



The Maryland State Medical Society

News: For Immediate Release

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JUNE IS NATIONAL SAFETY MONTH

BALTIMORE, June 20, 2016 — Injuries are a leading cause of disability for people of all ages and they are the leading cause of death for Americans ages 1 to 44. Fortunately, many injuries can be prevented when people practice safe behaviors.

During National Safety Month, MedChi is working with the community to help reduce the risk of injuries by raising awareness about important safety issues like:

- Medication safety and prescription painkiller abuse: Deaths from prescription painkillers have reached epidemic levels in the past decade. A big part of the problem is nonmedical use of prescription painkillers—using drugs without a prescription, or using drugs just for the “high” they cause. In 2010, about 12 million Americans (age 12 or older) reported nonmedical use of prescription painkillers in the past year. Also, always make sure to check the expiration date on your medicines. If they are out of date, get rid of them.
- Driving, biking, and working safely: Doing other activities while driving — like texting or eating — distracts you and increases your chance of crashing. In Maryland, there is a handheld ban for drivers of all ages (Primary law); a ban on all cell phone use (handheld and hands-free) for novice drivers (Secondary law); and a ban on texting for drivers of all ages (Primary law)
- Preventing slips, trips, and falls: One in 3 older adults falls each year. Many falls are often due to hazards that are easy to overlook but easy to fix.
- First aid and emergency preparedness: Write down the poison control number (1-800-222-1222) and keep it next to your home phone and add it to your cell phone, too. Also, consider learning first aid. Sign up for a local first aid class with a family member or friend.

MedChi President, Dr. Brooke Buckley, states “everyone can get involved in reducing the risk of injuries. Together, we can share information about steps people can take to protect themselves and others.”

For more information, visit www.medchi.org.

About MedChi

MedChi, The Maryland State Medical Society, is a non-profit membership association of Maryland physicians. Formed in 1799, it is still the largest physician organization in Maryland today. The mission of MedChi is to serve as Maryland's foremost advocate and resource for physicians, their patients and the public health of Maryland. For more information, please visit www.medchi.org.