

Mayo Clinic Minute

Safety tips to keep you out of the emergency department this winter

Video	Audio
	The winter months can keep emergency departments busy.
	"Shoveling is a big one. We see a lot of patients in the ER."
	Emergency medicine physician Dr. Sue Cullinan says to avoid a trip to the ER, it's best to push snow instead of hoisting and dumping it, which can be a big workout on your heart.
Sue Cullinan, M.D. Emergency Medicine Mayo Clinic	"If you start shoveling, and you start having chest pain or shortness of breath, you should put that shovel down and rest, and go in and be checked if it's chest pain."
	Another winter emergency that sends more than 20,000 people to the ER each year is carbon monoxide poisoning.
	"We'll see people with symptoms that are mild, often headaches and they're nauseated. They're a little confused at times, and it kind of depends on the level of their carbon monoxide poisoning."
	Dr. Cullinan says it can be serious, even deadly, so making sure you have working detectors is key to protecting you and your family from the colorless, odorless gas.
	But the most common injury that emergency departments see in the winter is falls.
	"We have wrist injuries, hip injuries. One of the areas where we see falls is people getting out of cars."
	For the Mayo Clinic News Network, I'm Jason Howland.