

## Strap in for summer bike safety

\*\*\*SOT\*\*\*

Dr. Kurt Bloomstrand

emergency department physician who sees patients at OSF HealthCare

**"A lot of times what happens is they fall off the bike, put their arm out to protect themselves and injure their arm. But most importantly, we also see head injuries. We know that people who get in a bike accident have better outcomes if they're wearing a helmet. People that are not have a higher risk of head injuries and traumatic brain injuries." (:22)**

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**"When we see people in the emergency department who have suffered from a bicycle accident, we're going to do a rapid trauma assessment. We're going to pay special attention to the head. We're going to make sure there are no signs of skull fracture or neurological abnormality. Depending on the severity of the injury, we may do a CAT scan [also called a CT scan] to make sure there's no internal injury like bleeding on the brain. Those internal injuries are life-threatening emergencies that need to be addressed quickly." (:22)**