



Student Health Center

UNC Wilmington

INSTRUCTION SHEET: BIKE HELMETS

The Student Health Services staff is concerned about your health. We are happy to serve you, but we prefer that you *avoid* injuries and unnecessary visits to the Student Health Center.

Years of practice in the Student Health Center have convinced us that the best medicine is preventive.

As such, we offer the following advice: Wear a bike helmet whenever you ride your bike — even if you are just going for a short ride on campus.

Consider the facts:

- About 1,300 people (50% children) die each year in the US from bike accidents. Head injuries cause 85% of these deaths. Many of these deaths could be prevented if cyclists wore bike helmets.
- About 600,000 people are injured each year on bicycles. Many suffer permanent brain damage which, again, could be prevented by using bike helmets.
- Experts estimate that if bikers routinely wore helmets, one death per day and one head injury every four minutes could be prevented.
- A broken bone can be fixed; a broken brain can not. Neurosurgery (brain surgery) is never perfect: Only God can make a new brain.
- Tetanus and meningitis vaccines are routinely given to prevent tetanus (lockjaw) and bacterial meningitis (brain infection). We routinely vaccinate our children and young adults, yet the death rate from bicycling injuries is much higher than the death rate from meningitis and tetanus combined. Shouldn't we wear bike helmets at all times? Shouldn't we set a good example for children by wearing bike helmets?

Be smart, wear a bike helmet!