

**Parish Nurse News**  
August, 2006

**What students can do to prevent child overweight & obesity:**

- ❖ Make healthy choices in the school cafeteria or when packing lunch.
  - ❖ Walk to school where possible.
  - ❖ Ask for healthy snacks\*\*
  - ❖ Encourage the student council to advocate for physical education classes & after-school programs that are attractive to all students and to request healthy food choices in school & at school events.
- ▶▶ Limit TV watching/computer games to no more than 2 hours per day.



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**\*\*Blueberry Smoothie**

**1 pint fresh blueberries 1 cup pineapple juice 1-8 oz low-fat vanilla yogurt: Blend & Serve!**

(Calories:191 Protein:5 g Fat:1.5 g Fiber: 4 g Vitamin C: 38 mg Calcium: 162 mg)

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American Association of Poison Control Centers received more than 1.2 million queries pertained to kids younger than 6 years of age. Most accidents happen at home; others in homes of friends/relatives.

**In-Home Care: Call Poison Control Immediately: 800-222-1222**

<b>Caustic products:</b> (pH < 2 > 12)	<b>IRON:</b>	<b>Oral hypoglycemic medications:</b>	<b>Over-the-counter vasoconstrictive eye drops:</b>
<b>Ex:</b> Dishwasher soap, Toilet cleaner, Hair straightener, Drain opener	Ferrous Sulfate	Sulfonylureas, Chlorpropamide, Glipzide	Tetrahydrozoline Hydrochloride (Visine)
<b>Symptoms:</b> Chemical burns Oral burns, pain,drooling  Respiratory distress	Gastrointestinal upset; bloody vomit or diarrhea  After 10-12 hours profound shock	No early signs, leads adults to believe child is ok Hypoglycemic seizures after 24 hours.	<b>Coma within 20-30 minutes</b>
<b>Possible Hospital Tx:</b>  Child X-rays, Endoscopic inspection  Airway management, Possible surgical repair of the esophagus	Whole bowel irrigation to flush out iron;  Antidote for iron poisoning given when iron levels are above toxic range	Administration of activated charcoal if patient presents w/in 1-2 hours; Blood sugar monitoring; Administration of food & glucose as indicated	Supportive care

**James 3:8** But no man can tame the tongue. It is a restless evil, full of deadly poison.

**Healthy Bite:** *Going to bed at the same time every night and getting up at the same time every morning, including weekends, maintains your body's natural rhythm. This can help fight insomnia as well as prevent headaches, according to researcher at the National HA Foundation.*

**Proverbs 3: 21, 24** My son, preserve sound judgment & discernment, do not let them out of your sight; when you lie down, you will not be afraid; your sleep will be sweet.

- Stroke Warning Signs:**
- ♥ Sudden weakness, numbness, or paralysis, especially on 1-side of the body.
  - ♥ Sudden trouble speaking—slurred speech/mixed sentences, or inability to speak at all.
  - ♥ Sudden trouble seeing in one eye. Vision may be black/blurry.

### **3 TESTS FOR STROKE**

😊 **Smile:** The mouth may drift to one side

**Stretch out the Arms:** One may drift down, or person may be unable to lift it at all

**Repeat a simple sentence:** Someone having a stroke may sound drunk or be unable to speak at all

***People Who Receive Treatment for Stroke As Soon As Possible  
HAVE A BETTER CHANCE OF RECOVERY.....  
Call 911!***

**Psalms 127: 1-2** Unless the Lord builds the house, its builders labor in vain. Unless the Lord watches over the city, the watchmen stand guard in vain. In vain you rise early and stay up late toiling for food to eat— for he grants sleep to those he loves.



Tetanus bacteria are everywhere, indoors & out, and can enter your body through even a tiny cut. If you can't remember when you had your last tetanus booster, it may be time. You need to get the shot every 10 years. Tetanus (lockjaw) can cause paralysis. Don't wait until you step on a nail or scratch your finger while working on a remodeling project, caution the National Foundation for Infectious Diseases & the National Coalition for Adult Immunizations.

Dear Lord, Let us be faithful followers of you. Let us at the beginning of each day try to follow in your precious Son's footsteps; striving always to do your will in caring for others. Let us be sensitive to the needs of those around us. In Jesus' name we pray. Amen.