



Good afternoon Chair Dembrow and members of the committee, thank you for the opportunity to provide testimony on SB 643.

- My Name is Shawna Wellman, address 14628 SE 130th Drive, Clackamas, OR 97015.
- I represent my Family including my Father, Robert Birge, two sons and myself.
- My Family is here in support of Senate Bill 643 in memory of my Mother, Sharon Birge.

OUR STORY: On July 6, 2015 our family (including my two young boys who were 8 and 6 at the time) took a commercial rafting trip down the Deschutes River in Maupin. My Mom had purchased this trip on Groupon as a fun family outing to do with her husband, daughter and grandkids. You can still find this item on Groupon selling “a 3-hour trip designed to be an excellent introduction to river rafting”. They state that the guides provide all of the necessary supplies, including life jackets, oars, paddles, dry bags, frames and ropes.” Tragically, for our family there was one item that was missing from the excursion. **HELMETS!!!** We were going through a class 3 rapid when our boat tipped sideways. My Mom Sharon Birge was forcefully thrown into the raft and hit her head. Sharon suffered severe brain trauma from this incident and was taken to Mid-Columbia Medical center in The Dalles via ambulance. She was quickly evaluated and they found swelling and bleeding on the brain. She was then categorized as a trauma patient and life-flighted to OHSU. She was in a coma during her entire hospitalization and died 10 days later.

My Mom was in the care of Dr. Tucker at OHSU during her hospitalization. Unfortunately, Dr. Tucker is not able to be here today. She has provided a statement that has been attached to my testimony. Dr. Tucker felt strongly that a helmet would have saved Sharon’s life. Sharon was scheduled to retire a few weeks after this excursion. She was employed for 42 years at Boeing Portland and her motto was always SAFETY FIRST! All 5 of us would have been wearing helmets if they were available that day.

COST OF INJURIES – (Aside from loss of life) the financial cost of this trauma was over \$300,000 in medical bills at OHSU alone. This does not include the cost of ambulance transport, CT scans and care at Mid-Columbia Medical or Life-flight from The Dalles to OHSU. With this money, over 6,000 helmets could have been purchased.

CURRENT SITUATION- Helmets are required for riding bikes and scooters for all kids under the age of 18. Zip line companies require helmets for participation. In many cases helmets are not being offered as an option by commercial rafting companies in the state of Oregon.

WHAT ARE WE ASKING? That all commercial rafting companies have helmets available to all participants. That persons 17 years of age or younger who are on a commercial rafting excursion with class III rapids or higher are required to wear a helmet.

WHO WILL REGULATE? Suggested agencies would be the State Marine Board, Oregon State Police and County Sheriffs, who are already regulating life vests and other safety items on the rivers.

Thank you for the opportunity to testify before you today on SB 643.

HELMET PROTECTION: BRAIN INJURY IN WATER SPORTS

At the intersection of medicine and sports there has been a swell of interest in recent years in sports-related concussion; it's immediate and long term effects. Traumatic Brain Injury (TBI) results in 2.2 million Emergency Department visits per year in the United States and more than 5 million Americans live today with the consequences of TBI.

The financial cost-direct and indirect-is more than \$76 billion in the U.S. but the personal and professional cost is staggering. Survivors of TBI, whether mild or severe, endure cognitive, behavioral and communication disabilities that can be lifelong.-

The percentage of persons who suffer a severe TBI (Glasgow Coma Scale < 8) who return to normal, pre-injury full functioning is.....zero.

Helmets worn in high impact sports, as well as vehicular crashes, save lives and brains. Data from the National Trauma Bank indicate that wearing a helmet in motorcycle crashes reduces the incidence of TBI overall by 65% and death by 37%.

The human brain floats in a sea of cerebral spinal fluid, suspended, and protected from impact by an outer hard skull. However, when exposed to blunt trauma or deceleration injury, the gelatinous brain forcefully strikes the inert hard skull. Shear injury, contusion, and frank hemorrhage can occur. Latent, secondary cerebral injury occurs from the brain's response to this trauma: swelling, inflammation and release of neurotoxins.

The extent of this injury can be more profound in the young, as-yet developing brain which is not fully myelinated, and thus helmet protection of our young athletes is paramount.

Most of public interest in sports-induced TBI has been focused on football, ice hockey and soccer. But there has been a substantial increase in sports-related head injury in water sports. 28,716 head injuries due to water sports were treated in US Emergency Departments in 2009, and the number is growing.

Helmets dissipate and distribute the energy a brain suffers from traumatic impact; providing an outward hard shell and an inner cushion to protect the brain from deformation as it crashes into the skull from outward impact.

Tubing, rafting and white water sports all carry an inherent risk of head injury: the head striking the water in a fall, rocks or branches in the river or unexpected accidents such as the head striking a paddle or firm side of the raft when negotiating rapids.

It is my recommendation as a Neuroscientist with expertise in the care of patients with traumatic brain injury that all participants in water sports that include a risk of sudden head trauma wear a protective helmet.

This recommendation is especially poignant for the young brain; the brain that is particularly vulnerable at a time when it is still developing and the future of its neurons and their connections are as yet unknown.

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