



Sports Medicine Institute

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To whom it may concern:

My name is Erica Gaertner and I am writing in support of the helmet bill for minors riding on public land. As a primary care sports medicine doctor who specializes in concussion, I have seen many head injuries. Helmets play a huge role in preventing head injuries to a degree, and if a head injury does occur while wearing a helmet, it is usually less severe because of the helmet. The consequences of head injuries can be permanent, debilitating and sometimes life threatening. We have a way to reduce some of this risk, and that is by wearing a helmet. Thank you for your time.

Sincerely,

Erica Gaertner MD
Primary Care Sports Medicine
LifeBridge Health Sports Medicine Institute
Team Physician Loyola University Maryland
Medical Director National Steeplechase Association