

THE BULLETIN

Belterra Community News

September 2011 Volume 5, Issue 9

News for the Residents of Belterra

Immunizations NOT JUST FOR KIDS

By- Concentra Urgent Care

Although most toddlers in the United States have received all recommended vaccines, many adults and adolescents have not. These missed vaccinations increase their risk for infection, hospitalization, death, and disease spread, and they contribute to the estimated \$10 billion that is spent annually on vaccine preventable diseases in the United States.

Evidence shows that currently approved vaccines are safe and effective. However, coverage rates for persons of all ages vary nationwide. Reasons cited include lack of health insurance, unfamiliarity with vaccine recommendations, limited access at physicians' offices, or the perceived cost of vaccines.

What you need to know is that obtaining recommended vaccines in a timely manner can prevent disease. The Advisory Committee on Immunization Practices (ACIP) recommends the following immunization schedule for generally healthy adults and adolescents:

VACCINE	RECOMMENDED SCHEDULE
INFLUENZA:	Yearly, especially if at risk
MENINGOCOCCAL:	One dose, age 11-12 or 13-18 if not previously immunized
TETANUS-DIPHTHERIA/TETANUS -DIPHTHERIA-PERTUSSIS:	One dose, age 11-12, then booster every 10 years
HUMAN PAPILLOMA VIRUS: (FEMALES ONLY)	Three doses, age 11-26
MEASLES - MUMPS - RUBELLA:	If born after 1956, one or two doses if never immunized up to age 65
PNEUMOCOCCAL:	One dose, at or after age 65
VARICELLA (CHICKEN POX):	Two doses if no prior infection or immunization received
ZOSTER (SHINGLES):	One dose, at or after age 60

Specific recommendations for individuals may vary depending on age, prior immunization history and the presence of other existing conditions; please see the Centers for Disease Control (CDC) Web site at: <http://www.cdc.gov/vaccines/recs/schedules/default.htm>.

For more information about immunizations and where to get them, contact your health care provider, your Concentra health specialist, or visit the CDC's Web Site at: www.cdc.gov/vaccines.

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HEALTH BRIEFS - SEPTEMBER

EASE YOUR CHILD BACK INTO SCHOOL

Establishing a normal school routine can be hard for children of any age after the long lazy days of summer. Dr. James H. Bray, a family psychologist and associate professor of family and community medicine at Baylor College of Medicine, offers the following tips to help make going back to school a less stressful experience for children and parents.

- Get kids into the school mode early. Many children have a summer schedule that includes staying up late and sleeping in. Kids need at least a week before school starts to get back into the school schedule.
- Develop a plan. Doing things like buying supplies and clothes, and finding out about schedules and teachers in advance, rather than waiting to the last minute, helps reduce stress for parents and kids.
- Talk with children about their fears and concerns and do some advance problem

solving and planning.-Get involved with your child's school by getting to know the teacher and discussing their expectations.

- Talk to your children about what they want to accomplish and get out of their school year. Discuss their academic and social goals, but emphasize balance.

BACK-TO-SCHOOL CHECKLIST SHOULD INCLUDE EYE EXAM

Preparing for the start of a new school year? Remember to get a new backpack, paper and pencils, and get your children's vision screened as part of their back-to-school checklist.

"Poor vision can interfere with learning, school performance, participation in sports and other activities, as well as self esteem," said Dr. Kimberly Yen, assistant professor of ophthalmology at Baylor College of Medicine in Houston and an ophthalmologist at Texas

Children's Hospital.

Yen said if parents know that eye problems run in their family or if they suspect problems, it is especially important that their child receive eye exams regularly. All children should have their eyes examined, as part of their well-child check ups and children who exhibit no signs of visual problems should have their vision screened by age 3.

Good eye care should also include wearing protective eyewear during sports activities. Children who play basketball, baseball and racquet sports are more susceptible to eye injuries. Sports goggles can significantly reduce the likelihood of potentially sight damaging injuries. Good vision not only helps children develop in the classroom, but it teaches them the life-long value of regular vision screenings.

(Continued on Page 4)



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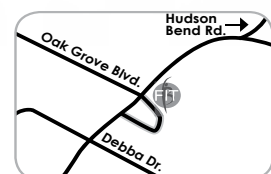
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Health Briefs - (Continued from Page 3)

STUDENT ATHLETES' HEALTH STARTS OFF THE FIELD

Even though it is students who will be taking the field as extracurricular school activities begin, doctors at Baylor College of Medicine say parents play an important role in keeping their kids safe. Family health history, especially heart illnesses, is important information for doctors to know during an exam, said Dr. John Rogers, professor of family and community medicine at BCM.

A certain type of heart murmur and rapid heart beats can be detected during a physical, but the exam can't determine if past family members have heart problems or if anyone has died suddenly due to a cardiac problem. Being armed with that information helps doctors know whether the student-athlete should undergo an echocardiogram or ultrasound for a more in-depth examination.

Parents' knowledge of their child's previous injuries can also be helpful. Teens may downplay an injury, because they don't want it to prevent them from taking part in their favorite sport. However, a parent might remember lasting effects that will help doctors determine the severity of the injury.

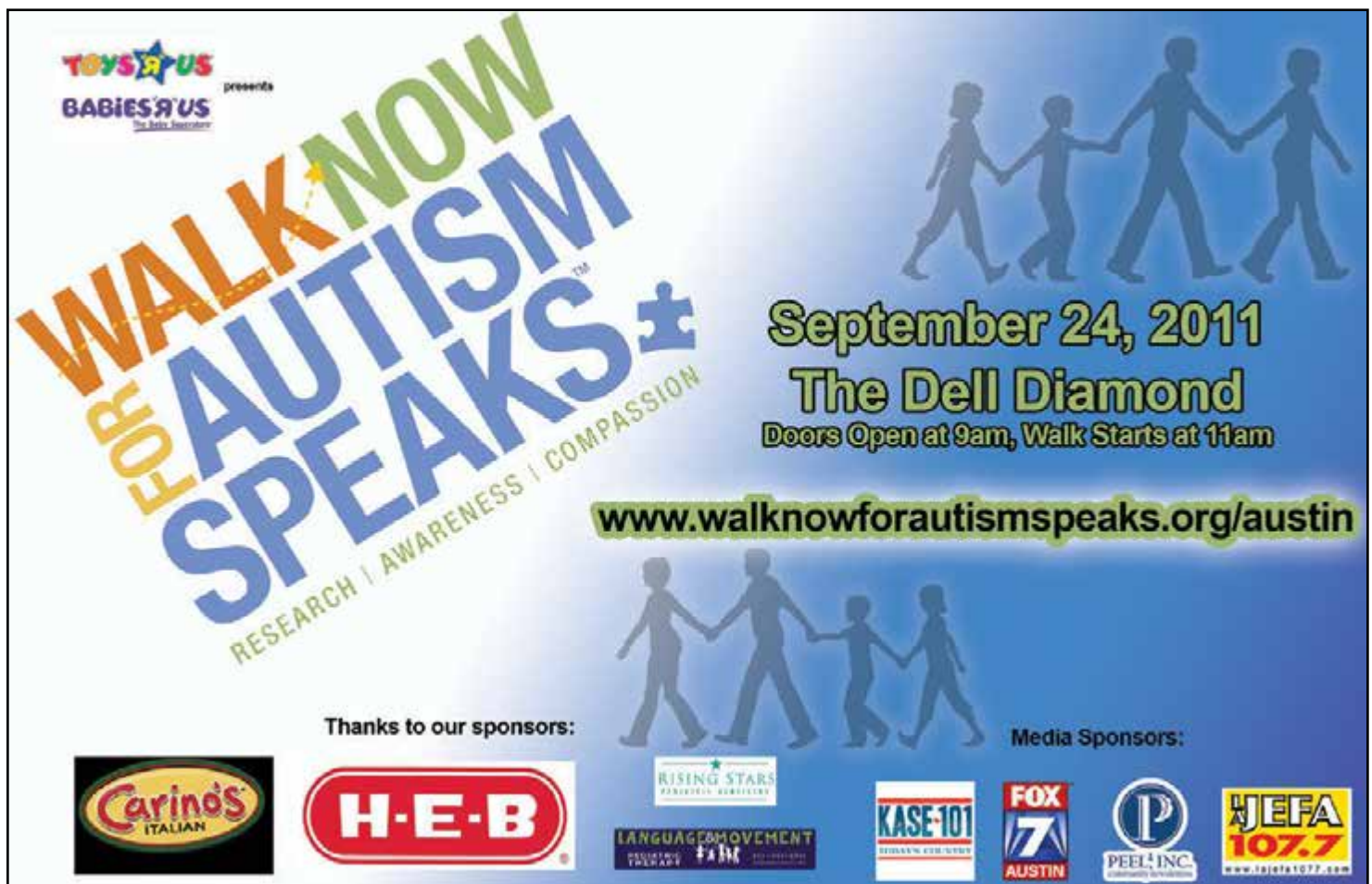
Rogers said other issues that cannot be detected during a physical are light-headedness or shortness of breath that is not proportionate to the exertion level of the activity. Parents should keep an eye out for these issues and let their doctor know at the time of the physical exam.

TEENS BENEFIT BY MAKING TIME FOR BREAKFAST

Teens who start their day without breakfast are twice as likely to have diets low in iron - a shortfall that could be hurting their grades. "Breakfast supplies more than just the energy kids need to get through the morning," said Dr. Theresa Nicklas, a professor of pediatrics at Baylor College of Medicine in Houston. "Teens who eat breakfast are also two to five times more likely to consume at least two-thirds the recommended amounts of most vitamins and minerals, including iron."

Iron-deficiency anemia has long been known to have a negative affect on behavior and learning. Eating breakfast has been linked to improved memory, grades, school attendance and punctuality in children. In addition, intakes of other vitamins and minerals, including zinc, calcium, and folic acid, are higher among breakfast-eaters, while fat consumption is lower.

"It's important for parents to realize that the nutrients teens miss when they're allowed to skip breakfast are rarely recouped during other meals," said Nicklas, also a researcher at the USDA/ARS Children's Nutrition Research Center.



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Recipe of the Month TORTILLA SOUP

INGREDIENTS

- 1 Onion, chopped
- ¼ Cup oleo
- ¼ Cup flour
- 6 cans chicken broth
- 3-4 chicken breasts; cooked and chopped
- 2 - 4 oz. cans chopped green chilies
- 1 can diced Rotel tomatoes or 1 can diced tomatoes
- 2 T chili powder
- 2 tsp. garlic salt
- 1 T Cumin
- 8 Corn tortilla chips, cut up
- 2 chopped avocados
- shredded Monterey Jack Cheese

Combine oleo and flour. Brown. Add broth, tomatoes, chilies, chicken, chili powder, cumin, garlic salt. Simmer for 1 hour. Saute onion and chips. Add to soup. Pour over cheese and avocados. Optional: Add sour cream.

Enjoy!

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Bake Sale!

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On Saturday, September 10, Austin will host a large, city-wide bake sale, with 100% of proceeds going to Cookies For Kids' Cancer.

Cookies For Kids' Cancer raises funds for pediatric cancer research through local bake sales. It was founded by Gretchen Witt, a very determined mother, to help increase her young son's odds in his cancer battle. When 2.5-year-old Liam was diagnosed in 2007, Gretchen was shocked to learn that the main reason over 25 percent of kids diagnosed with cancer do not survive is because of a lack of effective therapies. And the reason for the lack of therapies was very simple: lack of funding. Cookies for Kids' Cancer support research at leading pediatric cancer hospitals, including Texas Children's in Houston.

Sadly, Liam lost his battle to the disease this past January. Now, a group of Austin residents, Austin's Good Cookies, are determined to honor Liam's life and raise funds for pediatric cancer research.

The Austin City-Wide Bake Sale will take place at several locations throughout Austin, the main event being at the Hill Country Galleria Amphitheatre. We will have live music by Joe McDermott and Staci Gray, dance troupe performances, bounce houses, Kiwi the Clown, Gymboree on the Go, Beary Stuffables, raffles for Hill Country Galleria stores gift cards and more!

Austin City-Wide Cookies For Kids' Cancer Bake Sale

WHAT: A bake sale to raise funds for pediatric cancer research.

WHERE: Steiner Ranch: Bella Mar & Towne Square soccer fields

WHEN: Saturday, September 10; 10 am – 3 pm

COST: All donations for activities and cookies go directly to Cookies for Kids' Cancer!

For more information on satellite locations for the bake sale and the Hill Country Galleria event, or if you are interested in volunteering, please go to our blog, www.austinsgoodcookies.com

Let's make the letter C mean cookies | cookiesforkidscancer.org



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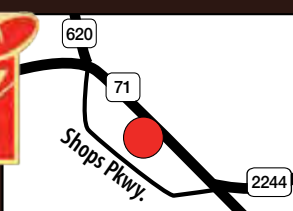
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