

Health, Mind & Body

Surviving tween years as a parent

(BPT) - There's the summer vacation you dream of: happy children playing games, parents relaxing, cheerful grandparents, smooth roads, short lines and easy-to-schedule outdoor sports and activities for the kids. And then there's the reality, which more closely resembles "National Lampoon's Vacation."

Tweens, or 10- to 14-year-old individuals "in between" childhood and adolescence, are notorious for mood swings. More than 20 million tweens live in the U.S., according to an estimate by the 2010 U.S. Census. As tweens begin puberty, they face many challenges, including middle school, social issues, homework, and the stress of having responsibilities. At this stage of development brain and body development changes also occur that they may not understand. These changes are very normal.

Changes in development during these years are present. There are other issues nowadays that tweens deal with that may not have been

around when their parents were growing up such as the pressure to achieve. Many parents are preparing their children in middle school, if not earlier, for academic success and admission into a top university or college. This can exacerbate the mood swings stemming from the pressure they are under to achieve, not to mention extra-curricular activities many tweens are engaged in.

At this age, tweens are discovering who they are and where they fit into the world. They are beginning to socialize with the opposite sex and are defining who they are through the clothes they wear and the music they listen to. They are building a self-image and comparing themselves to others their age. Tweens may be moody, pouting, even tantruming like when they were a toddler. Tweens will sulk and whine as well. Research has shown that this is how tweens communicate their anger, frustration and displeasure with certain situations.

"At this stage, patience



and understanding are important," says Dr. Toby Spiegel, assistant professor of forensic psychology at Argosy University, Orange County. Confidence is the key for teens to deal with their emotions effectively. "Keep the lines of communication open. Empathize with their struggles and do not make light of them or laugh because it does not seem catastrophic to you.

"Pay attention to your tween's mood and recognize signs of depression. Watch for changes in grades, changes in friends, as well as eating and sleeping habits. Changes beyond moodiness can be signs of something else. If you feel your tween is beyond simple moodiness,

consult a mental health professional such as a psychologist or speak with the school counselor," adds Spiegel.

It's also important to take the time to listen and respect what they are going through. Praise them, making sure that the praise is meaningful and descriptive. Help them build their self esteem. Teach your tween to solve problems by brainstorming with them. Generally your tween should grow out of the moodiness by the time they turn 16.

"Staying connected to your child at this time is extremely important," says Spiegel. "Knowing who their friends are and what they do in school will give you insight into who your child is becoming."

Three myths about microwave foods

(BPT) - Everyone has their favorite foods they save for a special treat, or to make an already enjoyable occasion even better. But with a constant flow of information about food and health trends, it's often difficult to know which are the best choice for you and your family. Is what you're hearing even true?

Myth 1: Microwave popcorn is toxic

Reality: Microwave popcorn is safe and contains no added diacetyl or trans fats. Most major microwave popcorn brands removed these ingredients years ago. Dr. Tara Gidus recommends choosing Orville Redenbacher's and/or Act II brand microwave popcorn, as both have 0 grams of trans fats per serving and do not contain diacetyl. "Also," notes Dr. Gidus, "These popcorns provide a whole grain, gluten-free snack - so you can feel good about snacking away."

Myth 2: Microwaves are harmful and kill nutrients in food

Reality: Microwaves are a convenient tool for cooking and heating foods and can even preserve nutrients. In fact, microwaving vegetables can preserve up to 80 percent of their vitamins and nutrients, which is comparable to boiling them. Also, fruits and vegetables are flash frozen at their peak of ripeness, so there is virtually no nutritional difference between fresh and frozen. Additionally, frozen meals are made with fresh ingredients like fruits and vegetables and are a great option to get the recommended amounts of daily nutrients.

Myth 3: Food should be eaten raw to get the enzymes you need

Reality: Cooked foods can be just as healthy as raw. While the nutrient contents of certain foods, like broccoli, can be affected by exposure to heat, heating can be beneficial for other foods. For example, the antioxidant lycopene in tomatoes can be absorbed by the body much more readily in cooked tomatoes rather than raw tomatoes.



FREE DELIVERY

Layaway Available

Mention This Ad For Free Delivery

HOME DECOR FURNITURE homedecor1.com

740-439-1484 1226 Wheeling Ave., Cambridge, OH 43725

Epidural myths may keep women from pain management

(BPT) - It's one of the most effective, safest and widely used forms of pain management for women in labor, yet there are misconceptions about epidurals, a recent study shows. From fears of permanent back pain to allegations of potential harm to the baby, many women still harbor mistaken beliefs about epidurals.

"My own mother didn't want me to have an epidural because she thought it would hurt my baby," says Paloma Toledo, M.D., M.P.H., lead author of the study. "But when I showed her the overwhelming scientific evidence that it was safe for me and the baby, she felt good about my decision."

More than 60 percent of women in labor use an epidural, spinal or combined spinal-epidural anesthesia for labor, according to the National Center for Health Statistics. It is becoming

increasingly rare to use spinal anesthesia for delivery alone, but combined spinal-epidurals are becoming quite common, according to the American Society of Anesthesiologists (ASA). To administer an epidural, a physician anesthesiologist inserts a needle and tiny tube (catheter) in your lower back and delivers medication to continuously relieve pain below your belly button. Spinal anesthesia is a one-time injection of pain medication.

Toledo, an obstetric physician anesthesiologist and assistant professor of anesthesiology at Northwestern University Feinberg School of Medicine, Chicago, frequently hears concerns and misconceptions about epidurals. With the ASA, she offers the truth behind some common myths:

Myth: Epidurals can cause



permanent back pain or paralysis in the mother.

Fact: Serious complications from an epidural, including paralysis, are extremely rare. Some women have discomfort in the lower back (where the catheter was inserted) for a few hours or days after the epidural, but it doesn't last.

Myth: Epidurals can harm the baby.

Fact: In Toledo's study, published last year in the

"International Journal of Obstetric Anesthesia," women expressed concern that an epidural could cause cerebral palsy or be harmful to the baby. No evidence or research corroborates these concerns. Additionally, the amount of medication that reaches the baby from the epidural is so small it doesn't cause harm.

Myth: Epidurals can slow down labor or increase the risk of having a cesarean

section (C-section).

Fact: There is no credible evidence that an epidural slows down labor or increases your risk of having a C-section. If a woman has a C-section, other factors usually are at play, including having a very large baby or slow progression of labor due to other issues. In fact, there is evidence that epidurals can speed the first stage of labor for some women.

Myth: An epidural can interfere with the birth experience.

Fact: Some women express fear that their legs will be numb and they won't be able to walk, feel a contraction or push properly. In fact, your legs should not be so numb that you do not feel them. You may be able to walk after an epidural, depending on the hospital's policy; however, walking generally is not recommended immediately after the

epidural is placed. Epidural procedures have improved significantly in the last 20 years, and you'll receive enough medication to relieve the pain without taking away your ability to move. Furthermore, the epidural medications will not cause you to be groggy or tired. In other words, you'll be able to feel contractions - they just won't hurt - and you'll be able to push effectively.

Myth: There's a limited window of time when you can get an epidural.

Fact: You can get an epidural any time during your labor - in the beginning, the middle or even toward the end.

For more information about pain management during labor and delivery, visit the American Society of Anesthesiologists website at www.lifelinetomodermedicine.com/Anesthesia-Topics/Labor-and-Delivery.

davison
audiology

Where Physicians Refer Their Patients

"Print and online hearing aid advertising that display pictures of hearing aids or prices can be misleading. Seeing a professional will ensure a successful outcome." — Linda Davison, M.A. CCC-A

Hearing Testing Services • 90-Day Hearing Aid Trials • Flexible Financing
Provider for UMWA, Worker's Comp, and all local third-party insurance.

Appointments
740-695-1058
(Business Office)

- East Ohio Regional Hospital
- Ohio Valley Medical Center
- Barnesville Medical Center
- Witten Professional Building
New Martinsville, WV
- Sistersville General Hospital
(Wiser Building)



Automated Hearing Screening
By Phone 24/7
Call 1-740-633-HEAR (4327)

Questions? www.davisonaudiology.com or e-mail questions@davisonaudiology.com

