

A Healthier You

Official Newsletter for Members of the
National Wellness & Fitness Association

2022



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Delving Into Devices Children and Screen Time

“Screen time” used to mean sitting around and watching TV. For kids, too much time in front of the TV is linked to obesity, as well as trouble in school. But screen time doesn’t refer just to television anymore. Smartphones, tablets, and other handheld devices are now everywhere.

These new screens pose new challenges for parents, says Dr. Jenny Radesky, a pediatrician at the University of Michigan. “There’s so much content available now on something a child can carry from room to room,” she explains.

Almost all this new technology was designed for adults, not children, Radesky says. For example, a recent study by her team analyzed ads on YouTube channels marketed to kids. They found that more than half featured some age inappropriate ads, such as those for violent video games.

Parents may find it hard to know how much time their kids really spend on handheld devices. Another study from Radesky's team found that young children who had their own tablets used them almost two hours a day. But only about a third of their parents accurately guessed that amount.

Researchers are exploring how this type of media use affects kids' developing brains. They're interested in whether the use of phones and tablets alters the brain's executive functioning, Radesky explains. That's the ability to focus on important tasks, resist distractions, and use self-control.

"Devices like tablets give you lots of stuff that's really exciting, all at once, with no waiting," Radesky says. Researchers want to know: Does that get in the way of kids doing harder tasks that help them build life skills?

Studies have already shown that too much media use can affect other aspects of kids' health, including mental health and physical activity.

"And sleep is a major one," adds Radesky. "A lot of studies have shown that the more kids use media, especially around bedtime, the worse their sleep is."

But some uses of handheld devices can have benefits. Kids can use video chat to talk with relatives who live far away. Some educational apps and programs designed especially for children can help them in school. So how can parents find a balance?

"There are ways to set some limits about how much time they can spend on devices," Radesky says. You can set timers. Some apps let you stop content from continuing to play automatically.

It can be hard for parents to track what their children are doing on portable screens. But adults can model thinking critically about what they see when watching TV or other media with their kids. You can talk about what you like and don't like about a show or ad. You can point out when and why you think something is false or misleading. This can help kids learn these skills and use them on their own.

"From an early age, make it a norm that you can talk about what's on devices," says Radesky. "You want kids to come to you if they see something creepy, or if they're just confused, because they know you can help them understand it."

Article reprinted from NIH-News In Health

Setting Screen Time Boundaries

- Set a good example. Be a role model and limit your own screen time.
- Create a house rule that limits screen time and enforce it.
- Don't allow screens during meals or homework.
- Give your kids alternatives to screen time. Suggest playing outside, finding a new hobby, or learning a sport.
- Do other activities together, such as family board games, puzzles, or going for a walk.
- Don't put a TV or computer in your child's bedroom or let them go to bed with a portable device.

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Drug Allergies

What to Look Out For

Medications are one of our most powerful weapons against germs and diseases. But sometimes when people take medications, they can have an allergic reaction. That's when a drug causes the body's immune system to overreact. When that happens, they may not be able to use the drug again without risking more serious consequences.

Any drug can cause an allergy. But some are more likely to than others. Antibiotics and certain painkillers are among the more common ones. The antibiotic penicillin is the drug most often reported to cause allergic reactions. About 10% of people in the U.S.

have a penicillin allergy listed in their medical records.

But probably less than 1% of people are truly allergic to penicillin, says Dr. David Khan, an NIH-funded allergist at the University of Texas Southwestern Medical Center.

The most typical allergic reactions are skin rashes or hives. In rare cases, you can have a severe reaction called anaphylaxis. This can lead to lightheadedness, throat or tongue swelling, and difficulty breathing. Anaphylaxis can also lead to death if untreated.

Sometimes people mistake side effects of a drug for an allergy. Nausea, vomiting, diarrhea, and headaches are usually side effects. Everyone has different abilities to tolerate a drug's side effects. It depends on how the drug works in your body. When you can't handle a drug's side effects, it's called a drug sensitivity or intolerance.

Certain reactions may have causes other than the drug itself, too. One common example is getting a rash after taking an antibiotic. Sometimes the rash is actually caused by the infection being treated, not the drug.

Drug allergies may fade over time, Khan says. Nearly half of patients with a confirmed penicillin allergy lose it within five years, he says. After 10 years, about 80% will.

Being labeled with a drug allergy isn't just a minor inconvenience. Alternatives to a drug may not be as good. They can be less effective or have a higher risk of side effects.

"Patients who have a penicillin allergy listed in their chart end up staying in the hospital longer," Khan says. "They require more outpatient visits, more emergency room visits, and there's even a higher rate of death in those patients."

Some alternatives to penicillin can also spur the growth of antibiotic-resistant bacteria. Infections with such bacteria are hard to treat. And they can potentially be fatal.

An allergist can test whether you have a true drug allergy. In certain situations, they can perform skin testing. Your skin is pricked or injected with a needle to allow a tiny amount of the drug into your skin. If you're allergic, the area quickly swells.

If skin testing is negative, the doctor may confirm it with an oral challenge. They will give you increasing doses of the drug and watch you for an allergic reaction.

Right now, the easiest antibiotic allergy to test for is penicillin allergy. Khan's team is working on an allergy test for another widely used class of antibiotics, called cephalosporins.

If you think you may have a drug allergy, talk with your health care provider. They may recommend testing by a board-certified allergist. It's important to get tested before you need the medication again. That can help avoid unnecessary delays in treatment.

Article reprinted from NIH-News In Health

NOTICE OF ANNUAL MEETING OF MEMBERS

The Annual Meeting of the Members of National Wellness & Fitness Association will be held at 12444 Powerscourt Drive, Suite 500A, St. Louis, MO 63131, on Thursday, September 8, 2022 at 11:00 a.m. (CST) for election of Directors and for the transaction of such other business as may properly come before the meeting and any adjournment thereof.

The above notice is given pursuant to the By-Laws of the Association.

PROXY

National Wellness & Fitness Association September 8, 2022 Annual Meeting of Members THIS PROXY IS SOLICITED ON BEHALF OF NATIONAL WELLNESS & FITNESS ASSOCIATION

The undersigned member of National Wellness & Fitness Association does hereby constitute and appoint the President of National Wellness & Fitness Association, the true and lawful attorney(s) of the undersigned with full power of substitution, to appear and act as the proxy or proxies of the undersigned at the Annual Meeting of the Members of National Wellness & Fitness Association and at any and all adjournments thereof, and to vote for and in the name, place and stead of the undersigned, as fully as the undersigned might or could do if personally present, as set forth below:

1. FOR [], or to [] WITHHOLD AUTHORITY to vote for, the following nominees for Board of Directors:
Chris Kerber, Eric Demers and Jeff Wright
2. In their discretion, the proxies are authorized to vote upon such other business as may properly come before the Meeting.

This proxy, when properly executed, will be voted in the manner directed by the undersigned member. If no direction is made, this proxy will be voted for the election of directors and officers.

DATED: _____, 2022

Signature _____

Name (please print) _____

Please date and sign and return promptly to 12444 Powerscourt Drive, Suite 500A, St. Louis, MO 63131 whether or not you expect to attend this meeting. The Proxy is revocable and will not affect your right to vote in person in the event that you attend the meeting.

St. Louis, Missouri
August 15, 2022
Date

National Wellness & Fitness Association

A Healthier You is published by:
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For information regarding your membership
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Articles in this newsletter are meant to be informative, enlightening, and helpful to you. While all information contained herein is meant to be completely factual, it is always subject to change. Articles are not intended to provide medical advice, diagnosis or treatment. Consult your doctor before starting any exercise program.

Benefits may not be available in all membership levels.
For more information, or to upgrade your membership, please call 1-800-387-9027.