

Soundbite Script – Preparing for winter’s toughest punch

Amy Henderson, family practice physician assistant, OSF HealthCare

“Every year, thousands of people end up in an emergency department due to things happening when they’re shoveling snow,” says Amy Henderson, a family practice physician assistant for OSF HealthCare. “These include falls, sometimes people experience heart attacks from extraneous activities, back injuries amongst other things. So, it’s really important to take some caution when you are going to be shoveling snow, and the snow is coming.”

Amy Henderson, family practice physician assistant, OSF HealthCare

“If a person develops any chest pain, sharp, radiating arm pain, jaw pain, those are all signs and symptoms of a possible heart attack. If those symptoms do not improve with rest after a short amount of time, it’s concerning. My advice would be to seek immediate medical attention if you’re concerned at all about a cardiac event or a heart attack; in this case it’s always good to play it safe than sorry.”

Amy Henderson, family practice physician assistant, OSF HealthCare

“One of the most important things to do is wear the appropriate clothing to stay warm and avoid frostbite. Also, stretching prior to going out and doing this activity is important so I recommend stretching 5 to 10 minutes before you go out in the cold. I also recommend staying hydrated because you’re doing physical activity.”

Amy Henderson, family practice physician assistant, OSF HealthCare

“If you really should not be shoveling snow, or you’re at higher risk, I recommend trying to find someone else who can do it for you, whether that’s a neighbor or a family member. I highly recommend that. It’s not worth the broken hip or the hospital follow up. Another thing for people who are at higher risk is to bring a cellphone. If you do fall, you’re able to call somebody.”