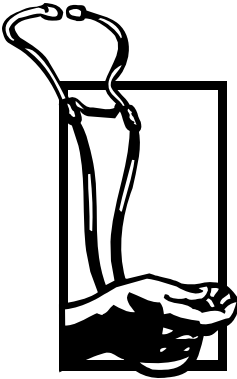




Wheaton Franciscan Healthy Connections™



Racine County/City Newsletter
March, 2007

Hello To All!

During March, the Health Center will conduct HRA's, the abbreviation for Health Risk Assessment. This service is a valuable tool in promoting your personal health and reducing risk factors for some human disease processes. Your commitment to health calls for a proper fast, following up with the screening, and Nurse Practitioner evaluation to discuss your results. Discussing those results means looking at the risk and values personal to you. The actual screening takes a measurement of blood pressure, height, weight, body fat, cholesterol (total, LDL, HDL, triglycerides), and blood sugar. The questionnaire incorporates lifestyle practices that impact your health and risk for accident and disease related health problems. The purpose is to identify potential risks and act to reduce them. One example is reducing/controlling risk for heart disease. The main point is that some risk factors are uncontrollable, such as family history and age. Others are controllable such as hypertension and physical inactivity. There are others to consider in both categories and come into play during the consultation part of your HRA. Make a pledge

to come and participate in the HRA as we look forward to a year of improved health and wellness.

Understanding your cholesterol helps to improve your health and reduce the risk for stroke and heart disease. Here's where the screening, consultation, lifestyle changes, and even medications come into play. Cholesterol is wax-like fat that deposits in the arteries. That just doesn't sound good but the lack of visual effects make believing it sometimes harder to grasp.

Total cholesterol measures several components of blood lipids. Then there is the breakdown. The LDL, low density cholesterol is the bad form one that we want lower-think "L", Lousy, Lower as the goal. A level less than 100 (mg/dl) is optimal, less than 130 for most people, and more than 160 or more than 130 with two risk factors for cardiovascular disease increases your risk. The HDL, high density cholesterol, is the good form and should be Higher-think "H", Happy, and Helpful for this value. Medical experts think the HDL carries cholesterol away from arteries, back to the liver and passed from the body. Triglycerides are a form of fat from food and also made by the body. It is found more commonly in diabetes and obesity. Think "T", Try to Turn it around. Levels less than 150 are considered normal.

The HRA screening and follow-up appointments are now being scheduled so take part and thank yourself for doing something good for you today! We have much more to share with each of you. HRA's are currently for adults and remember much of the pediatric risk assessment is part of well child exams. Call 687-8640, the Health Center's desk to schedule appointments.

Speaking of health risks, our pediatric Nurse Practitioner has a special topic about safety risk for our children. Read on...

Regards, Colleen, Janet & Terry.

Safety on the Internet

The Internet is an educational and entertainment tool for adults and children alike. Kids are learning to use the computer as early as kindergarten in many schools. While the Internet is full of wonderful learning opportunities, as a parent, it is important to ensure that your child is safe. There are several things to keep in mind when you or your child are surfing the Web:

- *The information you put online is usually not private.
- *People online may not be who they seem.
- *Anyone in the world can put information online.
- *You shouldn't trust everything you read online.
- *You may unintentionally find offensive, obscene, violent or pornographic material online.

So what can parents do to help keep their children safe on the Internet?

Set rules. Make sure your kids understand them and that they are there to help keep them safe.

- *NEVER give out personal information including your name, address, phone number, age, school name, location, or post your picture.
- *NEVER share your password, not even with your friends.
- *NEVER agree to meet someone in person that you met online.
- *NEVER send mean messages or respond to a message that makes you feel uncomfortable.

Once you've set the rules, it's important that you, as the parent, supervise your child's use of the Internet. Keep the computer in a room where you can monitor your child while he is on the Internet. Surf the Web with your child. Use tracking, filtering or blocking software or set parental controls to limit what sites your child can access. Your child's school may be a good source of age appropriate web sites for your child. Check with your child's school about their policies regarding Internet use in school and ask for a list of kid friendly sites.

The American Academy of Pediatrics has developed age-based guidelines for children's Internet use. A brief overview is provided below. For a full listing of the guidelines as well as more tips on keeping your family safe on the Internet, go to www.aap.org/healthtopics/mediause.cfm.

The Internet provides endless opportunities for learning and connecting with others around the world. While you can't completely prevent your child from being exposed to unwanted information, you can take steps to minimize his risk.

AAP Age-Based Guidelines for Children's Internet Use

Up to age 10: Supervise and monitor all use of the Internet. Use tools to limit access to inappropriate content.

Ages 11 to 14: Continue supervision, monitoring and use of tools. Discuss what personal information should not be given out.

Ages 15 to 18: Few limitations. Review rules on personal information. Be available to discuss inappropriate content.

