Cycling wisely

Like any means of transport, cycling is not one hundred percent accident-free. We asked Dr. Norbert Wiegand, professor and director of the Department of Traumatology and Hand Surgery at the Clinical Centre of the University of Pécs, about common injuries and what he recommends to avoid them.

"Cycling accidents are common, although seasonal, as people usually cycle in good weather. Unfortunately, in a city as big as Pécs, there is a cycling accident every day, but fortunately most of them are minor injuries. According to last year's national statistics, only 1 percent of accidents were very serious, but 5-10 percent recovered within 8 days. The latter are more common in big cities and usually involve broken bones. In smaller towns and cities there are obviously fewer cyclists, but car traffic is also generally lighter.

Motorcyclists are required to wear helmets - unfortunately, cyclists do not. Yet cyclists should be aware that their head is their most valuable asset, and that injury to it can be fatal. Wearing a cycling helmet is very important!