prevent carbon monoxide poisoning, never leave a vehicle running in your garage - even with the garage door up
- If the forecast looks iffy, wait out the storm if possible; if you must travel, share your travel plans and route with someone before you leave

How to Avoid a Crash

AAA offers the following driving tips:

- Avoid using cruise control in wintry conditions
- Steer in the direction of a skid, so when your wheels regain traction, you don't have to overcorrect to stay in your lane
- Accelerate and decelerate slowly
- Increase following distance to 8 to 10 seconds
- If possible, don't stop when going uphill

If visibility is severely limited due to a whiteout, pull off the road to a safe place and do not drive until conditions improve. Avoid pulling off onto the shoulder unless it is an absolute emergency. Limited visibility means other vehicles can't see yours on the shoulder.

Know Your Car's Capabilities

My Car Does What? is a national campaign to help educate drivers about the safety features built into vehicles. Search for your car and find out what safety features are already built in.

Traction control is now standard on most new vehicles. This function helps your vehicle gain traction on snowy, icy or wet surfaces, particularly when accelerating from a stopped or slowed position, or when trying to make it up a slippery hill.

Anti-lock braking system (ABS) helps you steer in emergencies by restoring traction to your tires and is standard on most new vehicles as well. ABS may vibrate or pulse when engaged. This is normal. Continue to press and hold pressure to the brake pedal.

Remember, you are your car's best safety feature. Take precautions to ensure you arrive safely at your destination. If you become stranded in an unfamiliar area, do not leave your car. Light flares in front and behind the car and make sure the exhaust pipe is not blocked by snow, mud or objects.

• H A P P Y •
New Year!

WE WISH YOU & YOUR FAMILY
A HAPPY, HEALTHY 2022

*May this year bring new happiness,
new goals, new achievements and
new inspirations on your life!*



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