

Neurotrauma Program PSA Video Transcript

Hi, I'm Mark Matheson.

I became a spinal cord injury survivor after a fall.

Did you know most injuries are preventable?

[Music]

[The #1 cause of traumatic brain injuries is falls.]

[#2 is motor vehicle involved injuries.]

[On average, 580 people experience a spinal cord injury (SCI) in Hawai'i each year.]

[The #1 cause of SCI's is falls, #2 involves injuries from ocean-related activities.]

Make good choices before you engage in an activity.

Know and respect the power of nature and the ocean.

Don't play or drive under the influence of drugs or alcohol.

Minimize distractions. Use protective gear such as a helmet.

These preventive measures can reduce harm to your brain and spine.

If you think you may be injured, seek emergency assistance right away.

Injury does not mean you are no longer active.

You will need time to heal and may need to find new ways to do the activities you love.

The doctor will determine when it is safe to return to your normal activities.

[Music]

[Hawaii State Department of Health Logo]

For more information contact:

Neurotrauma Supports

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