NONSURGICAL ORTHOPEDICS — KEY WEST CONCIERGE ORTHOPEDICS

How to Avoid Fishing Injuries - Dr. Jason Pirozzolo's Tips

Fishing and Health: Tips for Staying Healthy (Even When the Fish Aren't Biting)

Fishing is a popular pastime for many, offering both relaxation and the thrill of reeling in a big catch. However, spending time on the water isn't without risks. According to **Dr. Jason Pirozzolo**, a board-certified physician and avid outdoorsman, understanding the potential dangers is essential to having a safe and enjoyable fishing experience. "Fishing can be incredibly rewarding, but like any outdoor activity, it comes with health risks," says **Dr. Pirozzolo**. "Taking the right precautions can prevent a lot of common injuries."

One of the most frequent issues anglers face involves **cuts** and **lacerations** from handling sharp tools like **hooks** and **knives**. Dr. Pirozzolo recommends always using **protective gloves** and carefully storing tools when not in use. Cleaning and disinfecting any wounds immediately can help prevent **infection**.

Strains and **sprains** are another common problem, often caused by **casting**, **reeling**, or **lifting heavy fish**. Overexertion can lead to **muscle injuries**, especially for those who aren't used to the repetitive motions involved in fishing. Dr. Pirozzolo advises using proper **technique**, taking frequent breaks, and warming up beforehand to reduce the risk.

Spending hours under the sun increases the likelihood of **sunburn**, which can lead to long-term **skin damage**. Dr. Pirozzolo stresses the importance of wearing **sunscreen** with a high SPF and reapplying it throughout the day. Adding a **wide-brimmed hat** and **UV-protective clothing** can provide additional layers of protection.

Fishing in cooler climates or during early morning hours can expose anglers to **cold**, **wet conditions** that may result in **hypothermia**. Even in warm regions, unexpected weather changes can lower body temperature quickly. Dressing in **layers** and using **waterproof outerwear** can help maintain warmth. If clothing becomes wet, Dr. Pirozzolo recommends changing into **dry clothes** as soon as possible to avoid prolonged exposure.

Perhaps the most serious risk when fishing is **drowning**. Being near or on the water requires constant vigilance. Dr. Pirozzolo strongly emphasizes the importance of wearing a **life jacket**. "Even experienced swimmers should wear a life jacket when fishing from a boat," he says. He also recommends ensuring boats are equipped with **safety gear** and avoiding fishing alone, especially in remote areas.

Staying safe while fishing involves more than just physical precautions. Dr. Pirozzolo suggests staying **hydrated**, as long hours in the sun can lead to **dehydration**. He also advises carrying a basic **first-aid kit**, which should include **bandages**, **antiseptics**, and **pain relievers**. Keeping an eye on **weather conditions** is equally important, as sudden changes can pose additional risks.

Fishing offers a great opportunity to unwind and connect with **nature**, but safety should always come first. Dr. Pirozzolo concludes, "With a little preparation and the right mindset, you can enjoy a safe and healthy fishing experience. It's all about being aware of your surroundings and taking care of your body."

For more expert advice on **outdoor safety** and **health**, follow **Dr. Jason Pirozzolo** for future articles filled with practical tips and medical insights.