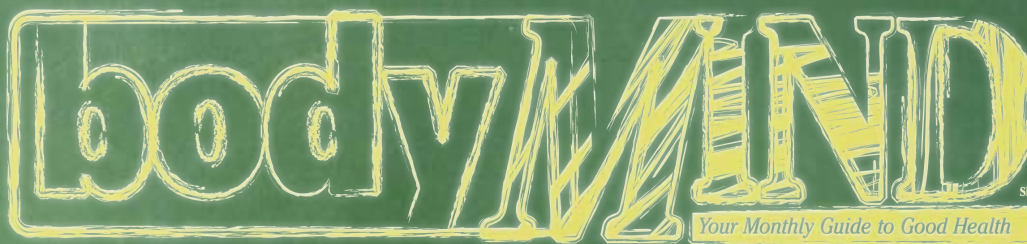


# Wellness *news*



As summer comes to an end, many parents turn their thoughts to the upcoming school year. Back-to-school preparations generally include completion of health forms provided by your child's school. Completing the forms may require scheduling a physical exam with your child's pediatrician that includes any immunizations required for school entry.

## About Immunizations

Immunizations are safe and effective, and for more than 50 years, they have saved lives and helped keep children healthy. Infectious diseases that are controlled in the United States as a result of vaccines include polio, measles, mumps, rubella (German measles), pertussis (whooping cough), tetanus and diphtheria. According to the American Academy of Pediatrics, most childhood vaccines are 90 to 99 percent effective in preventing disease, and if a vaccinated child does get the disease, the symptoms are usually less serious than in a child who hasn't been vaccinated. Children with specific health problems may need to avoid or postpone getting some vaccines.

## Back-to-School Physicals

Back-to-school check-ups provide an opportunity to monitor your child's health and development annually. Components of physicals vary according to age, but may include height and weight measurement; blood pressure check; hearing and vision testing; developmental assessment; and physical examination. These appointments are an appropriate time to discuss any questions you may have regarding your child's diet, physical activity, sleeping habits or particular concerns pertinent to your child's age. Back-to-school physicals also present an important opportunity for a child to begin to develop a personal relationship with his or her pediatrician. This helps children develop a sense of control over their health and well-being.

## Caring for Children during the School Year

Remember, in addition to immunizations and physicals, children require a well-balanced diet, physical activity and an adequate amount of sleep to stay healthy throughout the year. If your child suffers from a chronic illness or has special health needs, make sure to give the school a written, individual emergency plan to follow in the event that your child develops symptoms during the school day.

**To confirm the appropriate vaccination schedule for your child, talk to his or her pediatrician.**

the ABCs  
OF  
Physicals & Immunizations



# Protect Your Family *from* GERMS



## WHAT ARE GERMS?

Germs are microscopic, living organisms that can pervade the body and cause infections such as fevers, vomiting, rashes and coughing. There are four major types of germs: bacteria, viruses, fungi and protozoa. Germs are generally spread from person to person by sneezing and coughing, and sometimes by sweat and saliva. The Centers for Disease Control and Prevention report that some viruses and bacteria can live two hours or longer on surfaces like cafeteria tables, doorknobs and desks.

## FIGHT GERMS

Teaching children to adopt a few healthy habits can go a long way in keeping your family healthy.

- Teach children to cover their mouths when they cough and to cover their noses and mouths when they sneeze to prevent spreading germs.
- Children should wash their hands with soap and warm water for 20 seconds after coughing or sneezing; before eating; after using the bathroom; after playing with pets; and after playing outside.
- Children tend to use tissues and then discard them inappropriately, leaving them for someone else to throw away. Teach children to throw tissues in the garbage to prevent the spread of germs.

## A HEALTHY HOME

Taking steps to maintain a safe and healthy home is one of the best things you can do for your family. Consider the following suggestions from the Centers for Disease Control and Prevention.

- In the kitchen and bathrooms, routinely clean and disinfect surfaces. Clean and disinfect all counters and other surfaces before, during and after preparing food (especially meat and poultry).
- In the kitchen and bathrooms, routinely clean and disinfect surfaces. Clean and disinfect all counters and other surfaces before, during and after preparing food (especially meat and poultry).

- Keeping a constant refrigerator temperature of 40 degrees Fahrenheit or below is one of the most effective ways to reduce the risk of foodborne illness. The freezer temperature should be 0 degrees Fahrenheit or below.
- Wash your cutting boards, dishes, utensils and counter tops with hot soapy water after preparing each food item and before you prepare the next food.
- Foods are safely cooked when they are heated for a long-enough time and at a high-enough temperature to kill the harmful bacteria that cause foodborne illness. The target temperature is different for different foods.
- Get immunized. Make sure you and your children get the shots suggested by your doctor or health care provider at the proper time, and keep records of immunizations for the whole family.
- Use antibiotics appropriately. Antibiotics are powerful drugs used to treat certain bacterial infections—and they should be taken exactly as prescribed by your health care provider.

***Make sure your children eat right, participate in physical activity, drink water and get an adequate amount of sleep to maintain good health.***

## Lake Hospital System Is Now Lake Health

*New name and logo reflect health system's commitment to health and wellness*

After years of redefining health care in Northeast Ohio, Lake Hospital System has redefined itself. On June 12, Lake Hospital System adopted a new name – Lake Health. The new name reflects the health system's focus on health and wellness and builds on a 107-year heritage of providing high quality, compassionate health care to residents in Lake County and surrounding communities.

## Lake Hospital System Is Now Lake Health (continued)

More than a year was spent planning for the identity change, which marks an exciting new phase in the history of the health system.

"The board members, administration, medical staff and I agreed that timing is perfect for the name change as we prepare to open TriPoint Medical Center this October," explained John F. Platz, chairman of the Lake Health Board of Trustees. "The transition from Lake Hospital System to Lake Health reflects our health care philosophy: patient- and family-centered care that promotes a lifetime of health and wellness."

"Our new name and logo clearly communicate what differentiates our health system," said Cynthia Moore-Hardy, FACHE, president and CEO of Lake Health. "Everything we do revolves around patients and their families. It's not about episodic care. It's about improving the long-term health of this community one patient and one family at a time."

The new logo features a large field of dark blue—the same blue found in the hospital system's former logo—and an organic wave pattern, both designed to pay homage to Lake County and Lake Erie. A triad of wave shapes in yellow, light blue, and green represent Lake Health's commitment to caring for the whole person: body, mind and spirit; the connection between physicians, the hospital system and the community; and the three counties that connect to Lake – Geauga, Ashtabula, and Cuyahoga – which we also serve.

As part of the name change, LakeWest Hospital in Willoughby has been renamed LakeWest Medical Center. Similarly, LakeEast Hospital in Painesville will be known as LakeEast Medical Center (until it closes on October 21, 2009, when TriPoint Medical Center opens).

The PrimeHealth physician network, an affiliate of Lake Hospital System, has been renamed Lake Health Physician Group to emphasize the strong connection between the system and the physician group.

"This is an exciting time for all of us as we continue to expand and grow to keep our promise to the community," Moore-Hardy said.

To learn more about Lake Health, please visit [www.lakehealth.org](http://www.lakehealth.org)

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