Drexel Club Sports Team Leaders

We as athletic trainers are always trying to educate our athletes to be safe and healthy, as your safety is our number one priority! That being said, we would like to send out newsletters with tips, safety guidelines, injury prevention strategies, and anything else we think you may need to know. Our only request is that you look at the material and PLEASE pass the information to your respected teams.

Going into winter break, we wanted to discuss some important issues with you:

-New studies reveal that mixing the common over the counter drug, acetaminophen (Tylenol), and alcohol can cause serious health risks.

http://www.medicalnewstoday.com/articles/268222.php

Please never mix alcohol and Tylenol, even the day after drinking. Alcohol remains in your system, and forces the body to “heal” itself at an accelerated rate. The addition of Tylenol causes the bodies main organs to work into exhaustion, causing organ failure.

-Despite the reduced temperature, you are still at risk for dehydration! Continue to drink at least 8 cups of water a day (depending on physical activity).

-Any person with an unresolved injury, please come see us BEFORE the start of your season!

Have a safe and happy holiday break and if you have any questions please let us know! See you next term!