

Soundbite script – Don't let your avocado have the upper hand

Dan Magdziarz, DO, an emergency department physician who treats patients at OSF HealthCare

"It's estimated about one in four people over the course of their lifetime, will end up in the emergency room as a result of hand injury. Avocado injuries are just one of the gamut of hand injuries, but they're fairly common in the summer, as people like to enjoy this tasty fruit." (:17)

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"Most commonly we see lacerations, superficial skin avulsions, but you can get other more serious injuries, like tendon injuries, nerve muscles and superficial blood vessels." (:16)

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"Take a knife and cut slowly when you cut into the avocado, and when you hit that seed with your knife, stop. Put the knife down, pick up the avocado, then twist the avocado with your hand and then pull it apart," he says. "It's relatively easy to do." (:20)

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"Next, take your thumb and middle finger and use your index finger behind that avocado, and then just pop the seed out. When the seed comes out, you're ready to work. Take a spoon and then just scrape out that inside goodness. And now your avocado is ready to enjoy." (:21)

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"Use a clean paper towel or gauze and just apply direct pressure directly over your bleeding wound for 20 minutes." (:9)