

Wellness *news*



Start Smart this Year

As the end of summer approaches, children and parents alike are beginning to anticipate the upcoming school year. Help your child get off to a great start by promptly completing any health forms requested by his or her school. This may include scheduling a back-to-school physical with your child's pediatrician as well as making sure that all immunizations are up to date.

The Importance of Immunizations

Each year, thousands of children in the United States become seriously ill with diseases that could have been prevented with proper immunizations, according to the American Academy of Pediatrics. Routine immunizations can help prevent diseases including: chicken pox; diphtheria; meningococcal and pneumococcal infections; measles; German measles; mumps; polio; tetanus; hepatitis B; and whooping cough. Immunizations are safe and effective, despite myths that tend to circulate about their safety.

How do Vaccines Protect Against Disease?

In response to a vaccine, the body creates antibodies, proteins that fight materials present in the vaccine. These antibodies remain in the bloodstream and provide protection should the body come in contact with the disease that that particular vaccine is intended to prevent. Some antibodies protect for a lifetime, while others protect for months or years.

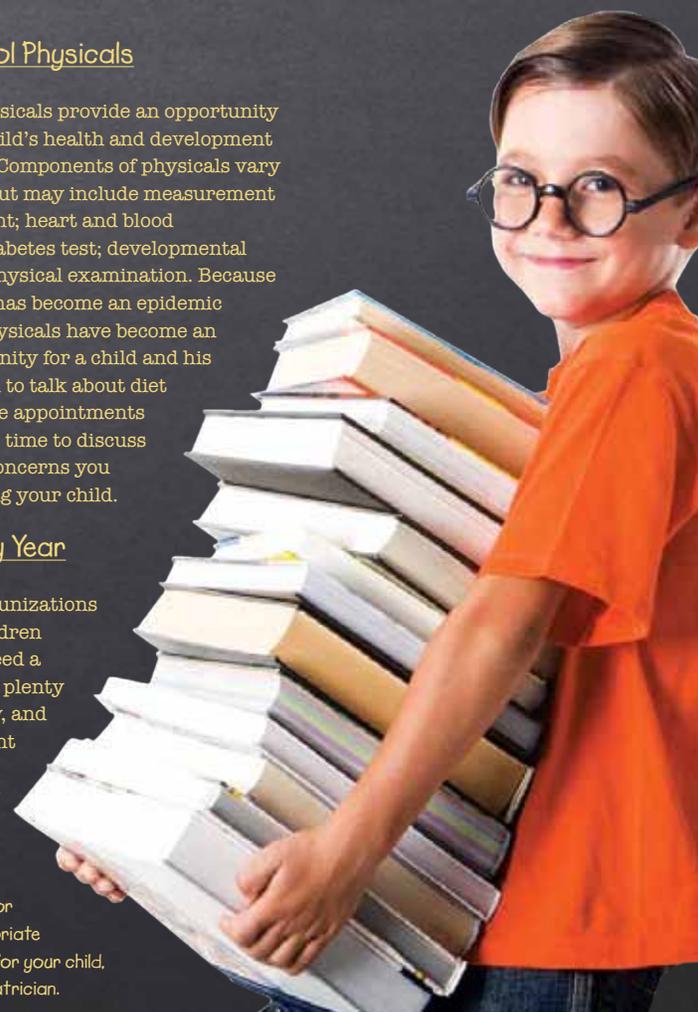
Back-to-School Physicals

Back-to-school physicals provide an opportunity to monitor your child's health and development from year to year. Components of physicals vary according to age, but may include measurement of height and weight; heart and blood pressure check; diabetes test; developmental assessment; and physical examination. Because childhood obesity has become an epidemic in this country, physicals have become an important opportunity for a child and his or her pediatrician to talk about diet and exercise. These appointments are an appropriate time to discuss any questions or concerns you may have regarding your child.

Have a Healthy Year

In addition to immunizations and physicals, children and adolescents need a well-balanced diet, plenty of physical activity, and an adequate amount of sleep to stay healthy and happy throughout the school year.

For more information or to confirm the appropriate vaccination schedule for your child, talk to his or her pediatrician.



The Emergency Room

More than 300,000 Americans are treated in emergency departments every day, according to the American College of Emergency Physicians. Emergency departments are staffed by trained people and are appropriately equipped to help sick and hurt people who need immediate treatment. If you or someone else needs emergency attention, go to the hospital emergency room. If a person's condition is life-threatening or could worsen on the way to the emergency room, call 911 immediately.

What is a Medical Emergency?

The American College of Emergency Physicians reports that the following warning signs indicate a medical emergency.

- **Difficulty Breathing**
- **Chest or upper abdominal pain or pressure**
- **Fainting, sudden dizziness, weakness**
- **Changes in vision**
- **Confusion or changes in mental status**
- **Any sudden or severe pain**
- **Uncontrolled bleeding**
- **Severe or persistent vomiting or diarrhea**
- **Coughing or vomiting blood**
- **Suicidal feelings**
- **Difficulty speaking**
- **Shortness of breath**
- **Unusual abdominal pain**

(*It is important to note that children might have different symptoms than adults.)

What Happens in the Emergency Room?

People who arrive at the hospital either by ambulance or unconscious will be treated immediately. Otherwise, an individual will enter the waiting area and a nurse will determine the seriousness of his or her condition based on their symptoms; this process is referred to as triage. Next, an emergency physician will examine the individual and order any necessary tests such as an x-ray. A person who is critically ill or needs continuous intravenous fluids

will usually be admitted to the hospital. Otherwise, the patient will be discharged after discussing diagnosis and treatment with a physician.

Preparation is Key

Regular screenings and physical exams can help protect health and signal risk for a life-threatening disease. After doing what you can to secure your health and well-being, the next step is to be as prepared as possible in the event of an emergency. Consider the following suggestions.

- **Keep well-stocked first-aid kits in your home, office, and vehicle at all times.**
- **Keep organized records of your family's medical information including the name and dosages of all medications taken by every member of your family.**
- **If a family member has allergies, be sure to note them in the record.**
- **Enroll in a first-aid class.**
- **Identify and eliminate safety hazards in your home, office, and vehicle.**

Keep emergency numbers—including emergency medical services, poison control center, fire department, and police department—posted near every telephone in your home.



Lake Health Calendar of Events *continued...*

Label Reading Tours

Discover the tricks to interpreting food labels at a FREE label-reading tour. Space is limited. Call the Best of Health Line at 440-953-6000 or 1-800-454-9800 to register. **Giant Eagle, 1201 Mentor Ave., Painesville – July 11, 6:30 pm**

Give the Gift of Life – Donate Blood

Classic Park, Eastlake – July 12, 12 – 6 pm
West Medical Center – July 29, 12:30 – 4:30 pm

Max-Wellness Coming Next Month to Lake Health's West Medical Center

We're going to have something no other hospital in the country has...Max-Wellness a first of its kind health and wellness store opening in the lobby of our West Medical Center.

This unique, bright and exciting flagship store will feature products to treat medical issues, help prevent illness and enhance quality of life. The store is part of a Greater Cleveland-based chain with Ohio locations on Chagrin Blvd, 1/2 mile East of I-271, and in Westlake at Crocker Park. Products are also available at max-wellness.com, with a vast online expansion to be completed before the end of this summer.

Lake Health will be the company's very first in-hospital store. Working with Lake Health, Max-Wellness products will assist patients after discharge to further their recovery. The merchandise offering will also appeal to visitors and staff alike interested in healthy living. Stay tuned. More info coming soon.

Lake Health Calendar of Events *July*

B Fit 4 Life

Are you looking for information on how to eat better or become fit? If so, attend the B Fit 4 Life activity series. It's designed to provide you with the health and lifestyle information you need to stay healthy. We meet monthly, except December. Call the Best of Health Line at 440-953-6000 or 1-800-454-9800 to register.

Fairport Harbor Park, 301 Huntington Beach Park, Fairport Harbor – July 7, 6 pm (Kayaking)



Lake Health offers a wide variety of programs for men, women, seniors and families. Please log onto www.lakehealth.org or call the Best of Health Line at 440-953-6000 or 1-800-454-9800 for more information.