

Having trouble? [View this message on our website.](#)



[Donate](#) | [Tell A Friend](#) | [Visit Us Online](#)

December 2010

As temperatures are quickly dropping, outdoor enthusiasts are getting ready for seasonal sports such as skiing, snowboarding, ice-skating and other winter activities. Before venturing out to play, please remember to take the necessary precautions. The American Association of Neurological Surgeons estimates that over 4,000 head and neck injuries result from winter sports.

As part of our "[Head Smart](#)" campaign, St. Mary's is urging children and families to play it safe this season by following winter sports injury [prevention tips](#).



Winter Driving Safety



Car crashes are the leading cause of death among children from 2 to 14. Statistics show that 24% of all car crashes occur during adverse weather conditions including ice, snow, and rain. Learn how to help keep your children safe and reduce the risks of car related injuries. [Learn more](#)

Be Head Smart This Winter Season



According to the National Pediatric Trauma Registry, almost 1/2 of winter sports result in head-related injuries. While you're planning outdoor activities and sporting events this season, learn how you can keep your children safe

and help prevent [traumatic brain injuries](#)- the leading cause of death and disability in children and young adults. [Learn more](#)

About St. Mary's

Whether due to serious illness, accident, or complications of premature birth, St. Mary's cares for 4000 of NY's most remarkable children each day. [Learn more »](#)

Become a fan of St. Mary's on [Facebook](#)

Don't Forget Your Helmet on the Slopes



According to the American Association of Neurological Surgeons, every year, thousands of children and adults are treated at U.S. hospital emergency rooms for head and neck injuries related to winter sports. Helmets are

effective in preventing and reducing the effects of 50% of head injuries in skiing and snowboarding sports. Make sure your children are wearing protective headgear during his or her winter activity. [Learn more](#) about appropriate gear for

DONATE NOW

TELL A FRIEND