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National Safety Month

As we head into the summer months we will see more people outside walking. Pedestrian safety is a concern for everyone. People are walking with family to include children, friends and coworkers. In 2019, it was reported that an estimated 7,668 pedestrians died in traffic and non-traffic incidents, with 6,205 being killed in traffic crashes on public roads, according to Injury Facts. This equated to 17% of all traffic deaths in 2019. 20% of those deaths were of the age group of 45-75 years old.

As pedestrians we should follow these tips:

1. Walk on the sidewalk; if no sidewalk is available, walk facing traffic
2. Follow the rules of the road, obey all traffic signs and signals
3. Cross streets at crosswalks
4. If no crosswalks are available and your view is blocked, move to a place where you can see oncoming traffic.
5. Look left, right and left again before crossing the street, making eye contact with drivers of oncoming vehicles to make sure they see you
6. Stay alert – avoid cell phone use and wearing earbuds
7. Avoid alcohol and drug impairment when walking
8. Wear bright and/or reflective clothing, and use a flashlight at night
9. Watch for cars entering or exiting driveways or backing up in [parking lots](#)
10. Children younger than 10 should cross the street with an adult

<https://www.nsc.org/community-safety/safety-topics/distracted-walking/pedestrian-safety-home>

As more individuals go outside for fresh air and walk, ride bikes, or even run they are more distracted than ever talking on their phones or playing video games on their phones and not paying attention to where they are going. Distracted walking is everywhere and no one is immune.

Our loss of focus on our surroundings makes it easier for accidents and injuries to occur. The simple solution is to stop using our cell phones while walking. The injuries are taking place in our home environments as well due to distracted walking.



<https://www.nsc.org/community-safety/safety-topics/distracted-walking/pedestrian-safety-home>

When we are driving we must be aware of our surroundings as well and be on the lookout for pedestrians. We want to keep pedestrians of all ages safe. As drivers we can do the following to ensure the safety of pedestrians:

1. Obey all traffic laws, especially posted speed limits in school zones
2. Watch for pedestrians at all times and be extra cautious when backing up
3. Yield to pedestrians at crosswalks, making eye contact to indicate that you see them
4. Never pass vehicles stopped at crosswalks
5. Stay alert – [avoid distracted driving](#)
6. Do not drive under the influence of alcohol and/or drugs

Above videos provided by National Highway Traffic Safety Administration

There are resources available so you can check out the safety of your own neighborhoods.

Walkability Checklist – How safe for walking is your neighborhood?

<https://www.nhtsa.gov/sites/nhtsa.gov/files/walkingchecklist.pdf>

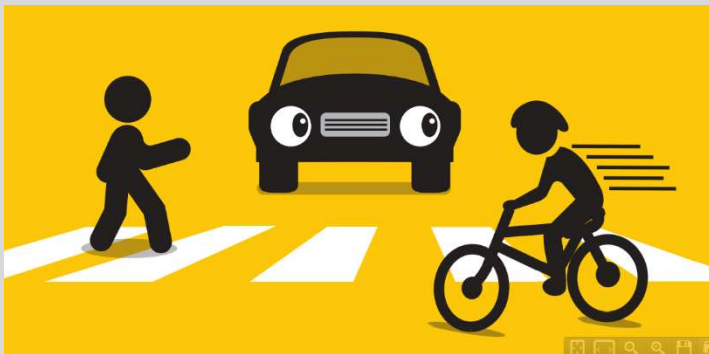
Sharing the Road:

<https://www.nsc.org/home-safety/seasonal-safety/back-to-school/drivers>

Stepping out as an older adult:

<https://www.nhtsa.gov/pedestrian-safety/stepping-out-older-adult-be-healthy-walk-safely>

Resource: National Safety Council or <https://www.nsc.org/community-safety>



QPIC Corner

Community, employer, & Insurance Mental Health Resources:

1. Employer EAP Programs typically have 3 or more Free counseling sessions per topic. Check with your employer today
2. Aetna's AbleTo program – Virtual or telephonic 8 week programs: Call 1.844.330.3648, Caregiving stress, grief & loss, depression, anxiety, or panic and more.
3. TeleDoc – virtual or telephonic sessions
4. Bexar County : S.M.A.R.T – Mental Health Emergency (If you are experiencing a mental health emergency and SMART to come to your location as soon as possible, call 9-1-1 for a specialized response team. – Specialized Multidisciplinary Alternate Response Team. <https://www.bexar.org/3447/SMART-for-Mental-Health>
5. If you are in crisis, call 210.223.7233.
6. Bexar County Health Resources Directory: <https://www.bexar.org/DocumentCenter/View/29123/2022-Behavioral-Health-Resource-Directory?bidId>
7. <https://www.bexar.org/192/Department-of-Behavioral-Health>
8. If you or someone you know needs mental health services, contact 210.261.1250 for an appointment at the Center for Health Care Services

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Healthy Summer Recipe

<https://www.delish.com/cooking/recipe-ideas/recipes/a53158/california-grilled-chicken-recipe/>

By: Delish US

California Grilled Chicken

20 min Pre & 20 min cook, Total Time: 40 minutes, 4 Servings

Ingredients:

¾ c balsamic vinegar
1 tsp garlic powder
2 tbsp. honey
2 tbsp. extra-virgin olive oil
2 tsp Italian seasoning
Kosher salt
Freshly ground black pepper
4 boneless skinless chicken breasts
4 slices mozzarella
4 slices avocado
4 slices tomato
2 tbsp. freshly sliced basil, for garnish
Balsamic glaze, for drizzling



Directions:

1. In a small bowl, whisk together balsamic vinegar, garlic powder, honey, oil, and Italian seasoning and season with salt and pepper. Pour over chicken and marinate for 20 minutes.
2. When ready to grill, heat grill to medium-high. Oil grates and grill chicken until charred and cooked through, 8 minutes per side.
3. Top chicken with mozzarella, avocado, and tomato and cover grill to melt, 2 minutes.
4. Garnish with basil and drizzle with balsamic glaze.

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