

Healthquestions

Do indoor swimming pools cause asthma?

Q **A** Maybe. One recent study shows that children who live in regions with more indoor swimming pools are more likely to have asthma. Irritants in the air at indoor pools can include chlorine byproducts. These irritants can cause mild symptoms, such as wheezing, or more severe symptoms, such as asthma. If your child regularly swims in an indoor pool, be sure the facility carefully regulates pool chlorine levels and provides good airflow. If your child has asthma, check with your child's doctor to see if it's OK to use an indoor pool.

What causes varicose veins?

Q **A** Your circulatory system includes arteries and veins. Arteries carry blood from your heart to the rest of your tissues. Veins return blood from the rest of your body to your heart and lungs so that the blood can be loaded with oxygen and re-circulated. To accomplish this, tiny one-way valves in your veins open as blood flows toward your heart and then close to stop blood from flowing backward.

Varicose veins occur when the tiny valves in your veins don't work properly, often as a result of aging. When this happens, blood that should be moving toward your heart may flow backward and pool in your veins, causing them to enlarge and become varicose. Any vein can become varicose. But the ones most commonly affected are those in your legs and feet.

Women are more likely than men are to develop varicose veins. Other risk factors include aging, obesity, family history and standing for long periods of time.

A Healthy Child is a Learning Child

August is the time of year to prepare for your kids to head back to school—especially for parents who have small children entering preschool, Head Start, or kindergarten for the first time. Because a “Healthy Child is a Learning Child,” the following health and dental screenings are needed to assess your child's readiness to learn, and are required in order to attend all early childhood programs for three-four-and five-year-olds.

- **Immunizations** - This series of shots over a period of months or years prevents the development of certain infectious diseases.
- **Physical Exam** – A doctor will listen to your child's heart, look in his or her eyes/ears/nose/mouth and evaluate your child's physical growth and development.
- **Hearing Screening** – Your child will be asked to listen to a series of sounds and tones. This test determines his or her level of hearing.
- **Vision Screening** – Your child will be asked to identify objects of a certain size and at a certain distance to determine their ability to see.
- **Dental Exam** – A dentist or dental hygienist will clean your child's teeth, perform X-rays and sometimes give fluoride treatments. This will determine if the child needs additional treatment.
- **Lead Screening** – This simple blood test will determine your child's blood lead levels.
- **Hemoglobin** – This test checks your child's iron level and determines if your child is anemic.
- **Blood Pressure** – This test allows the examiner to measure the amount of pressure at which the child's blood is flowing.

Help to ensure your child's learning future. Get them screened early so that when school starts, your child is a healthy, learning child. **To find out more, call the Wayne County Head Start Program at 866-534-5437.**

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