



Making Outdoor Fun Safer: Summer Laceration Season Begins

(NAPSA)—Sunshine, green grass and family gatherings...all signs summertime is finally here! If you're like most Americans, you're already spending more time outdoors. Running. Biking. Hiking. Gardening. Fun, but not without risk.

Doctors know that a boost in summer activity increases the number of accidents that end up with a trip to the emergency room. Statistics show that ER visits steadily rise during the warm weather months, with "open wound" being the leading diagnosis. An even more alarming fact: For children under 14 there's an 18 percent increase between the months of May and August.

To reduce the chances of you or a loved one suffering a severe laceration and requiring emergency care, you should:

Plan Ahead—Know your surroundings. Make sure you have the address and directions to the nearest hospital at all times.

Think "First Aid"—Always keep a freshly stocked first-aid kit in an accessible area of your home and car.

Be Prepared—Keep emergency contact numbers available and carry a cell phone, if possible. And always carry your insurance card.

Don't Panic—Whatever happens, remain calm. Experts say it's essential to making good decisions in stressful situations.

Prepare for Warm Weather—Make sure you have plenty of water to drink and dress in loose-fitted, light-colored clothes in hot, humid weather.

Know Your Limits—Don't overdo it! Overexerting yourself is

The American College of Emergency Physicians (ACEP) says the following warning signs should prompt you to seek immediate ER care for serious cuts and lacerations:

- A wound that still bleeds after applying 5 minutes of steady, firm pressure
- A wound that appears deep or "gaping" open
- A deep puncture wound, such as one caused by stepping on a piece of sharp glass or a nail
- Any cut from animal bites and human bites
- Any wound that has glass, metal or dirt embedded in it
- A wound that shows signs of serious infection
- Difficulty with movement or sensation after a cut or laceration



no fun, and it's dangerous. Participate in outdoor activities and sports with a friend or family member, and watch for signs of exhaustion during the really scorching summertime heat.

Wear Protective Gear—When participating in outdoor activities, always wear appropriate protective gear, such as bike helmets, kneepads and wrist guards. Protect your skin by using a sunscreen.

Learn the Difference Between a Cut and a Laceration—Know when a cut is serious enough for emergency care. If a wound is still bleeding after five minutes of steady and firm pressure, or if it appears deep or "gaping" open, it's time to head to the ER.

Think Fast, Act Fast—Once you've identified that you or a family member suffered a serious cut or laceration, seek medical

attention immediately—it could prevent infection and scarring.

Although prevention may be the best option for avoiding wounds, safety precautions and gear can't always provide complete protection. It's important to know how to deal with a serious cut or laceration and when to seek emergency medical care. Left unattended, even for a short period of time, open cuts and lacerations may attract a high level of bacteria, increasing the risk of infection and scarring after the wound has been closed.

If you or a family member must visit the ER this summer due to a severe laceration, you'll want to know about alternatives to stitches. Innovative treatments, such as DERMABOND®—a topical skin adhesive, are available in more than 85 percent of hospitals nationwide and may reduce the pain and anxiety associated with getting stitches. It is as effective as traditional skin closure methods in repairing wounds.

Once applied to a wound, DERMABOND forms a strong, flexible bond in just under three minutes, is water-resistant and has been proven in a laboratory study to provide a microbial barrier which keeps infection-causing germs out. Because it naturally wears off, there is no need to return to your physician for removal.

DERMABOND may not be appropriate for all types of wounds or skin surfaces such as eyes and mouth, or for people with certain skin sensitivities. Patients should talk with their doctors to see if DERMABOND Adhesive is right for them.