

School Based Health Program Newsletter September 2016 ISSUE 1

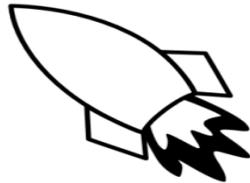
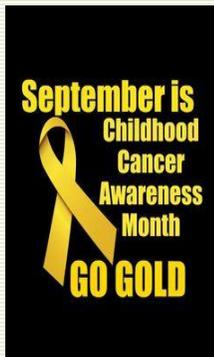
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*School Based
Health would
like to bring
awareness to:*



EPI PEN COSTS

Mylan Pharmaceutical has come under fire for the sky rocketing of prices for Epi Pen lifesaving medicine. The two pen pack was \$ 100.00 in 2007 and now costs \$600.00. That is a 480% increase. Many families cannot afford this life saving medications. It is reported that the cost of the medicine is about \$1.00 per dose.

Every 6 minutes, food allergies cause life threatening symptoms and sends someone to the hospital. Children and adults have only seconds to get this medication into their system when they begin having symptoms of anaphylactic shock. Some parents have decided to just use Benadryl and pray that they get to the emergency room on time.

This life or death medication has been around for a long time. So why the price hike. Heather Bresch, CEO of Mylan Pharmaceuticals and daughter of Senator Joe Manchin says this problem is very complicated. It has political, medical and economic aspects.

Mylan is offering a coupon for \$300.00 but for now, those who have no insurance, Medicare or Medicaid cannot get this discount. They promise to have a generic brand soon that will cost less. We are cautioned not to buy Epi Pens on EBay, over the internet and anywhere else except from a reputable pharmacist. Mylan does have a "free pen for schools program" where schools can get free pens to stock and use if a student shows symptoms for anaphylactic shock.

What can you do as a parent? Use Social Media to get support. Ask physicians and pharmacists for discount coupons or whatever they might offer to help defer the cost. Talk to your politicians, physicians, and pharmacists about putting "**Care**" back in health care.

Ref. ABC News

Breast Cancer Awareness

Choose HOPE during “Breast Cancer Awareness” Month this October. It is the most common cancer in women in the U.S. (other than skin cancer). Men can get breast cancer but it is 100 times more common in women who have estrogen and progesterone hormones which can promote CA cell growth.

Millions are surviving with early detection and improved treatment but much more is still needed to battle this disease.

Getting older and having certain gene changes are all risk factors that we cannot do anything about however, you can lower your risk by not smoking, not drinking and eating a healthy diet. Also, do monthly breast exams and get mammograms as recommended by your physician.

You can learn more with a detailed guide at cancer.org/detailed_guide



M2 Generation

Is the media taking over your child's life? That's what a nationwide survey conducted by the Kaiser Family Foundation seems to suggest. Experts are calling them the M2 Generation - today's highly technological children whose lives seem to revolve around the media. And with the constant exposure that children have to television, computers, music, mobile devices, and video games, it seems there is no limit to kids' screen time.

According to the survey, in just five years, media use has increased from 6 ½ to nearly 7 ½ hours a day in children between the ages of 8 and 18. Even more alarming - children have become master multitaskers, often using two or more media devices at the same time. Counting each device separately, these kids have found a way to cram in a total of 10 hours and 45 minutes of media content into those 7 ½ hours. These findings epitomize the very definition of the phrase "media saturation." Children now spend more time with the media than they do with their family, in school, or sleeping.

If, as a parent, you find this disturbing, there's more. Media saturation appears to have an adverse effect on a child's performance in school. Almost half of the children in the survey who were considered heavy media users had grades of mostly Cs or lower, compared to fewer than 25 percent of children considered light media users. TV time early on in life might have an adverse effect on school performance as well. A recent study published in the Journal of the American Medical Association (JAMA) found that the more television a child is exposed to at 29 months, the more likely he is to have problems in school and poor health behaviors.

JAMA reported that each additional hour of television a toddler watches can potentially result in a seven percent unit decrease in classroom engagement and a 13 percent unit decrease in weekly physical activity. Of those studied, television-watching toddlers also showed a 10 percent increase in classmate victimization, and are five percent more likely to have a high BMI. In addition, kids who spend more time with media devices reportedly have a lower level of personal contentment and have a tendency to get in trouble more often. They also reported feeling more sad or bored than their non-media-obsessed counterparts. So this raises the question - are unhappy kids more likely to watch more television, or does watching more television make kids unhappy? Although the Kaiser Foundation stresses that no relationship between media use and grades and personal contentment could be established, it is still important to point out that the statistics show a strong pattern. Another worrying trend is the link between television time and obesity. According to Kids Health, a child who spends more than four hours a day watching television is more likely to be overweight than one who watches less than two hours. Ref. familyeducation/addiction.com



Talking to Your Child about Drugs

Resource: Kidshealth.org

Preschool to Age 7

Before you get nervous about talking to young kids, take heart. You've probably already laid the groundwork for a discussion. For instance, whenever you give a fever medicine or an antibiotic to your child, you can discuss why and when these medicines should be given. This is also a time when your child is likely to pay attention to your behavior and guidance.

Take advantage of "teachable moments" now. If you see a character in a movie or on TV with a cigarette, talk about smoking, nicotine addiction, and what smoking does to a person's body. This can lead into a discussion about other drugs and how they could cause harm.

Keep the tone of these discussions calm and use terms that your child can understand. Be specific about the effects of the drugs: how they make a person feel, the risk of overdose, and the other long-term damage they can cause. To give your kids these facts, you might have to do a little research.

Ages 8 to 12

As your kids grow older, you can begin talks with them by asking them what they think about drugs. By asking the questions in a nonjudgmental, open-ended way, you're more likely to get an honest response.

Remember to show your kids that you're listening and really paying attention to their concerns and questions.

Kids this age usually are still willing to talk openly to their parents about touchy subjects. Starting a dialogue now helps keep the door open as kids get older and are less inclined to share their thoughts and feelings.

Even if your questions don't immediately result in a discussion, you'll get your kids thinking about the issue. Show them that you're willing to discuss the topic and hear what they have to say. Then, they might be more willing to come to you for help in the future.

News, such as steroid use in professional sports, can be springboards for casual conversations about current events. Use these discussions to give your kids information about the risks of drugs.

Ages 13 to 17

Kids this age are likely to know other kids who use alcohol or drugs, and to have friends who drive. Many are still willing to express their thoughts or concerns with parents about it. They may ask you more specific questions about drugs.

Use these conversations not only to understand your child's thoughts and feelings, but also to talk about the dangers of driving under the influence of drugs or alcohol. Talk about the legal issues — jail time and fines — and the possibility that they or someone else might be killed or seriously injured.

Consider making a written or verbal contract on the rules about going out or using the car. You can promise to pick your kids up at any time (even 2 a.m.!), no questions asked, if they call you when the person responsible for driving has been drinking or using drugs.

The contract also can detail other situations: For example, if you find out that someone drank or used drugs in your car while your son or daughter was behind the wheel, you may want to suspend driving privileges for 6 months. By discussing all of this with your kids from the start, you eliminate surprises and make your expectations clear.