

- Cardiovascular disease (CVD) is the **#1 CAUSE OF DEATH** worldwide
- Every year, heart disease **KILLS OVER 17 MILLION PEOPLE**
- **EVERY 38 SECONDS, SOMEONE DIES FROM CVD** according to the American Heart Association

<https://nationaltoday.com/national-heart-healthy-month/>

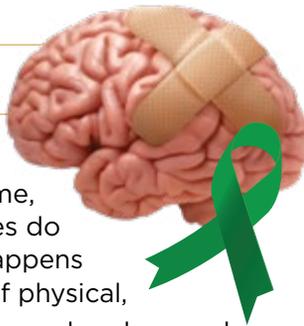
MARCH IS

## BRAIN INJURY

AWARENESS MONTH

“A brain injury can happen anytime, anywhere to anyone. Brain Injuries do not discriminate. An injury that happens in an instant can bring a lifetime of physical, cognitive and behavior challenges and early, equal adequate access to care will greatly increase overall quality of life. Tennessee has approximately 6,000 individuals hospitalized each year from a traumatic brain injury. These numbers do not include those who are treated and released from the emergency room and do not include acquired brain injuries from strokes, tumors, brain bleeds, or other causes.”

Check out <https://www.cabiattn.org/> for more information about Chattanooga's local Brain Injury Association.



## Spreading Holiday Cheer!

Adult and Pediatric Trauma Services helped spread Christmas Cheer over the holiday season by participating in the *Parade of Presents* at Children's Hospital. This parade provides gifts and happy Christmas memories to children spending time in the hospital during the holiday season.



Pictured left to right: Renee Mills, Dr. Robert Jean, Stephanie Spain, Lindsay Smith, Emily Parker, Regena Young, and Adrienne Chamberland

## UPCOMING EVENTS



- ▶ ATCN/ATLS: APRIL 20-21 & JUNE 22-23
- ▶ TNCC: FEB 9-10 | MARCH 22-23 | APRIL 12-13 | May 4-5

QUESTIONS? Email us at [trauma.services@erlanger.org](mailto:trauma.services@erlanger.org)



Don't miss out on Erlanger Health System's annual **Trauma Symposium on May 19, 2023**. This *virtual conference* will feature lectures, demonstrations, case scenarios, and Q&A session. Erlanger Trauma Services strives to bring the brightest and most talented presenters to discuss relevant trauma and critical care topics for all levels of providers.



## NATIONAL BURN AWARENESS WEEK

FEBRUARY 5-11, 2023

*Hot Liquids Burn Like Fire! – Focus in 2023*

According to SafeKids Worldwide and the American Burn Association follow these tips to help prevent burns and scalds in the kitchen:

- Place objects so that they cannot be pulled down or knocked over.
- Turn pot handles away from the stove's edge and cook on the back burner.
- Use dry oven mitts or potholders. Hot cookware can heat moisture in a potholder or hot pad, resulting in a scald burn.
- Wear short, close-fitting or tightly rolled sleeves when cooking.
- Have a "kid-free zone" of at least 3 feet around the stove.
- Teach older children to cook safely.
- Avoid using microwaves to heat milk or formula.