



**Glens Falls Hospital**

# School-Based Health Center

**Stuart M. Townsend  
Middle School  
696-2337**

**Fall 2007**

## 10 years ago...

Can you believe it's been 10 years since the Glens Falls Hospital School Based Health Program started here at SMTMS. And, wow, have we grown in those 10 years! Our enrollment is now up to 89% of the entire school, we have a beautiful space to work in, we have counseling services to offer as well as many programs, and . Our goal at the School Based Health Center has always been to encourage and promote the physical and emotional growth of our children and we continue to try to think of new ways to help do that.

Some of the great programs we've been able to offer are— Growing Up Together (adolescent program for 5th grade girls/moms), Nutritional Counseling, Girls on the Run, Nutrition Month, Babysitting Club, Fitness Adventure.



Our goal for this year is to continue to improve our services to you and your family so please always feel free to contact us with any questions or if we can help you in any way. Thanks for a great 10 years!

### Just a Reminder

If your child is already enrolled in the SBHC, you do not need to enroll them again, but any information updates (health insurance changes, phone numbers, addresses, allergies, etc.) would be very much appreciated so that we can keep our files accurate and up to date.

**We are here:  
Monday-Friday 9:00-1:00  
Phone: 696-2337  
Fax: 696 . 2160**

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## Changes for Immunization Requirements

A new law has gone into effect that requires all students entering 6th grade, and who are 11 years old as of Sept. 1, 2007 must have an immunization containing tetanus toxoids, diphtheria, and acellular pertussis called Tdap. Previously, children

were immunized with the Td and they have now included the pertussis part because of the whooping cough outbreaks that are occurring every year. This is a NYS law and if your child does not receive this immunization prior to school, or have an ap-

pointment scheduled, they will not be able to enter school. The vaccine may be given at your primary care providers office, or here at the school-based health office. Please call with any questions or concerns you may have about this new law.



# Roller-Shoe Injuries on the Rise

Part sneakers, part skates, shoes with wheels in the heels are all the rage these days. The fast moving fad of "heeling" or "street gliding" propels kids from walking to rolling in the blink of an eye. But a new study reports that the international craze is increasingly sending kids to the hospital. According to a study published in *Pediatrics*, most of the injuries happened:

- Among girls (56 out of 67)
- outdoors (roads, sidewalks, playgrounds)
- In the upper limbs (broken wrists, hands, and arms as well as dislocated elbows)
- Some had knee, foot or ankle injuries and broken legs
- In kids who were wearing them for the first time
- When kids fell backward or forward as they tried to transition from walking to rolling

## What does this mean to you?

Roller shoes may look like your average sneakers on the outside. But the study's researchers, the makers of Heelys, the CPSC, and the American Academy of Orthopaedic Surgeons (AAOS) all agree that the best way to keep roller-shoe injuries to a minimum is to treat them less like everyday footwear and more like sports equipment—akin to inline skates. That means kids wearing them should don protective gear—helmets, kneepads, elbow pads, and wrist guards (especially important since most of the injuries happen when kids use their hands to break a fall).

The AAOS also recommends sharing these wheeled-shoe precautions with your kids:

- Learn and practice the basic skills of the "sport" - like how to stop—before taking the shoes out in public.

- Use the shoes on flat surfaces—not on rocky areas, over curbs, or down hills
- Don't use the shoes around lots of people or traffic
- Don't try to maneuver around crowds.

To keep bumps, bruises, and breaks at bay, supervise as kids learn to use the shoes and make sure more seasoned rollers know—and follow—the proper safety precautions.

Source: Mihai Vioreanu, MRCSE, et al. *Pediatrics*, June 2007



# Lyme Disease Case Reports have doubled!

The CDC have reported about 20,000 cases each year which is more than double the cases from 15 years ago. 61% of the cases were among 5–14 year olds. 93% were in 10 states (NY being one of them). At first, symptoms may include: bulls eye rash, fatigue, fever, chills, headache, muscle aches, & swollen lymph nodes. When undiagnosed symptoms like joint pain & swelling, irregular heartbeat, tingling in the arms & legs, and memory & concentration problems. Here are

some preventive tips to help your family stay lyme-free; keep lawn mowed, clear brush, leaves & tall grass, stack woodpiles off ground, create buffer between woods & lawns, have a licensed professional spray yard with insecticide, carefully check your kids when they have been outside (especially behind ears, neck, armpits, groin & behind the knees), use insect repellent w/10%-30% DEET (in kids 2 months & up) no more than once a day (not on face or hands), wear light

colored clothing, & contact veterinarian about tick control products for pets. Call your doctor right away if anyone in your household is bitten by a tick or shows any sign of infection. Early diagnosis is key to preventing serious & long term complications.

