



Health@News

Your Guide to a Healthier Lifestyle

VOLUME 8 ♦ ISSUE #4

Your Child & THE INTERNET



The Internet can serve as an effective tool to help parents and children locate educational resources including news, research, and reference materials; learn about other cultures around the world; and improve computer skills. Used responsibly, the Internet can provide an invaluable component of a child's education. Because not all information available online is appropriate for children, parents must take an active role in ensuring that the Internet activity of their children is productive and educational.

Online Safety

While Internet technology allows children unprecedented access to information and knowledge, it also leaves them potentially vulnerable to online predators. Make yourself aware of the risks and consider the following recommendations from the American Academy of Pediatrics for teaching your children about staying safe online.

- Never give out personal information without parental consent. This includes name, address, phone number, age, race, school name or location, or friends' names.
- Never share passwords, even with friends.
- Never meet a friend you know only online in person unless a parent says it is alright. It is best if a parent accompanies you and the meeting takes place in a public space.

continued on next page...

Brought to you by:



TAKE CONTROL OF PRE-DIABETES

WHAT IS PRE-DIABETES?

Pre-diabetes is the state in which blood glucose levels are abnormally high, but not yet high enough to be diagnosed as diabetes. Currently in the United States, 57 million people have pre-diabetes. Research indicates that people who have pre-diabetes have an increased risk of cardiovascular disease and are likely to develop type 2 diabetes. Untreated, type 2 diabetes can lead to serious complications—including heart attack, stroke, kidney disease, blindness, and nervous system damage.

THE IMPORTANCE OF SCREENING

Symptoms of type 2 diabetes include frequent urination, excessive thirst, blurred vision, frequent infections, and unexplained fatigue. Because these symptoms often seem innocuous, diabetes frequently goes undetected. In

fact, approximately 5.7 million people who have diabetes are unaware of their condition. For this reason, screening is vital. A glucose test can alert an individual that he or she has pre-diabetes or diabetes. Generally, medical professionals identify pre-diabetes from the results of either the fasting plasma glucose test (FPG) or the oral glucose tolerance test (OGTT).

PREVENTION

According to the American Diabetes Association (ADA), studies have shown that people with pre-diabetes can prevent or delay the development of type 2 diabetes by up to 58 percent through changes to their lifestyle that include modest weight loss and regular exercise. Recommendations include that people with pre-diabetes reduce their weight by 5-10 percent and participate in some type of modest physical activity for 30 minutes daily. In some cases,

57 MILLION PEOPLE

continued on next page...

Pre-Diabetes continued from previous page...

these modifications can return blood glucose levels to the normal range. Consider the following tips from the ADA.

- › Eat lots of vegetables and fruits. Choose from the rainbow of colors to maximize variety.
- › Choose whole grain foods over processed grain products.
- › Cut back on high calorie snack foods and desserts.
- › Eating too much of even healthful foods can lead to weight gain. Watch your portion sizes.
- › Get a check-up before planning your fitness routine. Find out what is safe for you to do.
- › Think about your current habits. How active are you? Pick some changes that will make the biggest impact.
- › Find something you enjoy doing. Try different activities on different days.

If you experience symptoms of diabetes, consult a physician for diagnosis and treatment.

Children and the Internet continued from previous page...

- Never respond to any message that makes you feel uncomfortable or hurts your feelings. Ignore these messages, stop all communication, and tell a parent or another adult you trust right away.

Appropriate Use of the Internet

Fortunately, with proper blocking software and good communication about Internet activity, the Internet can serve as an invaluable resource. Consider the following tips:

- The American Academy of Pediatrics recommends limiting total screen time in front of a television or computer to no more than 1 to 2 hours a day for children older than 2 years.

- Monitor your child's Internet use and content. Make rules regarding appropriate and inappropriate sites.
- Use the Internet with your children. Place the computer in the family room rather than in your child's bedroom. Consider using tracking software if and when supervision is not possible.
- Research software or services that can block or filter offensive and inappropriate Web sites and materials.
- Learn about the Internet regulations at your child's school, the local library, and houses of his or her friends.

Age-Based Guidelines

The American Academy of Pediatrics specifies the following age-based guidelines for children's Internet use.

Up to age 10 – Children this age need supervision and monitoring to ensure they are not exposed to inappropriate materials. Parents should use Internet safety tools to limit access to content, Web sites and activities, and be actively involved in their child's Internet use.

Ages 11-14 – Children need supervision and monitoring to ensure they are not exposed to inappropriate materials. Children this age also need to understand what personal information should not be given over the Internet.

Ages 15-18 – Parents should be available to help their teens understand inappropriate messages and avoid unsafe situations. Parents may need to remind teens what personal information should not be given over the Internet.

Discuss unusual or concerning behavior with your child's pediatrician.



St. Luke's Wellness College: Fall Lecture Series on Aging Successfully

*Tuesdays
6:30 to 8:30 p.m.
Begins Sept. 20
St. Luke's Hospital*

Join us for one or more of the free weekly lectures presented by physicians and health professionals.

Spirit Girls' Night Out

*Thursday, October 20
6:30 to 8:30 p.m.
DoubleTree Hotel*

- Pamper yourself with massages and mini-makeovers & hairstyles.
- Take advantage of shopping, health screenings and more.
- Enjoy cocktails, appetizers and dessert.

**Early bird rate: \$15
(\$20 after Oct. 6).**

Are You Baffled by Cancer?

*Tuesday, October 25
6 to 8 p.m.*

St. Luke's Institute for Health Education
Join a team of health specialists for a special symposium on the risks, treatment options and care for different types of cancers.

To register, visit www.stlukes-stl.com or call 314-542-4848 for more information.



Our specialty is you.

232 S. Woods Mill Road
Chesterfield, MO 63017
www.stlukes-stl.com