



Healthy News



Summer 2011

**The Newsletter of the Health Cabinet
First Baptist Church - Worcester**

Editors Corner

Summertime, summertime, sun fun summertime...like the song says, it is a time for fun in the great outdoors. We've waited all year for t-shirt, flip flop weather...cooking on the bar-b-que, heading to Six Flags and water parks, boating, swimming, sports, adventures, gardening, and resting in the sun. But all of these activities require some preparation and safety planning. Even gardening has some risks...ever mistake poison ivy for harmless greenery? Or pet your dog after he's had a romp in the poison ivy? Different age groups are subject to different risks; children's skin is more fragile than adults for example.

In this edition of Healthy News we discuss a wide range of topics from water safety to avoiding pesky critter bites and a whole lot more! For starters...what is health?

The Health Cabinet continues to work on exciting ideas for the 2011-2012 church year coming up. From adult forums discussing important and topical issues of interest to our church family, to flu shots (autumn is fast upon us...look for sign up announcements), and a lot more! And we've got lots of opportunities for you to join in the programs and projects we're developing for the health and well-being of our FBC Family.

As a reminder, because we want to keep you "in the pink" we will be printing "Healthy News" on pink paper and placing copies in strategic locations about the church, including the main office and the Health Cabinet information area near the Roy Room. There you can obtain a variety of literature and handouts covering a wide array of health related issues.

In an effort to "Go Green" Healthy News is also available on the FBC website. You can read it online or download it. Save trees... read it online!

As always we welcome your ideas for articles or information about upcoming health related events that might be of interest to the Congregation. You can put a note in the Health Cabinet mail box in the main office of the church or email me at fbhealthcabinet@gmail.com

From all of us at the FBC Health Cabinet, wishing you God's blessings and good health.

Robin McFee, Editor

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UPDATE – HEALTH CABINET

Your FBC Health Cabinet Team has been busy this year...here's a snapshot of our efforts so far....

1. Working in collaboration with Buildings and Grounds, to make things safer and easier for our members, especially with disabilities, we were able to:
 - a. Move the handicap parking from the narthex to the main office entrance...this reduced falls and risks of injury to our church family
 - b. Change the faucets in the handicapped bathrooms near the main entrance to make them more user friendly for people living with disabilities
2. Updated the first aid kits which are located in the main office, upstairs and downstairs kitchen
3. Provided Adult Forums
 - a. Yoga – with workshops
 - b. Pain Management
 - c. Story Telling
4. Provided nearly 100 flu shots (check the newsletter for updates when we'll be offering the 2011 – 2012 flu shots this autumn)

We have more adult forums and other plans for the church family in 2011.....stay tuned!

SUMMER EATING IDEAS

- Instead of colas and other high calorie sodas, use club soda with a splash of orange juice or cranberry juice...less calories, more vitamins, and still refreshing!
- Snack on fruit and nuts, instead of chips. Watermelon is refreshing & low calorie

COLD PEACH SOUP - Recipe provided by Anne Goff

Ingredients:

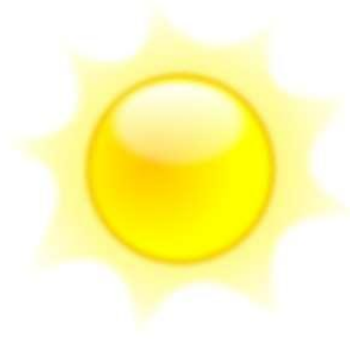
5 ripe peaches, ¼ cup sugar, 1 cup vanilla yogurt (or plain if you prefer), ¼ cup lemon juice, 2 TBS orange juice concentrate and 1 TBS or more cooking sherry to taste (optional)

Directions:

Blend peaches and sugar together, then blend in each additional ingredient. Refrigerate and serve cold. Garnish with slice of orange, lime or sprig of mint. Beautiful & delicious

SUN PROTECTION

Top Three Suggestions for Kids



1. Cover up

On days out, put kids in T-shirts and wide-brimmed hats. At the beach or pool, take along a spare T-shirt in case the first one gets wet, because wet fabric lets through more ultraviolet (UV) rays.

2. Make sure children wear hats

Wide-brimmed hats cut out around 50% of UV radiation to the eyes*, face and neck. It's a good idea to get babies and young children used to wearing a hat - they'll be less likely to resist when they're older.

3. Use plenty of factor 15+ sunscreen

Go for the highest SPF you can find and make sure it's at least 15+ and preferably 30+. Put the sunscreen on 15-30 minutes BEFORE kids go outside, because it doesn't work immediately.

*Oh and speaking about eyes, purchase sunglasses that have UV protection. Most good quality 'shades' will have labels or stickers identifying if they provide such protection.

SKIN CANCER

Skin cancer is the most common of all types of cancers. It is estimated that more than one million new cases of skin cancer will be diagnosed in the U.S. this year, surpassing all other cancers combined. Among skin cancers, melanoma is the most serious and deadly. About 75 percent of all skin cancer deaths are from melanoma.

Melanoma is characterized by the uncontrolled and disorganized growth of pigment-producing skin cells called melanocytes. Melanomas may develop from or near a mole, or may appear suddenly without warning. They occur most frequently on the upper backs of men and women, or on the legs of women. However, they can be found anywhere on the body.

While modern medical advances have facilitated the treatment of melanoma, the overall incidence of melanoma, on the contrary, has been rising at an alarming rate. At the current pace, one in 34 Americans has a lifetime risk of developing invasive or non-invasive melanoma, a startling 2,000 percent increase from 1930.

Melanoma is highly curable when detected early. The five-year survival rate for those whose melanoma is detected and treated before it spreads is 99 percent. However, if undiagnosed, it may spread to internal organs and may result in death.

Excessive exposure to the ultraviolet radiation of the sun is the single most important preventable cause of melanoma. To reduce the risk of melanoma, limit sun exposure between 10 a.m. and 4 p.m., when the UV level is most intense and damaging.

Dermatologists recommend applying a broad-spectrum sunscreen with a sun protection factor (SPF) of 15 or higher, with frequent re-applications at least every two hours, when engaging in outdoor activities such as swimming, sports or gardening. It is also important not to use sunscreen as a means to prolong the time spent in intense sunlight. Seeking shades or covering up with hats, sunglasses, and long-sleeved clothing is recommended whenever possible.

When trying a new sunscreen, before heading on vacation, try a small amount to make certain you don't have an adverse reaction to the cream.

Children need to be protected from overexposure to the sun as well. It has been found that excessive sun exposure in the first 10 to 18 years of life increases the chances of developing melanoma later in life. Be careful about applying sunscreen near the eyes.

In addition to increased risks for skin cancer, long-term overexposure to sunlight can also cause freckles, age spots, wrinkles as well as changes in texture and premature aging of skin.

In addition to sunscreen, there are also sunscreen swimsuits and outdoor wear that are increasingly available at sporting goods stores.

FLIP FLOPS AND SUMMER FOOTWARE SAFETY

(Article suggested by Lyn Stevens)



(CBS) Summer is primetime for "flip-flops" Dr. Mallika Marshall went through the dangers from wearing them, and had some do's and don'ts for wearers of the cool, comfy footwear.

Flip-flops aren't just for the beach anymore. You now see them all over - and on men as well as women.

But Marshall says they don't come without

a possible price to the well-being of your feet.

The growing use of the thin-soled, rubber slippers increases chances of serious foot problems, from damage from dropped objects and stubbed toes, to ankle and insole woes caused by their lack of support.

According to Marshall...Preliminary research from Auburn University shows that the thin soles and the need to grasp the shoes onto our feet force us to walk differently, and could cause problems with legs, knees, hips and backs.

The lack of support offered by flip-flops can cause problems with arches and heels.

Their lack of protection means toes can be badly injured if someone steps on them, or drops something on your foot.

And now, some doctors are warning of a new danger - skin cancer, as the sun suddenly hits an area that's usually well-covered.

Falling Objects

When you wear flip-flops, your toes and feet are exposed, making them susceptible to falling objects or people stepping on your toes. Doctors are seeing more nail injuries and broken or bruised toes, which wouldn't happen if you covered the front of your feet.

Thin Soles

Flip-flops don't offer much in the way of support: no arch support, no heel cushioning, and no shock absorption. That can cause foot pain, tendonitis, and even sprained ankles if you trip.

Thong Effect

The Auburn study indicates that the thongs in the middle mean you have to grip the shoe to keep it on. The thong can actually rub against the skin and causes ulcerations and sores. Also, when you have a toe thong, you tend to grip the shoe with your toes to try and keep it on. That alters your gait and puts strain on muscles you don't normally use when you walk in regular shoes.

Also, a recent study found that men and women who wear flip-flops actually strike the ground with less force than when they wear sneakers, again altering the way you walk and causing you to take shorter steps, which may account for why people who wear them for extended periods experience lower leg pain and have more heel problems, such as heel spurs (little bony growths on the heel) and plantar strain (inflammation of the sheet of tissue covering the bottoms of the feet).

Flip Flops And Skin Cancer

Your foot skin is exposed to the sun with flip-flops and people often forget to put sunscreen on their feet. Skin cancer on the feet can be really dangerous because the spots are easier to miss, especially if they're between the toes.

People More Prone To Problems

Anyone with existing foot injuries shouldn't wear flip-flops. People with diabetes, who are at higher risk of infection and toe injury, shouldn't wear them. And anyone who's significantly overweight needs more support in their shoes, because they tend to put more stress on their feet, ankles and lower back.

Ankle sprains

Can be a danger of wearing flip flops because of the lack of ankle support. Combine this with the tendency of the foot to pronate or turn inward with each step and you have a recipe for a nasty ankle injury when you step off a curb too quickly.

Decreasing the Dangers

Use sun block and check your feet for any suspicious moles.

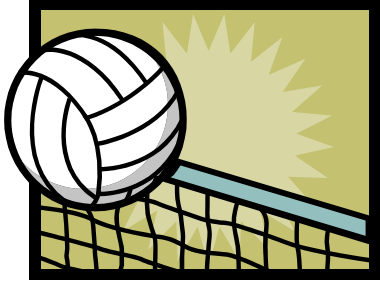
Don't walk long distances in your flip-flops - they're really made for walking along the beach or by the pool or if you get into a public shower, not for long strolls.

And choose flip-flops with thick soles, which will provide more cushion for your feet and protect you from sharp objects you might encounter on the street.

So, enjoy your flip-flops, but just not all the time and without giving them any thought!

If you're concerned about the dangers of wearing flip flops, buy a high quality pair and keep them for days on the beach. They're not for every day wear if you value the health of your feet.

When in doubt, **go to a store that specializes in athletic & recreational footwear.** You will likely find knowledgeable salespeople who will suggest the most appropriate footwear for your planned activities. Making the right shoe decision can enhance your safety & sporting pleasure. If at all possible, don't scrimp on your shoes...or your feet, especially if you are starting a new fitness plan like walking or running. **Proper footwear prevents injuries.**



Volleyball at Trinity Lutheran:

Don't forget you can still join other FBC members and have a great time Monday evenings playing *indoor* volleyball.

Great fun/Great exercise – join in the fun.

For info contact Anne Goff or Dave Johnson at church or the church office.

WHAT IS HEALTH?

You may have noticed that the Health Cabinet offers Adult Forums and topics in Healthy News that go beyond the “traditional” medical approach to health. Over the years there has been a deeper appreciation of the various components and influencers of “health” – an approach that has been promoted by the World Health Organization.

Health is a positive state of being influenced by, interconnected with and dependent upon the following:

1. Medical – the physical...how is the body doing?
2. Environmental – where you spend much or most of your time and the impact of home, neighborhood, work surroundings...positive and criminal influencers as well as the more traditional sense of “environment” such as mold, cold or polluted
- Social – the spheres of influence you are involved in (First Baptist is one such sphere of influence).
3. Financial – increasingly recognized as an important influence on well being or poor health
4. Emotional – related to psychological and social, it is part of the coping process component
5. Psychological – the mental component to health
6. Spiritual – the most challenging of the 6 to characterize and quantify. As Christians and members of the FBC family we come to church for many reasons, including enhancing our spiritual well being. But what exactly does that mean? And how can we improve our spiritual health?

The Health Cabinet will be sponsoring an Adult Forum in October on these components of health, with special emphasis on “spiritual health” – a few weeks prior to the adult forum we will provide a hand out that may help spark some thoughts, and a “Spiritual Health Check Up” form.



Source: KidsHealth.org

Water Safety

Pools, lakes, ponds, and beaches mean summer fun and cool relief from hot weather. But water also can be dangerous for kids if you don't take the proper precautions. Nearly 1,000 kids die each year by drowning. And most drownings occur in home swimming pools.

The good news is there are many ways to keep your kids safe in the water and make sure that they take the right precautions when they're on their own.

Keeping Kids Safe

Kids need constant supervision around water — whether the water is in a bathtub, a wading pool, an ornamental fish pond, a swimming pool, a spa, the beach, or a lake.

Young children are especially vulnerable — they can drown in less than 2 inches (6 centimeters) of water. That means drowning can happen where you'd least expect it — the sink, the toilet bowl, fountains, buckets, inflatable pools, or small bodies of standing water around your home, such as ditches filled with rain water. Always watch children closely when they're in or near any water.

It's a good idea to learn to swim, and kids older than 4 years should learn to swim, too (check the local recreation center for classes taught by qualified instructors). Younger children older than age 1 also may benefit from swimming lessons, but check with your doctor first. And don't assume that a child who knows how to swim isn't at risk for drowning. All kids need to be supervised in the water, no matter what their swimming skill levels. And infants, toddlers, and weak swimmers should have an adult swimmer within

arm's reach to provide "touch supervision."

Invest in proper-fitting, Coast Guard-approved flotation devices (life vests) and use them whenever a child is near water. Check the weight and size recommendations on the label, then have your child try it on to make sure it fits snugly. For kids younger than 5 years old, choose a vest with a strap between the legs and head support — the collar will keep the child's head up and face out of the water. Inflatable vests and arm devices such as water wings are not effective protection against drowning.

At Home and at the Pool

Water safety precautions start in the home.

The bathroom is full of dangers for youngsters. Never leave a young child unattended in the bathroom, especially while bathing — even if the child appears to be well propped in a safety tub or bath ring. Put away all hair dryers and other electrical appliances to avoid the risk of electrocution.

Hot water can also be dangerous, particularly for kids who are younger than the age of 5. Young children have thinner skin than older kids and adults, which means they burn more easily. Just 3 seconds of exposure to hot tap water that's 140° Fahrenheit (60° Celsius) can give a child a third-degree burn.

You can reduce the risk of scalding by turning the water heater thermostat in your home down to 120° Fahrenheit (49° Celsius) and by always testing the water with your wrist or elbow before placing your child in the bath.

Outside the home, your awareness can go a long way in preventing accidents. Find out where the water hazards in your neighborhood are. Who has a pool or water spa? Where are the retaining ponds or creeks that may attract kids? Make neighbors who have pools aware that you have a young child and ask them to keep their gates locked.

Having a Pool at Home

Having a pool, pond, spa, or hot tub on your property is a tremendous responsibility when it comes to safety issues.

Hot tubs may feel great to adults, but kids can become dangerously overheated in them and can even drown — so it's best not to let them use them at all. Having a fence (one that goes directly around the pool or spa) between the water and your house is the best safety investment you can make. This could go

a long way toward preventing pool-related drownings.

According to the Consumer Product Safety Commission (CPSC), fences should meet the following rules:

Fences should stand at least 4 feet (130 centimeters) high with no foot or handrails for kids to climb on.

The slats should be less than 4 inches (110 millimeters) apart so a child can't get through, or if chain link, should have no opening larger than 1¾ inches (50 millimeters).

Gates should be self-closing and self-latching, and the latch should be out of kids' reach.

You can buy other devices, such as pool covers and alarms, but the American Academy of Pediatrics (AAP) says that they have not proved effective against drowning for very young children. The AAP strongly supports fencing as the best measure of protection.

Making Kids Water Wise

It's important to teach your kids proper pool and spa behavior, and to make sure that you take the right precautions, too.

Kids shouldn't run or push around the pool and should never dive in areas that are not marked for diving. If the weather turns bad (especially if there's lightning), they should get out of the pool immediately. Let them know, too, that they should contact the lifeguard or an adult if there's an emergency.

Above all, supervise your kids at all times. Don't assume that just because your child took swimming lessons or is using a flotation device such as an inner tube or inflatable raft that there is no drowning risk. If you're at a party, it's especially easy to become distracted, so designate an adult who will be responsible for watching the children. If you leave your child with a babysitter, make sure he or she knows your rules for the pool.

Seconds count when it comes to water emergencies, so take a cordless phone with you when you're watching kids during water play. A quick-dial feature keyed to 911 or your local emergency center will also save additional seconds. If you receive a call while supervising kids, keep your conversation brief to prevent being distracted.

Once you've installed all your safety equipment, review your home for water hazards and plan what to do in an emergency. Learn CPR (other caregivers should learn it, too) and make sure you have safety equipment, such as emergency flotation devices, that are in good shape and are close at hand when boating or swimming. Post emergency numbers on all phones and make sure all caregivers are aware of

their locations. After your kids are finished playing in the pool for the day, be sure to remove all pool toys and put them away. Children have drowned while trying to retrieve playthings left in the pool.

You should still be concerned about water safety, even after the swim season has passed. Pools with covers are not safe; many kids attempt to walk on top of pools during the winter months and may get trapped underneath a pool cover.

In addition, icy pools, ponds, and streams are tempting play areas for kids, so keep your pool gates locked and teach your child to stay away from water without your supervision. If you have an above-ground pool, it's wise to always lock or remove the ladder when the pool is not in use.

At Lakes, Ponds, or Beaches

First, teach kids never to swim alone. Using the buddy system means there's always someone looking out for you. Make sure your kids understand that swimming in a pool is different from swimming in a lake or the ocean — there are different hazards for each.

Here are some tips:

At the Lake or Pond

Don't let kids swim without adult supervision — lakes or ponds may be shallow near the bank and then increase in depth sharply further out from shore.

Ponds and lakes may hide jagged rocks, broken glass, or trash. Some soft bottoms can pull children and make it difficult for them to move. Panic may set in as well as fatigue

Make sure kids wear foot protection; even in the water, they should wear aqua socks or water shoes.

Watch out for weeds and grass that could entangle a leg or arm.

Most boating accidents, particularly among teenagers, are related to alcohol. When you and your family are boating, assign a designated driver who won't drink. Be sure teens know about the dangers of alcohol, on and off the water.

At the Beach

Teach kids to always swim when and where a lifeguard is on duty. They shouldn't swim close to piers or pilings because sudden water movements may cause swimmers to collide with them.

Unlike the calm waters of a swimming pool, the beach has special dangers like currents and tides. Check with the lifeguard when you arrive to find out about the water conditions.

Don't allow kids to swim in large waves or undertows, and tell them never to stand with their back to the water because a sudden wave can easily knock a child over.

Teach kids that if they're caught in a rip current or undertow, they should swim parallel to the shore or should tread water and call for a lifeguard's help.

The stings of jellyfish or Portuguese man-of-wars can be painful, so tell kids to avoid them in the water and to tell an adult right away if they're stung.

Whether at the lake or at the beach, teach your child to get out of the water during bad weather, especially lightning.

Water Park Safety

Water parks can be a lot of fun for kids, as long as you keep safety in mind. Before you go, make sure the park is monitored by qualified lifeguards. Once there, read all posted signs before letting your child on any rides (many rides have age, height, weight, or health requirements).

Teach your kids to follow all rules and directions, such as walking instead of running and always going down the water slide in the right position — feet first and face up. A Coast-Guard approved life jacket is a good idea, too.

Know which rides are appropriate for your child's age and development. For example, wave pools can quickly go from calm to rough, putting even a good swimmer in over his or her head. Younger children can be intimidated by older kids' splashing and roughhousing.

Showowering upon return to home is a good idea. If using water park showers, use appropriate foot

protection to prevent the spread of foot fungus

What to Do in an Emergency

Whenever a child is missing, always check the pool first. Survival depends on a quick rescue and restarting breathing as soon as possible.

If you find a child in the water, immediately get the child out while calling loudly for help. If someone else is available, have them call 911. Check to ensure the child's air passages are clear. If the child is not breathing, immediately start CPR as necessary.

Do five cycles of rescue breathing and chest compressions, which takes about 2 minutes. If the child is still not breathing, dial 911 to get help if someone hasn't already called. Continue giving CPR.

If the child does start breathing, lie the child on his or her side. (This helps keep the airway open and allows fluids to drain so that the child doesn't choke.) Also, dial the emergency number and follow any instructions that the emergency operators provide.

If you think the child may have suffered a neck injury, such as with diving, then keep the child on his or her back and brace the neck and shoulders with your hands and forearms, until emergency help arrives. Don't let the child move. Speak in calm tones to keep the child comforted. Continue to watch for adequate breathing.

Water Safety Tips for Babies

Drowning, although the biggest worry, isn't the only concern when babies are exposed to water. Infants are particularly susceptible to diseases that can be transmitted in water. After introducing an infant to a pool, dry the child's ears carefully with a towel or cotton ball to help prevent swimmer's ear (an ear infection that occurs as the result of trapped water in the ear canal). After a dip, wash your baby with a mild soap and shampoo the hair to remove pool chemicals.

[Editor's Note: some of you may have taken an ADULT CPR course and may be confused into thinking mouth to mouth has been removed from all CPR...No No No! For children and drowning victims, mouth to mouth is still a valid and valuable adjunct. Rescue breathing is also valuable but should only be done by someone trained. Children are relatively more respiratory dependent, and drowning victims are having breathing problems, whereas the average adult who collapses is likely to have a cardiac event, which in this case, compressions are critical and mouth to mouth can be

delayed or omitted. Also according to a variety of experts in the field, you can still opt to use mouth to mouth/the traditional way...it is not prohibited, just that the AHA has given equal weight to both approaches for ADULT Cardiac victims. Remember drowning is not a cardiac event].

Water temperatures below 85° Fahrenheit (29° Celsius) can cause babies to lose heat quickly, putting them at risk for hypothermia (when body temperature falls below normal). Shivering infants or those whose lips are turning blue should be removed from the water immediately, dried, and kept in a towel.

Infants can also spread disease in a pool. The parasite *Cryptosporidium*, which lives in the gastrointestinal tract and is found in feces, can be released into pools by babies with leaky diapers. When swallowed by other swimmers, the parasite can cause severe diarrhea, nausea, vomiting, weight loss, and dehydration.

The safest thing to do is to keep your baby out of public pools until the child is toilet taught. If you do decide to take the baby in for a dip, use waterproof diapers only and change the diapers frequently (but not poolside!), washing your child well each time. Keep any child with diarrhea or a gastrointestinal illness out of the pool during the illness and for 2 weeks afterward. Provide frequent bathroom breaks for kids who are already toilet taught.

Water play can be a great source of fun and exercise. You'll enjoy the water experience more by knowing and practicing these safety precautions.

Steven Dowshen, MD 2008, updated by Robin McFee DO, FAACT 2011 and additional information source Michael Sayre MD 2010. Pediatric CPR – Pediatrics 2010

Note: All information on KidsHealth® is for educational purposes only. For specific medical advice, diagnoses, and treatment, consult your doctor.

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Do you know CPR? If not, NOW is the time to learn it! The life you save may be a loved one! To find out when and where to learn in your area, contact the local American Red Cross or hospital



Walking

Remember...walking is great exercise. See the spring 2011 edition of Healthy News for "Exercise Is Medicine"



Keep your family safe this summer by following these tips from the American Academy of Pediatrics (AAP). Available in Spanish as well as English from <http://www.aap.org/advocacy/releases/summertips.cfm>

Please feel free to use them in any print or broadcast story with appropriate attribution of source.

It is important to recognize that risks to health relate to the situation, the age and underlying health of the child. Children with special needs or health conditions warrant more tailored care; speak to your child's pediatrician or primary care giver for more specific information.

PLAYGROUND SAFETY

Source: <http://www.aap.org/advocacy/archives/maytra.htm>

Source: <http://www.aap.org/family/playgrd.htm>

- The playground should have safety-tested mats or loose-fill materials (shredded rubber, sand, wood chips, or bark) maintained to a depth of at least 9 inches. The protective surface should be installed at least 6 feet (more for swings and slides) in all directions from the equipment.
- Equipment should be carefully maintained. Open "s" hooks or protruding bolt ends can be hazardous.
- Swing seats should be made of soft materials such as rubber, plastic or canvas.
- Make sure children cannot reach any moving parts that might pinch or trap any body part.

- Never attach—or allow children to attach—ropes, jump ropes, leashes, or similar items to play equipment; children can strangle on these.
- Make sure metal slides are cool to prevent children's legs from getting burned.
- Parents should never purchase a home trampoline or allow children to use home trampolines.
- Parents should supervise children on play equipment to make sure they are safe.

HEAT STRESS IN EXERCISING CHILDREN

- The intensity of activities that last 15 minutes or more should be reduced whenever high heat and humidity reach critical levels.
- At the beginning of a strenuous exercise program or after traveling to a warmer climate, the intensity and duration of exercise should be limited initially and then gradually increased during a period of 10 to 14 days to accomplish acclimatization to the heat.
- Before prolonged physical activity, the child should be well-hydrated. During the activity, periodic drinking should be enforced, for example, each 20 minutes, 5 oz of cold tap water or a flavored sports drink for a child weighing 90 lbs, and 9 oz for an adolescent weighing 130 lbs, even if the child does not feel thirsty.
- Clothing should be light-colored and lightweight and limited to one layer of absorbent material to facilitate evaporation of sweat. Sweat-saturated shirts should be replaced by dry clothing.
- Practices and games played in the heat should be shortened and more frequent water/hydration breaks should be instituted.

BUG SAFETY

- Don't use scented soaps, perfumes or hair sprays on your child. These may attract bugs
- Avoid areas where insects nest or congregate, such as stagnant pools of water, uncovered foods and gardens where flowers are in bloom.
- Avoid dressing your child in clothing with bright colors or flowery prints.
- To remove a visible stinger from skin, gently scrape it off horizontally with a credit card or your fingernail.
- Combination sunscreen/insect repellent products should be avoided because sunscreen needs to be reapplied every two hours, but the insect repellent should not be reapplied.
- Insect repellents containing DEET are most effective against ticks, which can transmit Lyme Disease, and mosquitoes, which can transmit West Nile Virus and other viruses.

- The current CDC and AAP recommendation for children over 2 months of age is to use 30 percent DEET. DEET should not be used on children under 2 months of age.
- The concentration of DEET in products may range from less than 10 percent to over 30 percent. Ten percent DEET only protects for about 30 minutes – inadequate for most outings.
- The concentration of DEET varies significantly from product to product, so read the label of any product you purchase. Children should wash off repellents when back indoors.

For more information on DEET: <http://www.aapnews.org/cgi/content/full/e200399v1>

BICYCLE SAFETY

Source: <http://www.aap.org/family/bicycle.htm>

Source: <http://www.aap.org/family/tbikmyth.htm>

- Do not push your child to ride a 2-wheeled bike until he or she is ready, at about age 5 or 6. Consider the child's coordination and desire to learn to ride. Stick with coaster (foot) brakes until your child is older and more experienced for hand brakes.
- Take your child with you when you shop for the bike, so that he or she can try it out. The value of a properly fitting bike far outweighs the value of surprising your child with a new one. For more information on finding the proper fit, go to <http://www.aap.org/family/bicycle.htm#choosing>
- Buy a bike that is the right size, not one your child has to "grow into." Oversized bikes are especially dangerous.
- Your child needs to wear a helmet on every bike ride, no matter how short or how close to home. Many accidents happen in driveways, on sidewalks, and on bike paths, not just on streets. Children learn best by observing you. Whenever you ride, put on your helmet.
- When purchasing a helmet, look for a label or sticker that says the helmet meets the CPSC safety standard.
- A helmet protects your child from serious injury, and should always be worn. And remember, wearing a helmet at all times helps children develop the helmet habit.
- A helmet should be worn so that it is level on the head, not tipped forwards or backwards. The strap should be securely fastened, and you should not be able to move the helmet in any direction. If needed, the helmet's sizing pads can help improve the fit.

As an aside – helmets are a good idea regardless of age!!! Grown ups set a good example.

SKATEBOARD, SCOOTER, IN-LINE SKATING AND HEELYS SAFETY

Source: <http://www.aap.org/advocacy/archives/marskate.htm>

- Children should never ride skateboards or scooters in or near traffic.
- All skateboarders and scooter-riders should wear a helmet and other protective gear; wrist guards are particularly important.
- Communities should continue to develop skateboard parks, which are more likely to be monitored for safety than ramps and jumps constructed by children at home.
- While in-line skating or wearing Heelys, be sure to wear appropriate protective equipment and only skate on designated paths or rinks and not on the street.

LAWN MOWER SAFETY

Source: <http://www.aap.org/family/tiplawn.htm>

- Try to use a mower with a control that stops the mower from moving forward if the handle is let go.
- Children younger than 16 years should not be allowed to use ride-on mowers. Children younger than 12 years should not use walk-behind mowers.
- Make sure that sturdy shoes (not sandals or sneakers) are worn while mowing.
- Prevent injuries from flying objects, such as stones or toys, by picking up objects from the lawn before mowing begins. Have anyone who uses a mower wear hearing and eye protection.
- Do not pull the mower backward or mow in reverse unless absolutely necessary, and carefully look for children behind you when you mow in reverse.
- Always turn off the mower and wait for the blades to stop completely before removing the grass catcher, unclogging the discharge chute, or crossing gravel paths, roads, or other areas.
- Do not allow children to ride as passengers on ride-on mowers.

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Healthy Minds, Healthy Bodies

Don't forget exercising the mind is important, too.

Summer is a great time to visit outdoor, interactive museums like Mystic Seaport, Plymouth Plantation and Sturbridge Village.

It's also a great time to see plays...check out:

- Flock Theatre in New London, Connecticut– they perform outdoors all summer
- Stage-loft Theatre (air conditioned theatre) in Sturbridge, Mass
- Newtown Players in Newtown, Connecticut.

Check their web sites for times, locations and prices.

HEALTH TIP:

In an emergency you may not have someone to talk for you. Clues you can leave for rescuers:

- **On your cell phone program a contact called**

**ICE (In Case Emergency) or
Emergency Contact**

Put the phone numbers (cell, home, office) of a trusted person who should be called if you are ill, injured or need help. In the added info section, put the name and relationship to you

- **On an index or medic alert info card**

Carry your doctor's name, list of medications and emergency contact information on an index card in your wallet or purse.

If you have a food or drug allergy – put that on the card.

If you have a health proxy or end of life form – put that on the card, and who has a copy.

List who should be allowed to know what is going on with you, such as a friend/family member and/or attorney. Otherwise the physicians/nurses may not share information

- **Keep a copy of your EKG ...at least your most recent one, but more is ok, too!**

Health Cabinet Members

Dr. Robin McFee – Chair
Rebecca Ayres
Anne Goff
Lois Sawin, RN
Marilyn Sibley
Lyn Stevens

Board of Governors Liaison – Dr. Jim Pease
Have a safe and happy summer.

Our prayers are with you for your continued good health.

To contact us, use our email: fbhealthcabinet@gmail.com