A FAMILY AFFAIR
learn to exercise together

SAFETY FIRST
avoid soccer injuries

growing up
TIME TO SWITCH TO A DOCTOR FOR ADULTS? SEE PAGE 7.
the lowdown on childhood leukemia

• **What is leukemia?** Leukemia is cancer of the blood. It is the most common form of pediatric cancer.

• **Can it be prevented?** Most childhood cancers, including leukemia, can’t be prevented. The risk from radiation from X-rays and CT scans is very small. But health care providers advise against them in pregnant women and children unless absolutely needed.

• **What are the symptoms?** Common symptoms include feeling tired and weak, easy bruising or bleeding and frequent or long-term infections.

• **How is it diagnosed and treated?** Leukemia is diagnosed with blood and bone marrow tests. Imaging can detect signs of the cancer in different parts of the body. Treatment depends on the disease stage and other factors, but chemotherapy — medicines that kill cancer cells or stop them from growing — usually plays a key role.

MAKE A DIFFERENCE See page 8 to learn about Isabella, a young girl with leukemia who is a patient at Loma Linda University Children’s Hospital. For more information on how you can join a bone marrow registry and help kids like Isabella, please contact PedsBMT@llu.edu.

Keep kids safe on laundry day

Detergent pods are a popular and convenient way to wash laundry. They can also pose a danger to children, who may mistake the small, colorful pods for candy. In a recent study of U.S. emergency departments, children younger than age 6 accounted for nearly 95 percent of emergencies related to detergent pods.

Any type of laundry detergent should be off limits to kids, but pods pose an even greater risk. The detergent in laundry pods is more powerful than regular detergent, so the effects are more serious when children ingest the detergent or get it in their eyes.

To prevent poisoning, store all household products where children can’t get to them. Use locks, safety latches or doorknob covers to keep kids out of places they shouldn’t access.

GET HELP FAST The Emergency Department at Loma Linda University Medical Center is equipped with 18 pediatric beds and nurses who are experienced in caring for patients of all ages. When your little one has a scare, we are here for you.

flower power

Here’s how to make a pretty flower with your own hands — in fact, with your handprints!

**INSTRUCTIONS:**

1. Draw a flower stem on a piece of green paper. You can add leaves if you want.
2. Place your hand on a piece of colored paper, and trace around it. Do this four or five times. Use any color paper you like. These will be your flower petals!
3. Draw a small circle on a piece of colored paper. This will be the center of your flower.
4. Use scissors to cut out all your drawings.
5. Glue or tape your handprint cutouts in a circle pattern at the top of the flower stem so they look like petals. Then glue or tape the circle to the center of your petals.
work it out
MAKE EXERCISE A FAMILY AFFAIR.
Starting with a gentle 10-minute warmup (such as jogging or walking), try these strengthening moves two to three days per week.

1. **PUSH-UPS**
   Start with your hands on the floor under your shoulders. Keep your feet together in a plank or drop your knees to the floor. Slowly lower, then push back upward through your arms.

2. **HOPSCOTCH**
   Stand with your feet shoulder-width apart. Jump off both feet at the same time, then land on one foot. Then jump off and land on both feet. Finally, jump off with both feet and land on the other foot.

3. **BALL TOSS**
   Have all your family members stand in a line, about 4 feet apart. Toss a ball, as quickly as possible, from person to person.

4. **CURB JUMPS**
   Stand at the bottom of a curb, feet shoulder-width apart. Squat down, then jump off both feet. Land on top of the curb. Step or jump back to the bottom. Repeat 10 times per set for three sets.

**AN OUNCE OF PREVENTION**
Keep your family healthy with the help of the Center for Health Promotion (CHP) at Loma Linda University. The CHP offers a number of health and preventive medicine programs to the public, including programs and services in weight management, nutrition and cooking. For more information, please call 909-558-4496 or visit http://publichealth.llu.edu/chp.
Healthy teeth are important to your child’s growth and development. They help your child eat right, talk properly and feel good about her smile. Baby teeth, also known as primary teeth, hold space for permanent teeth. Keeping baby teeth healthy also can save children from the pain of a cavity—and from stress caused by the dental visit it may require.

CARE SHOULD START BEFORE TEETH DEVELOP
Most babies begin teething between 6 months and 12 months of age. But you can protect your child’s oral health from birth.

- Don’t put your little one to bed with a bottle of milk, juice, sweetened water or sugar-laden drinks that can promote tooth decay.
- Wipe your baby’s gums with a damp washcloth or soft infant toothbrush after meals.
- Report any spots and stains on developing teeth to your child’s doctor or dentist.
- Breastfeeding has been found to help future teeth grow in straight.

MAINTAIN A HEALTHY MOUTH THROUGH CHILDHOOD
All of your child’s baby teeth should come in by age 3. Follow these tips to keep them intact until they fall out naturally, which usually begins around age 6.

- Visit the pediatric dentist between ages 6 months and 1 year, or when your child’s first tooth appears. Take her back as often as the dentist recommends—usually once every six months.
- Feed your child a healthy diet. Think fruits and veggies instead of sugary cookies and candy.
- Brush teeth twice a day. Use a smear of fluoride toothpaste no larger than a grain of rice until age 3. Then brush with a pea-sized drop. Swallowing more than this amount may damage your child’s permanent teeth. Most children only need help brushing until age 6 or 7, but should be supervised until age 10 or 11.
- Ask the dentist whether cavity-fighting sealants are right for your child. They can be applied to baby teeth or permanent teeth. Some insurance plans will cover them.

Overall, Americans are taking better care of their teeth. But the news isn’t as good for the nation’s littlest mouths. Almost 23 percent of children ages 2 to 5 have cavities in their baby teeth.

ANOTHER BITE
For more information on dental health, visit our online health library at http://healthlibrary.lomalindahealth.org.
Baseball may be America’s pastime, but soccer seems to be America’s future. The number of young players has nearly doubled since 1990. Today, more than 3 million U.S. youth ages 18 and younger play on a soccer team. But the meteoric rise in soccer’s popularity has also sparked an increase in soccer injuries.

A recent study published in the journal *Pediatrics* looked at soccer-related injuries reported in U.S. emergency departments between 1990 and 2014. In that time period, the rate of injuries more than doubled.

**CONCUSSION RISKS**

A concussion is a potentially serious brain injury caused by a blow to the head. While concussions are often associated with football, they can occur among soccer players, too. The data from the *Pediatrics* study showed that concussions accounted for about 7 percent of soccer injuries overall. And their occurrence among soccer players increased more than thirteenfold during the study period.

Why the increase? It may be that players and coaches are growing more educated about concussion symptoms. Aggressive play may also be a factor.

**KEEP YOUNG PLAYERS SAFE**

Injuries can happen in any sport. Take these steps to help your children and teens avoid sports injuries:

- Buy the right equipment for the sport. Make sure it’s in good condition and fits well. Safety equipment for soccer includes shin guards and plastic or rubber cleats.
- Make sure young athletes follow their coaches’ advice for sports safety.
- Teach players the symptoms of a concussion following a bump to the head. These include headache, dizziness and memory problems.

For more youth sports safety tips, visit [www.cdc.gov/safechild/sports_injuries](http://www.cdc.gov/safechild/sports_injuries).

**COUNT ON US**

If your child needs emergency care, the Loma Linda University Medical Center Emergency Department is here for you 24/7. Our staff of board certified emergency medicine doctors, advanced practice providers and nurses cares for 26,000 children each year. Find us at:

11234 Anderson St.
Loma Linda, CA 92354

In a life-threatening emergency, dial 911.
Childhood cancer patients depend on research and clinical trials to find better, safer cures that can prevent lifelong damage that results from radiation and chemotherapy. Loma Linda University Children’s Hospital (LLUCH) patients are relying on their doctors for that. Albert Kheradpour, M.D., is one of those physicians.

A pediatric hematologist/oncologist, Dr. Kheradpour received his medical degree from Tehran University of Medical Sciences School of Medicine in Iran and has been in practice for more than 35 years. He is one of six doctors at LLUCH who specialize in pediatric hematology/oncology.

Part of the Loma Linda family for 17 years, Dr. Kheradpour now serves as the chief of pediatric hematology/oncology. He always knew he wanted to go into pediatrics, but it wasn’t until the second year of his residency that he made the decision to delve into the world of pediatric hematology/oncology.

“I’ve always loved kids,” he says. “In my role as a physician, my patients become part of my family. It’s a very rewarding job.”

Treating his patients goes beyond the bedside. Dr. Kheradpour is constantly fighting the fight against cancer through research and clinical trials. He was recently awarded an infrastructure grant of nearly $50,000 from the St. Baldrick’s Foundation to grow patient access to lifesaving clinical trials and provide new treatment options for children with cancer in the Inland Empire.

In July 2015, St. Baldrick’s held a fundraiser on the Loma Linda University campus encouraging staff and students to “Brave the Shave” for pediatric cancer. Dr. Kheradpour was the first one on stage to have his head shaved, and he wore a smile from ear to ear as he watched his hair fall to the ground.

Additionally, Dr. Kheradpour works on clinical research with the Children’s Oncology Group.

When he’s not saving lives or “braving the shave,” the seasoned physician enjoys spending time with his family, which includes the dog and his new grandbaby—his first, but he’s most certainly hoping for more.
Your child's pediatrician has probably known your son or daughter for a very long time. However, as children become young adults, it’s time to start thinking about moving on to a doctor for adults—known as a family physician, family doctor or primary care provider.

Many experts recommend making this transition between ages 18 and 21. Knowing what you can expect to happen during this transition can help it go more smoothly for everyone.

**WHAT TO EXPECT**

One of the biggest changes that occurs when young adults start seeing a family physician is that they’ll be expected to take a more active role in their health and medical care. This may mean following their doctor’s instructions, taking medications, making appointments and other tasks that you may have done for them in the past.

Of course, seeing a totally new doctor is a big change, too. Even if your teen is in perfect health, it’s still important to make sure he or she finds a new doctor. Family doctors don’t just treat health problems—they’re trained to prevent them in the first place.

**GETTING TO KNOW YOU**

One of the best places to start when helping your child find a new doctor is to ask family and friends for recommendations. Once you have a few suggestions, call their offices to gather information. Important questions to ask include:

- Do they take your insurance?
- What are their office hours? Make sure they fit with your child’s school or work schedule.
- Which hospital does the doctor use? Check that it’s one near you.
- How many doctors are in the practice? You want to make sure a doctor is always available even if your child’s regular doctor isn’t in the office that day.

Young adults can schedule an appointment to meet a doctor to make sure they feel comfortable with him or her. Discuss with your teen important things to look for during the appointment. For example, make sure the doctor takes the time to answer all your child’s questions and doesn’t make him or her feel rushed. Also, the doctor should explain things in a way that a teen or young adult can understand.

It’s important to let your child know that it’s OK if he or she doesn’t feel exactly the same way about the new doctor as he or she did about the pediatrician. However, if it’s someone your child trusts, over time they can build a relationship that’s just as strong.

**FIND A DOC**

Is your child ready to make the leap to an adult physician? Visit www.lomalindahealth.org and select “Find a Doc.”
Isabella was diagnosed with leukemia when she was only six years old. Her dad hopes for the day that she is finished with treatment.

Through our Vision 2020 campaign, we are embarking on a journey to give hope, provide cures and save the lives of our youngest patients by building a new children’s hospital tower.

Give today to help us build hope for kids like Isabella.

Visit us on the web at GiveVision2020.org and make your pledge today.