

Drowning Is Preventable

The Texas weather is warming up. Summer is almost here. Pools will soon open and the cool water will be calling your name. You can almost hear your kids laughing and the playing in the pool. Your family deserves to have many Best Day Ever moments in the water this summer. Please do not let those moments be ruined by the sound of a life guard whistle blast or the need to do CPR in order to save your child's life. Most families love a trip to the swimming pool, the lake or the beach during the summer...but the water can be deadly for a child.

Did you know that drowning is a leading cause of accidental death for children between the ages of 1 and 14, with kids under the age of 5 at even higher risk?

Colin Holst's parents did not know either. Sadly, June 13th marks the 5 year anniversary of his drowning in a public, lifeguarded pool in Austin. Since Colin's drowning in 2008, Central Texas-based Colin's Hope has become a nonprofit leader in water safety and drowning prevention.

My name is Alissa Magrum and I am the Executive Director of Colin's Hope. But I am also a parent to 8 year old Ella. So, from one parent to another, please listen to this message. It is simple but filled with purpose: DROWNING IS PREVENTABLE. YOU can help protect your children. Following a series of simple water safety tips creates multiple layers of protection. These layers WILL keep children safer in and around the water and CAN prevent drownings.

THE FIRST 3 OF THESE TIPS ARE KEY.

Practice constant visual supervision. Always assign an adult "water guardian" whose ONLY responsibility is to watch children who are in, near and around the water. If that water guardian needs to take a break, they must transfer their "watching" duty to another adult.

Learn to swim. Enroll children (and adults too) in formal swim classes. For kids under the age of 4, taking formal swim lessons reduces the risk of drowning by 88%.

Wear life jackets. Children who cannot swim should ALWAYS wear a U.S. Coast Guard-approved life jacket when in and around the water.

You can see additional tips, as well as more information on water safety and drowning prevention, on our website at www.colinshope.org.

Each year, Colin's Hope volunteers stuff and distribute 75,000 water safety packets to families in zip codes that have been targeted due to the high number of near drownings and drownings in recent years. This life saving information along with a Peel Inc. ad campaign, a Reagan National Advertising billboard campaign and a presence at many community events is helping to raise water safety awareness to prevent children from drowning.

WE ALSO NEED YOUR HELP. PLEASE SHARE THIS INFORMATION with family, friends, neighbors, teachers, babysitters...everyone! We have seen the difference that being aware and being prepared can make. Communities that have received our water safety information in prior years have seen child drownings and near drownings in their areas reduced to zero!

Please visit www.colinshope.org to find out how you can get involved in your own community. Find us on Facebook, follow us on Twitter, subscribe to our monthly newsletter or even support our efforts with a donation.

We envision a world where children do not drown. Please share that vision and together we will get there.

*Wishing you the SAFEST AND BEST SUMMER EVER,
Alissa Magrum Executive Director, Colin's Hope*

The Forum

NEWSLETTER INFO

NEWSLETTER

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NEWSLETTER PUBLISHER

Peel, Inc.www.PEELinc.com, 512-263-9181

Advertising.....advertising@PEELinc.com, 512-263-9181

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Sinuses Can Be a Pain in the Head, Not Neck

That troublesome headache might not be a migraine or brought on by tension. It could be caused by sinus trouble, said doctors at Baylor College of Medicine.

"The sinuses work to humidify and cleanse the air, lighten the weight of the skull, and provide resonance to the voice. Sometimes, the sinuses fail to function correctly, leading to sinus pain caused by an infection or nasal congestion," said Dr. Mas Takashima, assistant professor of otolaryngology at BCM and director of the Baylor Sinus Center. Sinus headaches usually occur along with congestion. Many things can cause sinus pressure and pain, such as sinus infections, nasal allergies, nasal polyps, septal deviations as well as enlarged vascular structures in the nose called turbinates.

"Sinus pain can also be exacerbated by the weather or even plane travel as the pressure changes in the air around you," said Takashima.

Therapy is based on cleansing and decongesting the nose. This can be accomplished with something as simple as nasal irrigation using salt water. Steam, as found in a hot shower, may also provide decongestion and relief. If the problem is caused by infection then antibiotics are used. If it is allergy related, allergy medications may be prescribed. Occasionally surgery is required to keep the passages open.



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CONTROL YOUR WEIGHT, MINIMIZE CANCER RISK

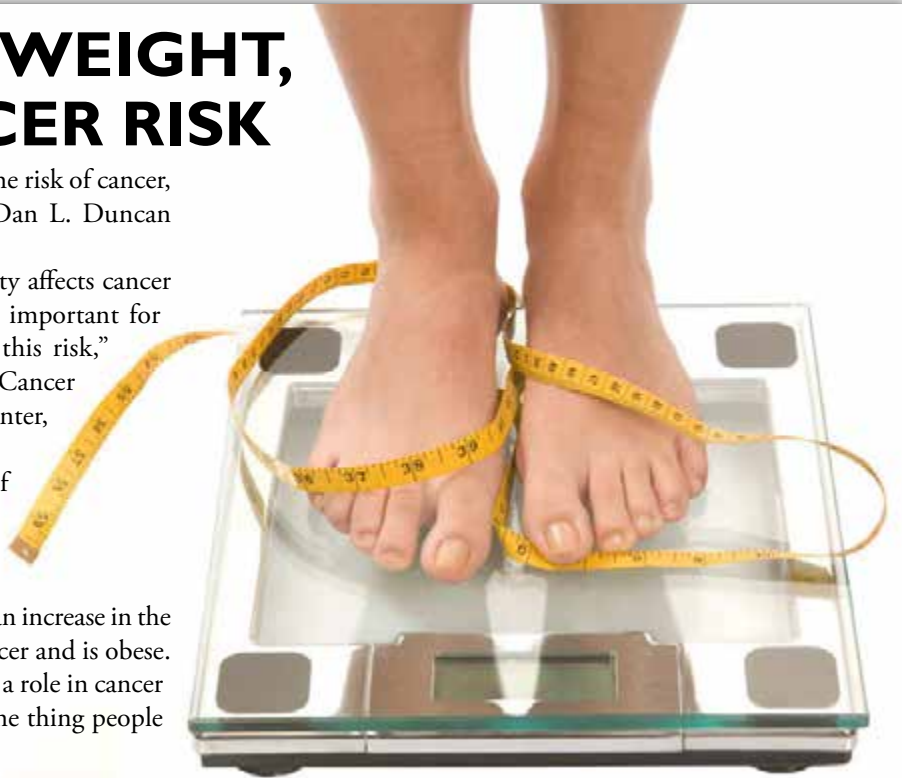
Controlling weight can help a person reduce the risk of cancer, said an oncologist from the NCI-designated Dan L. Duncan Cancer Center at Baylor College of Medicine.

"We do not know exactly how and why obesity affects cancer risk, but we know there is an increase, so it is important for everyone to control their weight to minimize this risk," said Dr. Kent Osborne, director of the Duncan Cancer Center and the Lester and Sue Smith Breast Center, both at BCM.

Research has linked obesity to a greater risk of developing esophageal, pancreatic, colorectal, breast, endometrial, kidney, thyroid and gallbladder cancer, Osborne said.

In some cancers like breast cancer, there is also an increase in the risk of recurrence if a patient already has the cancer and is obese.

Many other factors, such as genetics, may play a role in cancer development, but keeping a normal weight is one thing people can change and it may help, he said.



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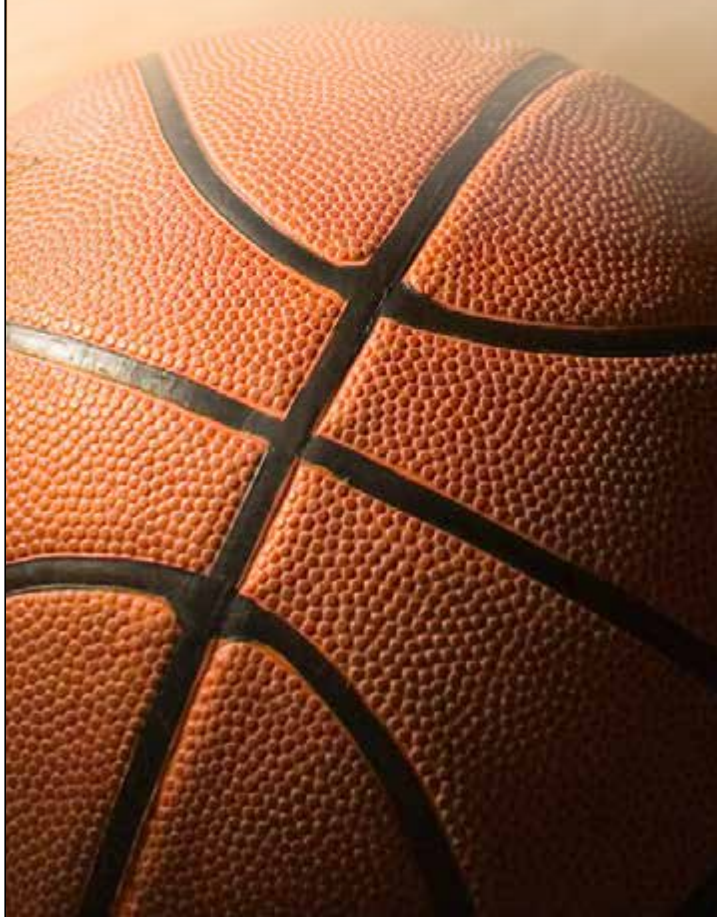
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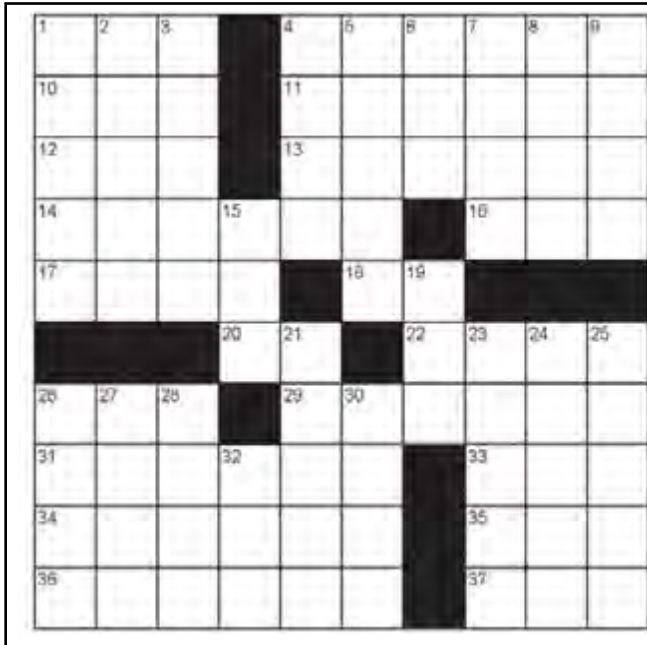
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4. Asks for legally
10. Monkey
11. Author of "Sense and Sensibility"
12. Gross national product (abbr.)
13. Plan
14. More humble
16. Swab
17. Retired persons association (abbr.)
18. Education (abbr.)
20. Headquarters (abbr.)
22. Cool
26. Poisonous snake
29. African country
31. Penzance is this (2 wds.)
33. MD
34. Build
35. Kimono sash
36. Walk quietly
37. Misty

DOWN

1. Lava
2. Sleep disorder
3. Biblical outcast
4. Casing
5. Money
6. Tree
7. Detail
8. Business note
9. Metal fastener
15. Kilometers per hour
19. Cell stuff
21. Capital of Ecuador
23. Give
24. Mud brick
25. Inferred
26. Account (abbr.)
27. Dress
28. Secondary
30. Rejoicing
32. Grain

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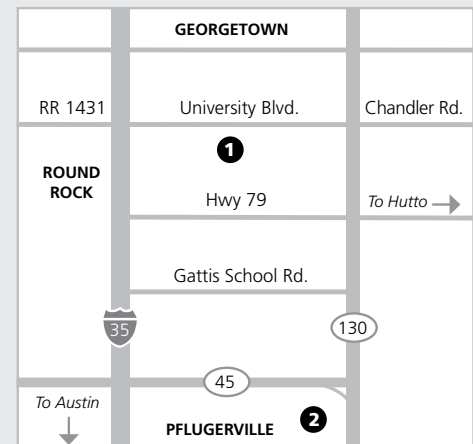
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Marcus is a smart, funny and passionate young man. He is a thinker and a planner who likes to explore new ideas and gain knowledge. He likes to write and listen to rap music. Marcus craves acceptance and responds well to positive attention from adults. He is determined to have a bright future and works hard to reach his academic potential.

Marcus wants very much to be adopted so that he can have a family to love and support him in the future. His adoptive family needs to be nurturing, firm, patient and willing to provide him with much needed one-on-one attention. Marcus will do best in a family with older children and one with parents that can help build his self-esteem while encouraging him to discover his strengths and find his place in the world.

For more information on Marcus, please contact Stephanie Berka at the Adoption Coalition of Texas by email stephanieberka@adopttexas.org or by phone: 512-450-8750.





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SNAKE BITES A CONCERN AS WEATHER WARMS UP

Warmer weather coaxes snakes out of hiding, and it's important to know what to do after a snake bite, according to a medical toxicologist at Baylor College of Medicine (www.bcm.edu).

"Many people don't realize how much of an issue snake bites are in this area of the country," said Dr. Spencer Greene, director of medical toxicology and assistant professor of medicine – emergency medicine at BCM. "In fact, our regional poison center reported 235 snake bites – including 148 from known venomous snakes – in the Houston area in 2012, and I am sure many more are going unreported".

According to Greene, the first step is avoidance.

"Never reach into a hole or a bush blindly, a snake may be resting there," he said. "It is also important to maintain an appropriate distance from a snake. Most pit vipers, which include rattlesnakes, copperheads and water moccasins, can strike at a target up to two-thirds of their body length when provoked."

If you are bitten by a snake, Greene suggests the following important steps:

- Stay calm.
- Call 911 immediately to be evaluated.
- Take off anything that is constricting the affected area, such as a ring or watch.
- Position the affected area at or above heart level. This means that if you are bitten on the hand, bring it to heart level, and if you're bitten on the leg or foot, elevate it if possible. This minimizes the amount of local tissue damage and swelling, which is the most common finding in pit viper bites.

- Go to the emergency room – the sooner the better.

Greene also dispels several myths about treating snake bites and suggests heeding the following advice:

- Do not apply a tourniquet or a constriction band.
- Do not apply ice; it can cause local tissue damage.
- Do not apply heat.
- Don't cut the affected area and attempt to suck the venom out – this increases the amount of local tissue damage.

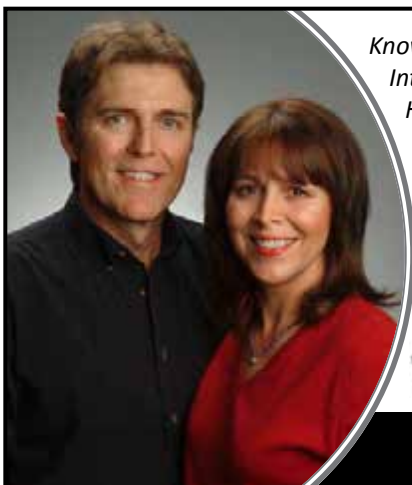
- Don't use a commercially-available extraction device. These have also shown to be ineffective in removing venom and actually increase the amount of tissue damage.
- Don't use electrical therapy.
- Don't apply any type of lotions or ointments.

The management of snake bites has changed over the years and the newer type of anti-venom has proven to be very effective in reducing pain, bleeding complications, swelling and tissue damage, Greene says. Although anti-venom has been shown to have the maximum effectiveness within the first 12 hours of the bite, it can still be effective a few days after the bite.

At the hospital, physicians will determine if anti-venom and hospital admission is necessary.

"Ideally, patients should be evaluated by a medical toxicologist with experience in managing snake bites," Greene says.

If a patient requires anti-venom, he or she usually spends one or two days in the hospital. After hospital discharge, patients will need to follow up twice a week for two weeks to watch for any signs of recurrent toxicity.



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A FOCUS ON PHYSICAL ACTIVITY *Pathway to Improved Health*

By Concentra Urgent Care

Being physically active is one of the most important steps you can take to maintain or improve your health. When combined with eating a healthy diet, regular exercise can substantially reduce your risk of chronic disease, prevent weight gain, and improve your overall level of physical and emotional fitness.

HOW MUCH PHYSICAL ACTIVITY DO I NEED?

The U.S. Department of Health & Human Services (HHS) has recently published several recommendations related to exercise:

1. Any physical activity is better than no physical activity
 - Includes people with disabilities
 - Far outweighs the possibility of risk of injury or illness
2. Most health benefits occur with at least 150 minutes a week
 - Both aerobic (endurance) and muscle-strengthening (resistance) are beneficial
3. For most people, additional benefits occur when
 - You increase the intensity of your physical activity
 - You increase the frequency of your physical activity

- You increase the duration of your physical activity
- ### SHOULD OLDER ADULTS EXERCISE, TOO?

The same HHS guidelines apply, but older adults need to make sure that their fitness level and any chronic conditions allow them to safely perform physical activity. For example, if an older adult is at risk of falling, he should do exercises that maintain or improve his balance.

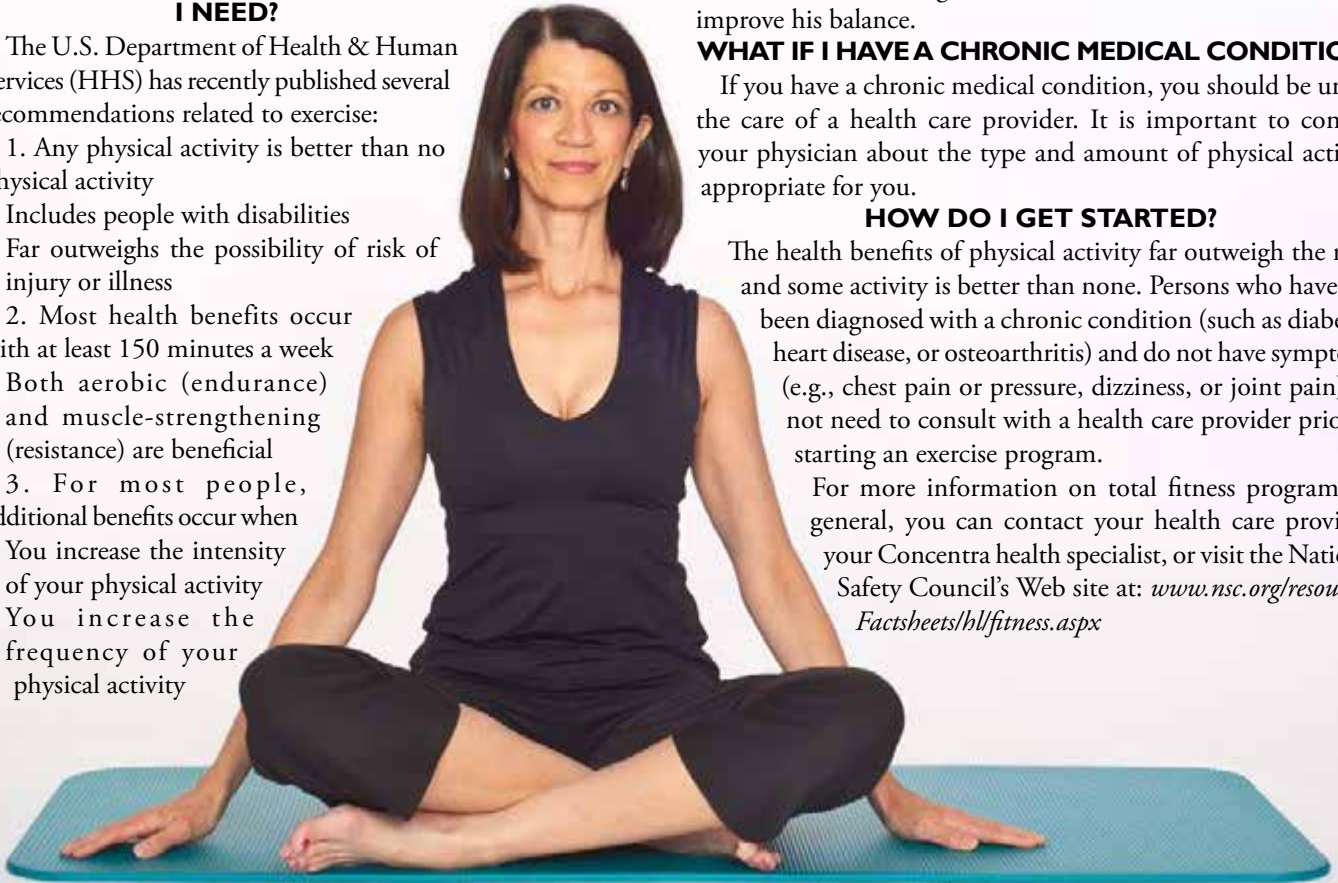
WHAT IF I HAVE A CHRONIC MEDICAL CONDITION?

If you have a chronic medical condition, you should be under the care of a health care provider. It is important to consult your physician about the type and amount of physical activity appropriate for you.

HOW DO I GET STARTED?

The health benefits of physical activity far outweigh the risks and some activity is better than none. Persons who have not been diagnosed with a chronic condition (such as diabetes, heart disease, or osteoarthritis) and do not have symptoms (e.g., chest pain or pressure, dizziness, or joint pain) do not need to consult with a health care provider prior to starting an exercise program.

For more information on total fitness programs in general, you can contact your health care provider, your Concentra health specialist, or visit the National Safety Council's Web site at: www.nsc.org/resources/Factsheets/hl/fitness.aspx



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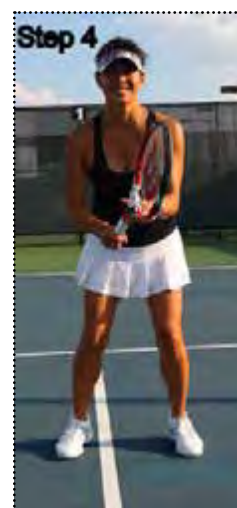
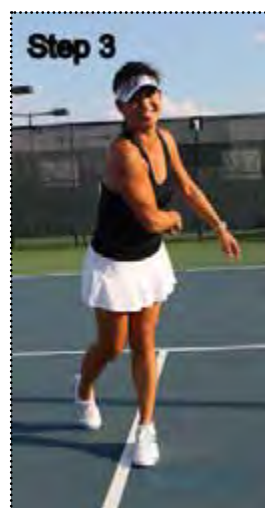
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TENNIS TIPS

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HOW TO EXECUTE THE OVERHEAD “SMASH”

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, the serve, the forehand half-volley and the one-handed backhand volley. In this issue, I will offer you instructions on how to execute the overhead “smash” when players get a high ball and they hit the ball above their head. In the illustrations, Matilda O’Connor, player at the Grey Rock Tennis Club, shows the proper technique to execute this stroke. Photos by Charlie Palafox.

Step 1: The Back Step: When Matilda realizes that a ball is high enough to hit the overhead, she takes a step back on the side to hit the ball. The upper body turns, the racket starts the back motion by keeping the elbow in 90 degree angle and the left hand is pointing to the ball. Notice that her head is looking at the ball and keeping the chin up.

Step 2: The Point of Contact: When Matilda is ready to hit

the ball, her racket starts accelerating from the back position. She is making perfect contact on the upper part of the racket and the right wrist is “snapping” to get on top of the ball. Her left arm is still pointing to the ball to assure a good hit on the “sweet spot”. Her weight has shifted from the back foot to the front foot.

Step 3: The Follow Through: After the ball has been struck by the racket, Matilda will continue the swing of the racket across the left side of her body. The eyes are now focused on the path of her stroke. The left arm is on her left side. Her right foot still kept her toes on the court to allow for maximum balance on the stroke.

Step 4: The Ready Position: Even though the overhead “smash” is a powerful weapon, many times the opponents will return it back to the players. Here Matilda is ready for the next ball coming back to her. By the looks of her smile, it seems that her overhead was successful and she has won the point.

Look for in the next Newsletter: The Forehand Service Return

DROWNING IS PREVENTABLE



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May 18: Colin's Hope Got2Swim Pure Austin Quarry Lake. <http://www.tinych.org/QuarryLake>



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