



December 29<sup>th</sup>, 2014

## Healthier Kids and Teens!

Anyone who has ever tried to pry a teenager out of bed in the morning does not need to be convinced of the teens altered circadian rhythm! Now the American Academy of Pediatrics agrees. They have issued a call to schools to ensure schools start no earlier than 8:30 am. Adolescents require 8.5 - 9.5 hours of sleeps nightly for optimal function, but many have difficulty falling asleep before 11 pm. Shifting to later school starts allows the time for the required sleep.

### Get Physical; Improve Your Brain!

One hour per day. That's the recommended minimum amount of physical activity for kids. And, not just for health reasons. A study from the University of Illinois has demonstrated a link between moderate to vigorous exercise and improved brain function and cognition. Furthermore, there was a "dose-response" aspect in that repeated and ongoing exercise produced greater benefits. Now that's a prescription!

### MWR - The Debate Continues

While the information about the possible dangers of microwave radiation (MWR - emitted by wireless electronics) is conflicting, one fact has been shown: children and unborn infants are most vulnerable to the absorption of MWR. It is thought to be due to children having thinner skulls and smaller, more absorbent brain tissue. Until the debate on the risks is settled, it makes sense to minimize the exposure that kids receive.

### Measure Twice and Get It Right

Yikes! Research has shown that up to 41% of parents made dosing errors in measuring liquid medications for their children! Most of the errors were under-dosing. The odds of making an error did not drop significantly if the parents were provided with a dose-measuring device or advanced counselling on dosing – but did improve if a device was provided with advanced counselling. The more help, the better!

Your pharmacist wants to make sure all patients take their medications correctly for optimal benefits. Don't be afraid to seek extra information or follow tips or strategies offered to ensure you get the right amount of drug at the right time!