

# Healthy Habits

February 2006

Tips for reaching and maintaining your optimum state of health

## Kids ENT Awareness Month is here!

As adults we are accustomed to seeing commercials touting the latest adult allergy and sinus treatments. However, many of us fail to realize that children who suffer from ailments of the ears, nose and throat may have just as difficult a battle to wage as we do...maybe even more so.

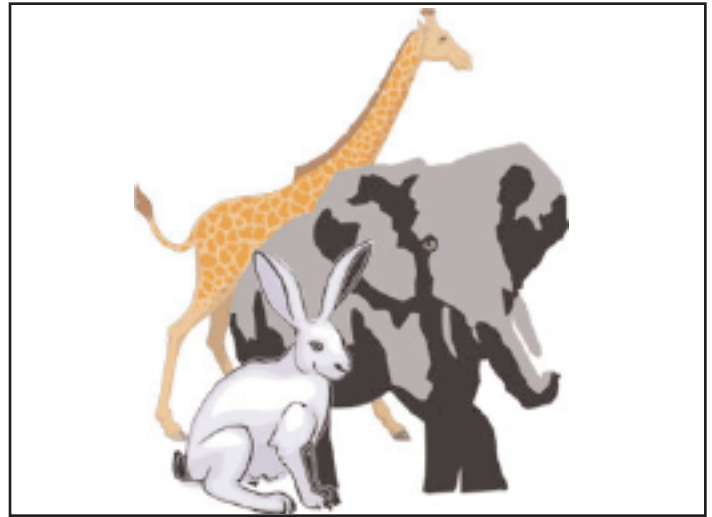
### It all starts with Awareness

February has been designated as Kids Ear, Nose and Throat (ENT) month, a time for health professionals to put the word out regarding ENT health for children and make parents and care-givers aware of the seriousness of the issue. Granted, most children are prone to a case of the sniffles or occasional runny noses. Over the counter medicines or tried and true home remedies can aid in a speedy recovery for many. Failure to recognize the difference between a common cold and an underlying issue such as allergies or sleep apnea, however, can leave a child susceptible to stunted growth, Attention Deficit Disorder (ADD), even death.

### Need to know information

**Pediatric obstructive sleep apnea** is typified by snoring that is loud, present every night regardless of sleep position, and is interrupted by complete obstruction of breathing with gasping and snorting noises. Untreated it may lead to bed-wetting, sleep deprivation (especially harmful for young students), and may contribute to the development of Attention Deficit Disorders. Also, because growth hormone is secreted at night, interruptions in the sleep cycle may disrupt hormone production leading to stunted or slowed growth and development.

*The material contained in Healthy Habits is not intended to be medical advice on any particular matter. Readers should seek appropriate professional advice before acting on the basis of any information contained in this publication. This information is provided courtesy of Optima Health.*



Find out more information about Kids ENT health on the web at [www.optimahealth.com](http://www.optimahealth.com) or at [www.entnet.org/kidsent](http://www.entnet.org/kidsent).

**Sinusitis** is marked by a "cold" lasting more than 10 to 14 days, sometimes with a low-grade fever. Yellow-green nasal drainage and post-nasal drip, sometimes leading to or exhibited as sore throat, cough, bad breath, nausea, and/or vomiting are also common. Sinusitis can be classified as Acute or Chronic. Antibiotic therapy is normally sufficient to rid a child of an acute infection within a few days. If your child has chronic (lasting more than 12 weeks) sinusitis, an ENT specialist may recommend surgery.

### Read the Signs

Knowing the difference between short-term illnesses and their more serious counterparts is crucial to manage a child's health effectively. A parent or care-giver knowledgeable in children's health issues can help cut down on their child's sick time and make sure appropriate treatments are administered as soon as possible. You're not alone though; remember that healthcare professionals are there for you and your child and need to be involved in your child's care. Let's make sure that no child gets left out in the cold.