

UPAOMSI Run for awareness

Association of Oral and Maxillofacial Surgeons of India has completed its 50 years this year. As a part of celebration of these years, a nationwide awareness of the specialty is being run.

UP state branch of the Association of Oral and Maxillofacial Surgeons of India, today gathered at 1090 crossing and ran for creating awareness among the society on prevention of road side accidents, as it is this specialty that deals with the management of facial fractures.

The torch bearer, Prof Divya Mehrotra, President UPAOMSI along with Prof Shadab Mohammad, Dean, Faculty of Dental Sciences, Prof RK Singh, Past President UPAOMSI and Prof Gaurav Singh, President elect UPAOMSI and Prof Hemant Gupta, Secretary UPAOMSI along with many members ran along the marine drive at Gomtinagar early morning on 23rd Dec, 2018 which also happens to be the Rahgiri day.

Such accidents and such injuries are preventable. Data shows that one serious road accident in the country occurs every minute and 16 die on Indian roads every hour. 20 children under the age of 14 die every day due to road crashes in the country. In Uttar Pradesh State maximum number of road crash deaths occur with two deaths every hour.

Precautions to be taken for safe driving include

- Wear helmets: choose full face helmet that perfectly fits your head, should be ISI marked. Both over sized and under sized helmets are risky. While tight helmets will make it difficult for you to drive, putting a pressure on your neck, over sized helmets will move freely and they might slip down and cover your eyes which can be dangerous during a ride. The helmet should be perfectly secured using straps.
- ALWAYS wear your safety belt. ...
- Focus on the **road** and the vehicles moving along, you should be doing just that and nothing else., don't get distracted while driving
- Dont drink and drive. ...
- Follow speed limits. ...
- Follow the rules of the **road**. ...
- Don't involve yourself on your cell phone. ...
- Don't change CD's. while driving ...