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Why are we seeing more traumatic injuries the summer months?

00:06

Historically, it's really well known among trauma systems across the country and among trauma surgeons that our incidence of trauma and traumatic events goes up during the summer. That is a universal decade's long thing. But actually, more so this summer, we've seen now that COVID vaccines are rolling out and people are doing away with mask mandates, and everyone is traveling more. And unfortunately, there's more alcohol usage. And it seems like there's an increasing incidence of people just being out and about and doing fun things. Again, those fun things can sometimes come with increased incidence of injury, which is something that anecdotally we're seeing pretty universally among all trauma systems.

What types of injuries do you see more of during the summer?

01:00

During the summers, we definitely see an increased incidence of motor vehicle accidents. There's also a lot more boating accidents, water related injuries, drownings, boating, skiing, as well as honestly, some of our firearm injuries go up as well. And again, that's something that we've noticed definitely that increases during the summer months.

How can these types of injuries be prevented?

01:29

So the best thing that we can do as trauma surgeons is to prevent you from ever even coming to see us. Injury Prevention is a big part of what we do. And so things like wearing a seatbelt, that one click, that takes about two seconds to do can mean matter of life and death sometimes are really, really terrible injuries versus not really that bad of injuries. So wearing a seatbelt following the speed limits that were set in motion for a reason. Keeping your kids safe in car seats that are up to date and making sure that they're appropriate for size of a child.

What other precautions should people take concerning children specifically?

02:09

Making sure that kids have good adequate swim lessons and adequate supervision around pools is also really important in terms of injury prevention and drowning in children. Also, safe storage of guns and firearms, firearms were made to kill they're made to be deadly. And so keeping them out of the reach of children and in safe storage is really, really important.

Are burns another concern during the summer?

02:38

Another injury that we see a lot of during both the summer in the winter, but especially now is burn related injuries. And everyone kind of thinks of an open flame, a bonfire that type of picture in their mind with burn injuries. But remember, too, that these can also be chemical burns from products in your household. They can be stray wires, they can be fuse boxes, things that are out of date, all these things. And so we definitely see a lot of those. So recognize those things in your home and make sure

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that all of your carbon monoxide alarms are up to date. And that can really help prevent some of these other burn related injuries that you might not think about.