



September 2018

### Head Lice Prevention Month

**Head lice** are tiny tan or grayish insects that feed on blood from the human scalp. Lice are a very common problem, especially for kids.

- They're contagious, annoying, and sometimes tough to get rid of.
- Lice aren't dangerous -they don't carry bacterial or viral infectious diseases.
- An infestation of head lice, called pediculosis capitis, **isn't** a sign of poor personal hygiene or an unclean living environment.



**Symptoms** - You may not be aware you have lice. However, common signs and symptoms can include:

- **Itching.** Itching on the scalp, neck and ears is the most common symptom. This is an allergic reaction to lice saliva.
- **Lice on scalp.** Lice may be visible but are difficult to spot because they're small, avoid light and move quickly.
- **Lice eggs (nits) on hair shafts.** Nits stick to hair shafts and are usually close to the scalp.
  - ◇ Difficult to see because they're very tiny.



- ◇ Easiest to spot around the ears and the hairline of the neck.
- ◇ Empty nits may be easier to spot because they are lighter in color and further from the scalp.

- ◇ The presence of nits doesn't necessarily indicate an active infestation.

**Treatment** - See your doctor before you begin treatment if you suspect a head lice infestation.

- Some children have been treated for head lice with over-the-counter meds or home remedies when they don't actually have an active head lice infestation.
- Your doctor can recommend a medicated shampoo, cream rinse, or lotion to kill the lice. These may be over-the-counter or prescription medications.
- Follow treatment instructions carefully to completely get rid of all lice and their eggs.

- There is little to no clinical evidence that home or natural remedies are effective against head lice.

***It's best to treat head lice quickly once they're found because they can spread easily and quickly from person to person.***

**Transmission** - Head lice crawl, but they cannot jump or fly. Usually transmission from one person to another is by direct head-to-head contact.

Indirect transmission is not likely, but lice may spread from one person to another by items such as:

- hats and scarves
- brushes, combs and hair accessories
- headphones
- pillows, towels and upholstery
- items of clothing stored together (ie. hats or scarves hung on the same hook)

Household pets, such as dogs and cats, don't play a role in spreading head lice.

**Complications** - Scratching an itchy scalp from a head lice infestation can lead to infection.

**Prevention** - It's difficult to prevent the spread of head lice among children in child care facilities and schools because there is so much close contact. However, it is generally a good practice for children:

- to hang their garments on a separate hook from other children's garments
- not to share combs, brushes, hats and scarves

Concerns about getting head lice should not stop you from sharing protective headgear for bicycling when sharing is necessary.

Source: Mayo Clinic

### Tech Corner

A good place to find out about all things related to head lice is HeadLice.Org.



This website has many resources including news, videos, learning activities for kids, and much more.

Check it out! <https://www.headlice.org/>

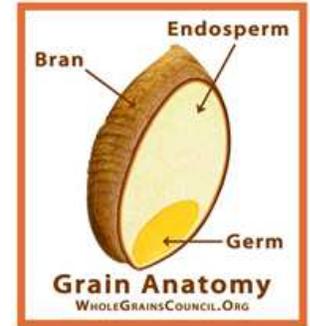
## September is Whole Grains Month

There are many well documented **health benefits to eating whole grains**, including:

- ◆ reduced risk of stroke
- ◆ reduced risk of heart disease
- ◆ less inflammation
- ◆ reduced risk of type 2 diabetes
- ◆ better weight maintenance
- ◆ lower risk of colorectal cancer

**Whole grains** contain all three original parts (bran, germ, and endosperm) and all of the naturally-occurring nutrients in the same proportions as when the grain was growing in the fields.

- **The Bran** is the outer skin of the edible kernel. It contains important antioxidants, B vitamins and fiber.
- **The Germ** is the embryo which has the potential to sprout into a new plant. It contains many B vitamins, some protein, minerals, and healthy fats.
- **The Endosperm** is the germ's food supply, providing energy to the young plant. By far the largest portion of the kernel, it contains mostly starchy carbohydrates with some proteins and small amounts of vitamins and minerals.



**Examples of whole grains**, when eaten in their whole form, include: barley, buckwheat, corn (including cornmeal and popcorn), oats/oatmeal, quinoa, brown rice, rye, sorghum, all varieties of wheat including bulgur, and wild rice.

**“Refined grain”** is the term used for grains that are not whole because they are missing one or more of their three key parts (bran, germ, or endosperm). White flour and white rice are examples of refined grains.

- ◆ Refining removes about a quarter of the protein, and half to two thirds or more of dozens of nutrients, greatly reducing the nutritional value of the grain.
- ◆ Most grains are now eaten as refined grains, resulting in nutrition problems and deficiency diseases.

**“Enriched”** grains are refined grains that have had five of the many missing nutrients added back, and in different amounts than they originally existed.

**White wheat** is a different type of wheat that has no major genes for bran color (traditional wheat has one to three of them) making it lighter in color. The bran is also milder in flavor, making whole white wheat more appealing to many people accustomed to the taste of refined flour. Experts consider regular whole wheat and white whole wheat to be the same, nutritionally.

***The best choice for health is to eat whole grains!***

### Barley-Leek Pilaf

#### Directions

1. Saute **1 sliced leek** (white and light green parts only) in a pot with **1-2 tablespoons olive oil**.
2. Add **1-1/4 cups quick-cooking barley**, **3 tablespoons golden raisins**, **3/4 teaspoon kosher salt** and **2 cups water**; bring to a simmer.
3. Cook over medium-low heat, covered, until tender, about 12 minutes.
4. Let stand 5 minutes then toss with **1-2 tablespoons each chopped basil and chives** (or other herbs), **the zest and juice of 1 lemon**, **1-2 tablespoons olive oil**, and **salt and pepper** to taste.



## September 25th: Family Health & Fitness Day USA

Family activities and fitness at an early age can go a long way toward helping children form healthy habits for life. And when exercise feels like play, your whole family will enjoy it more and be more likely to stick with it. Here is just one idea for family fitness that can get you all moving.



**Make Time to Play:** Set aside 30 minutes three times a week to do fun exercises with your kids.

- ◆ Make it a part of your after-school or after-dinner routine.
- ◆ Young kids might like hopscotch or hide-and-seek. Kick a soccer ball around or shoot hoops with older children.
- ◆ Plan at least one family activity every weekend. It can be as simple as taking little ones to the playground -- or as challenging as an all-day hike with your teenager.

A key to getting kids moving is to plan time for physical activities. When kids explore different ways to move their bodies, they can find exercises they enjoy and want to stick with for the long run.