

north shore news

Head injury prompts regret and advice for skateboarder

Paul A. Dukes / North Shore News

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North Vancouver - Dear Editor: I was walking up Lonsdale the other day, a young man on a skateboard passed me by heading down at a great rate of speed. This concerned me because he was not wearing a helmet or any other protective gear. Some years back, while not wearing a helmet, I had a very serious bicycle accident that resulted in my receiving head trauma. Subsequently I acquired a terrible condition called Menieres disease which altered my life dramatically. This disorder severely affected my balance and hearing systems resulting in a loss of career, musicianship, relationships and the ability to communicate effectively. I deeply regret the poor choice I made to not wear a helmet. It has taken me many years to recover the ability to walk reasonably well and to again engage in fitness pursuits. I encourage anyone reading this article that participates in activities such as skateboarding or any other activity whereby head injury could occur, to wear a helmet and not suffer the losses the way I had to.

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