**Protect Your Hands this Winter *(Interview Transcripts)***

**Mary Elizabeth Rashid, MD, Hand and Upper Extremity Surgeon, OSF HealthCare**

“The most common are probably falls related to ice – especially from accumulation of ice on decks and porches that may be exposed to the cold more often. Even just a fall from standing height generally can result in hip fractures, and wrist and hand fractures are pretty common.” (:20)

**Mary Elizabeth Rashid, MD, Hand and Upper Extremity Surgeon, OSF HealthCare**

“After a fall, if there’s any significant swelling, bruising, severe tenderness, or numbness or tingling in the hand or the wrist – you should seek medical attention to at least get an x-ray. If it is a fall where you stand up and can’t weight bear on your lower extremity, you absolutely should seek medical attention for that.” (:18)

**Mary Elizabeth Rashid, MD, Hand and Upper Extremity Surgeon, OSF HealthCare**

“If the snow blower does get clogged, make sure that you first turn it off before you disimpact the snow. Disengage the clutch and then wait a good five to ten seconds for the blades to stop rotating. And never ever use your hands to disimpact the snow blower.” (:18)

**Mary Elizabeth Rashid, MD, Hand and Upper Extremity Surgeon, OSF HealthCare**

“Anytime you have blanching or whiteness of the fingertips, you should go inside immediately. If it’s been prolonged, any numbness or tingling in the fingers. The first sign of frostbite to the fingers is any blistering – and definitely I would recommend seeking medical attention for that.” (:15)