

Monthly eNews - Be Head Smart! Buckle Up, Helmet Up, and Keep it Up!

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March 2010

Protect Your Most Precious Asset: Your Kids



Of all injuries, traumatic brain injury (TBI) is the leading cause of death and disability in children and young adults in this country. March is Brain Injury Awareness and Prevention Month and St. Mary's is encouraging everyone to become **Head Smart**. Learn [steps](#) you can take to promote good Head Health all year long and reduce the risk of

injury in children. [Learn more »](#)

It's COOL at our school to be **Head Smart!**

Materials for Schools

St. Mary's has developed a suite of materials to reinforce Head Health and brain injury prevention in school-aged children through the support of Municipal Credit Union. [Request materials for your school »](#)

Keeping an Eye on Sports Concussions



Don't let your student athlete shrug off that bump to the head. Concussions are a serious matter and can have life-long consequences. It's estimated that 10% of high school football players suffer a concussion each year. Having just one concussion increases the chance of experiencing another more debilitating one. St. Mary's is helping

schools, parents, and coaches recognize the signs. [Learn more »](#)

St. Mary's Fights for Head Health Legislation

St. Mary's experts have teamed up with Senator Daniel Squadron to announce proposed [legislation](#) to help prevent head injuries in youth sports. [Learn more »](#)

Don't Leave Home Without It



Spring is in the air and kids are heading outdoors to enjoy their favorite activities. But before they take off by bike, scooter or skates, make sure a helmet goes along for the ride. More children visit the ER for bicycle-related crashes than for any other sport with head injuries being the most common injury and leading cause of death for

bicyclists, according to the NHTSA. Wearing the correct protective gear can mean the difference between life and death for you and your loved ones. [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 »](#)

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