



# Caring is our Calling!

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## Traveling to and from school

Before school starts, review the basic rules with your children and practice any new routes or modes of transportation.

### School Bus

- Children should always board and exit the bus at locations that provide safe access to the bus or to the school building.
- Remind your child to wait for the bus to stop before approaching it from the curb.
- Make sure your child walks where she can see the bus driver (which means the driver will be able to see her, too).
- Remind your student to look both ways to see that no other traffic is coming before crossing the street.

### Bike

- Practice the bike route to school before the first day of school to make sure your child can manage it.
- Children should always wear a bicycle helmet, no matter how short or long the ride.
- Teach them to ride on the right, in the same direction as auto traffic.
- Respect traffic lights and stop signs.
- Know the "rules of the road."



## Ready, set, back to school!

As we approach the end of August, many parents are preparing for another school year for their children. The beginning of school is a perfect time to set the stage for the upcoming year and to create new healthy habits for the entire family. Below are simple tips to get you going on the right foot.

### Start the day off right.

Eating breakfast as a family is a perfect time to bond and spend quality time together while also preparing a healthy breakfast. Eggs with whole grain toast, fruit and yogurt, or whole grain unsweetened cereal with milk and berries are several great choices. Beginning the day with a meal consisting of protein and fiber, a winning combination of nutrients, will help the entire family feel satisfied until lunch.

### Nix the added sugar.

The American Heart Association suggests that children and teens ages 2-18 limit added sugar to no more than 6 teaspoons per day. Kids who eat foods high in added sugars tend to eat fewer healthy foods. Added sugar provides no nutritional benefits and is found in a wide range of food from cookies, ketchup, salad dressings, sugar sweetened cereals, smoothies, to sweetened yogurts. The major culprit of added sugar, however, is soda and sugary drinks including iced tea and fruit punch. Sugary drinks, often called "liquid calories," provide no health benefits.

### Swap juice for whole fruit.

Feed children whole fruit instead of juice. The fruit is rich in fiber and its high-water content helps keep the calories low. It's easy to guzzle down too many calories from juice without even realizing it. A pint of orange juice, for example, contains around 225 calories. This is the equivalent to 2-3 cups of mixed berries. Most people wouldn't think twice about drinking the pint of juice but few would eat three cups of berries in one sitting.

### Pack a healthy snack.

If you are packing snacks, it's a perfect opportunity to include at least one fruit and veggie. Smart snacks include fresh fruit, Greek yogurt, baby carrots with hummus, roasted edamame, and of course a bottle of water. Nuts or nut butter squeeze packs are also great choices if a school allows nuts; if not, they are a great go-to snack when kids get home.

CONTINUED ON BACK



## RINGGOLD COUNTY HOSPITAL

504 North Cleveland Street • Mount Ayr, IA 50854 • 641-464-3226 • [www.rchmtayr.org](http://www.rchmtayr.org)

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**Skip the white food (unless it's cauliflower or white beans).**

White bread including bagels, white rice, and white pasta are refined grains and are easy to overeat. Because they contain virtually no fiber, we don't feel satisfied after eating them. Introducing kids to healthier alternatives including quinoa, whole grain pasta, and brown rice helps them get into the habit of enjoying these grains. No need to cut out starch entirely. Choosing the healthier ones is a far better alternative.

## Antibiotics: All You Need To Know

Antibiotics, also known as antibacterials, are medications that destroy or slow down the growth of bacteria. They include a range of powerful drugs and are used to treat diseases caused by bacteria. Infections caused by viruses, such as colds, flu, most coughs, and sore throats cannot be treated with antibiotics.

Powerful medicines that fight certain infections and can save lives, antibiotics either stop bacteria from reproducing or destroy them. Before bacteria can multiply and cause symptoms, the body's immune system can usually kill them. Our white blood cells attack harmful bacteria and, even if symptoms do occur, our immune system can usually cope and fight off the infection. There are occasions, however, when it is all too much, and some help is needed; this is where antibiotics are useful.

The first antibiotic was penicillin. Such penicillin-related antibiotics as ampicillin, amoxicillin, and benzylpenicillin are widely used today to treat a variety of infections - these antibiotics have been around for a long time.

### How do antibiotics work?

Although there are a number of different types of antibiotics, they all work in one of two ways:

- A bactericidal antibiotic (penicillin, for instance) kills the bacteria; these drugs usually interfere with either the formation of the bacterium's cell wall or its cell contents.
- A bacteriostatic stops bacteria from multiplying.

### Uses

An antibiotic is given for the treatment of an infection caused by bacteria. It is not effective against viruses. If you have an infection, it is important to know whether it is caused by bacteria or a virus. Most upper respiratory tract infections, such as the common cold and sore throats are caused by viruses—antibiotics

do not work against these viruses. If antibiotics are overused or used incorrectly, there is a risk that the bacteria will become resistant - the antibiotic becomes less effective against that type of bacterium.

The most common side effects of antibiotics:

- Diarrhea
- Feeling sick
- Fungal infections of the mouth, digestive tract, and vagina

Rare side effects of antibiotics:

- Formation of kidney stones (when taking sulphonamides)
- Abnormal blood clotting (when taking some cephalosporins)
- Sensitivity to sunlight (when taking tetracyclines)
- Blood disorders (when taking trimethoprim)

### Allergy

Some patients may develop an allergic reaction to antibiotics - especially penicillins. Side effects might include a rash, swelling of the tongue and face, and difficulty breathing. Anyone who has an allergic reaction to an antibiotic must tell their doctor and/or pharmacist. Reactions to antibiotics can be very serious, and sometimes fatal.

Antibiotics should be used with extreme caution for the following individuals:

- Anyone with reduced liver or kidney function
- Anyone who is pregnant
- Anyone who is breastfeeding

### Interactions

Individuals taking an antibiotic, should not take other medicines or herbal remedies without speaking with a doctor first. OTC (over the counter, non-prescription) medicines might also interact with antibiotics.

Penicillins, cephalosporins, and some other antibiotics can undermine the effectiveness of oral contraceptives. If the antibiotic has caused diarrhea/vomiting, the absorption of contraceptives may also be disrupted. Anyone taking these drugs should consider taking additional contraceptive precautions.

### How to use

Antibiotics are usually taken by mouth (orally); however, they can also be administered by injection or applied directly to the affected part of the body. Most antibiotics start having an effect on an infection within a few hours. It is important to complete the whole course of medication to prevent the infection from coming back. Stopping taking the medication before the end of the course means that there is a higher chance the bacteria will become resistant to future treatments.