



PM Care Capsule

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We Manage Because We Care

THE QUATERLY CAPSULE

FOR INTERNAL CIRCULATION ONLY

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Masa Hadapan

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7th Symposium on Allergy & Immunology

PMCare Sports Carnival

Health Camp at Orang Asli Settlement in Raub, Pahang

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Message from the CEO

Wan Shukri Ariffin

Chief Executive Officer, PMCare

Please accept our apology for not being able to produce for you our capsules for the past few quarters. We have been busy with other commitments such as improving our business process and systems and also expanding our business at the expense of not producing our quarterly capsules. We celebrated our 10 years anniversary last October.

Now we are back with new editorial team and new concept. We hope to serve you better by sharing latest updates on the medical information. As our continuous commitment to provide quality management services, we have received endorsement and renewal for our ISO 9001:2000 certification until end of 2008.

In the first half of this year, we managed to secure contracts from Celcom (Malaysia) Berhad, Symphony House Group of Companies, Prokhas Sdn

Bhd, DaimlerChrysler (M) Sdn Bhd, Telekom Applied Business Sdn Bhd and Kuwait Finance House (Malaysia) Berhad. This is the result of strong support we received from all parties namely our employees, our corporate clients and our panel medical providers.

*Our tagline “**PMCare – We Manage Because We Care**” is a very powerful tagline because it comes with huge responsibility to our corporate clients which want to be cared for. Health is an important asset in the development of human capital of any corporations. We encourage long term healthy lifestyle through our wellness and preventive programmes. We also share and disseminate medical information through our monthly e-newsletter at our portal; www.pmcare4u.com.my and this quarterly capsule. In order to serve our members better, all readers including our corporate clients and panel medical providers are*

encouraged to write and give feedback to us.

Children or Childhood has been chosen to be the theme for this edition of PMCare Capsule. Children are the gifts from God and the pillars of our family. As parents to our children, we should equip ourselves with at least basic medical information for the benefits of our children. We should be able to protect our children from environmental hazards, be able to know what types of exposures affect children, which children are at particular risks and how to address or reduce those risks. The least we could do as a parent is to observe and follow the immunization and preventive programmes recommended by the Ministry of Health.

Live well and stay healthy always!

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Please send your contribution to the

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PMCare would like to thank all our members for your continuous support. We look forward to serve you better.

We are back, with a fresh and new look of *PMCare Capsule*.



Check out *PMCare* Health Buletin for the latest health news and information at www.pmcare4u.com.my

Keperihatinan Terhadap Generasi Masa Hadapan

By Kamal Aryf Baharuddin



Kanak-kanak pada hari ini adalah tunjang negara pada masa hadapan. Masyarakat umumnya dan ibubapa khususnya mestilah bertanggungjawab dan perihatin terhadap pertumbuhan dan pengamalan cara hidup sihat ahli keluarga termasuklah kanak-kanak.

Sejak sebelum dilahirkan, ibubapa hendaklah memastikan ibu-ibu mengamalkan cara hidup sihat. Ianya adalah amat penting kepada ibu serta kandungan mereka. Setelah anak-anak dilahirkan, ibubapa haruslah memastikan anak-anak mereka mendapat imunisasi yang selengkapnya dan menurut jadual yang ditetapkan oleh Kementerian Kesihatan Malaysia bagi mengelakkan daripada mudah dijangkiti penyakit, hilang upaya ataupun maut. Sekiranya terdapat sebarang kecacatan atau ketidakupayaan, ibubapa hendaklah menerima dugaan tersebut dengan lapang dada dan menerima cabaran membesarkan kanak-kanak tersebut. Keperihatinan keluarga dan masyarakat adalah amat penting untuk memastikan anak-anak kurang upaya tersebut dapat dibantu dan disokong sepenuhnya. Ibubapa juga perlu dapatkan khidmat nasihat pakar untuk memantau pertumbuhan dan perkembangan mental, emosi, spiritual dan fizikal anak-anak.

Ibu-ibu amat digalakkan memberi susu ibu sekurang-kurangnya untuk tempoh empat hingga enam bulan pertama selepas bayi dilahirkan. Sebaik-baiknya ianya diteruskan sehinggalah bayi berumur dua tahun. Susu ibu dapat memberikan daya ketahanan yang tinggi dan mengelakkan bayi daripada mudah demam dan dijangkiti penyakit. Selepas tempoh empat hingga enam bulan pertama, sebagai tambahan kepada susu ibu, bayi memerlukan makanan tambahan yang kaya dengan zat galian dan vitamin.

Kanak-kanak terutamanya yang berumur dibawah umur enam tahun hendaklah dipantau pertumbuhan dan pembesaran mereka oleh ibubapa. Pertumbuhan dan perkembangan kanak-kanak boleh dilihat melalui peningkatan berat badan yang teratur. Ibubapa haruslah menyediakan makanan yang seimbang dengan kuantiti yang betul mengikut peningkatan umur. Kekurangan zat makanan dan ditambah pula oleh jangkitan penyakit yang berulang-ulang boleh membantut pertumbuhan fizikal dan mental kanak-kanak. Justeru itu, setiap kali selepas sakit, kanak-kanak haruslah diberi makanan tambahan untuk mempercepatkan pertumbuhan yang terganggu oleh penyakit.

Apabila anak-anak mula membesar, mereka mula mengenali dunia melalui sentuhan, penglihatan, pendengaran, deria rasa dan hidu. Pelukan dan belaian mesra ibubapa amatlah penting kerana ia akan meningkatkan keyakinan diri anak-anak dan mereka berasa selamat serta rasa disayangi oleh ibubapa mereka. Sifat kasih sayang tersebut akan dapat membentuk keperibadian dan mental yang baik kepada anak-anak. Sebaliknya, jika tidak diberi perhatian dan diabaikan, mereka akan berasa sedih. Anak-anak yang terabai akan hilang minat mengenai kehidupan, kurang selera makan dan ini boleh membantutkan pertumbuhan mental dan fizikal mereka. Sekiranya ibubapa tahu keperluan anak-anak yang sedang membesar, mereka dapat memberi tumpuan supaya anak-anak dapat berkembang ke tahap yang maksimum. Mereka juga harus maklum dan memahami bahawa tahap pertumbuhan dan kemampuan anak-anak adalah berbeza.

Pada peringkat kanak-kanak, aktiviti sosial dan permainan dapat merangsang minat pembelajaran mereka. Ibubapa hendaklah memberi kebebasan kepada kanak-kanak untuk menggunakan daya imaginasi dan kreativiti mereka selagi pergerakan mereka diawasi dan di tempat selamat. Bermain dapat merangsang sikap ingin tahu dan memupuk keyakinan diri untuk bersosial.

Selain daripada itu, layanan dan perhatian ibubapa yang konsisten dan adil adalah penting untuk pertumbuhan dan perkembangan kanak-kanak. Sekiranya ibubapa bersikap tidak menentu, ianya boleh menyebabkan kanak-kanak menjadi keliru, takut, cemas, mudah marah dan kecewa. Begitu juga cara untuk mendisiplinkan kanak-kanak haruslah beransur-ansur dan berhikmah supaya mereka memahami tujuannya. Sebaliknya, jika mereka berkelakuan baik, mereka patut dipuji dan disanjung.

Justeru itu pengamalan cara hidup sihat oleh ibubapa dan anak-anak amatlah penting kerana anak-anak adalah aset negara dan tunjang masa depan negara.



By Dr. Benjamin Sinappan

Your 8-year-old son wakes up crying in the night complaining that his legs are throbbing. You rub them and soothe him as much as you can, but you're uncertain about whether to give him any medication or take him to the doctor.

Sound familiar? Your child is probably experiencing growing pains, a normal occurrence in about 25% to 40% of children. They generally strike during two periods: in early childhood, among 3- to 5-year-olds, and later on, in 8- to 12-year-olds.

What Causes Them?

No firm evidence exists to show that the growth of bones causes pain. The most likely causes are the aches and discomforts resulting from the jumping, climbing, and running that active children do during the day. The pains can occur after a child has had a particularly athletic day.

What Are the Signs and Symptoms?

Growing pains always concentrate in the muscles, rather than the joints. Most children report pains in the front of their thighs, in the calves, or behind the knees. Whereas joints affected by more serious diseases are swollen, red, tender, or warm, the joints of children experiencing growing pains appear normal.

Although growing pains often strike in late afternoon or early evening before bed, there are occasions when pain can wake a slumbering child. The intensity of the pain varies from child to child, and most kids don't experience the pains every day.

How Are Growing Pains Diagnosed?

One symptom that doctors find most helpful in making a diagnosis of growing pains is how the child responds to touch while in pain. Children who have pain for a serious medical disease don't like to be handled because movement tends to increase the pain. But children with growing pains respond differently - they feel better when they're held, massaged, and cuddled.

Growing pains are what doctors call a diagnosis of exclusion. This means that other conditions should be ruled out before a diagnosis of growing pains is

made. A thorough history and physical examination by your child's doctor can usually accomplish this. In rare instances, blood and X-ray studies may be required before a final diagnosis of growing pains is made.

When Should I Call My Child's Doctor?

Alert your child's doctor if any of the following symptoms occur with your child's pain:

- ✚ persistent pain, pain in the morning, or swelling or redness in one particular area or joint
- ✚ pain associated with a particular injury
- ✚ fever
- ✚ limping
- ✚ unusual rashes
- ✚ loss of appetite
- ✚ weakness
- ✚ tiredness
- ✚ uncharacteristic behavior



These signs are not due to growing pains and should be evaluated by a child's doctor.

Although growing pains often point to no serious illness, they can be upsetting to a child - or a parent. Parents sometimes suspect that the child faked the pains because a child seems completely cured of the aches in the morning. However, this usually is not the case. Support and reassurance that growing pains will pass as children grow up can help them relax.



How Vaccines Protect Children

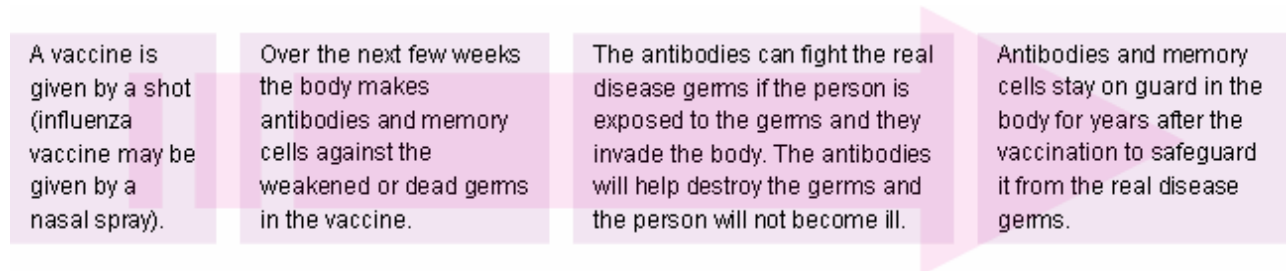
By Dr. Benjamin Sinappan

Vaccines protect children by helping prepare their bodies to fight usually serious and potentially deadly diseases.

Most vaccine preventable diseases are caused by germs that are called “viruses” or “bacteria.”

Vaccines to help prevent these diseases generally contain weakened or killed viruses or bacteria specific to the disease. Vaccines help your body recognize and fight these germs and protect you each time you come in contact with someone who is sick with any of these diseases.

There are a series of steps that your body goes through in fighting these diseases:



Most vaccines are given to babies and young children, but some are needed throughout your lifetime to make sure you stay protected. This protection is called immunity. Vaccines are an important and safe way to keep you healthy.

Why are vaccines important?

Most newborn babies are immune to many diseases because they have antibodies passed from their mothers. However, this immunity only lasts a year or less. Further, most young children do not have maternal immunity from Whooping Cough, Polio, Hepatitis B, or Haemophilus Influenza type B.

Immunizing individual children also helps to protect the health of our community. People who cannot be vaccinated will be less likely to be exposed to disease germs that can be passed around by unvaccinated children. Immunization also prevents disease outbreaks.

Descriptions of vaccine-preventable diseases

The following vaccine-preventable diseases, not long ago, disabled and killed millions of children. Thanks to the immunization programmes in our country, these diseases are now very uncommon.

- Diphtheria
- Haemophilus influenza type b (Hib)
- Hepatitis A
- Hepatitis B
- Measles
- Mumps
- Pertussis (whooping cough)
- Pneumococcal disease
- Polio
- Rubella (German measles)
- Tetanus (lockjaw)
- Varicella (chickenpox)

If your child is not vaccinated and is exposed to a disease germ, the child's body may not be strong enough to fight the disease. Before vaccines, many children died of diseases can vaccines prevent, like Whooping Cough, Measles and Polio. These germs still exist today, but children are now protected by vaccines and so we do not see these diseases as often.

Diabetes & Erectile Dysfunction. Is there a link?

By Dr. Benjamin Sinappan

PMCare and Bayer Health Care recently organised a Continuing Medical Education (CME) talk for doctors on "Diabetes and Erectile Dysfunction. Is there a link?" The talk was held on 8 March 2006 at Crystal Crown Hotel, Klang and it was attended by PMCare personnel and panel of doctors in the Klang district.

The invited speaker was Prof. Dato Dr. Khalid bin Kadir from Pantai Medical Centre, Bangsar. The talk was chaired by Dr. Benjamin Sinappan, PMCare's Director of Medical Services. The Bayer Health Care's representative, Mr. George Koh was also present.

Prof. Dato Dr. Khalid's talk was very informative. During the dinner, the participants were able to share their thoughts on the subject and other medical related matters.



7th Symposium on Allergy & Immunology

By Dr. Benjamin Sinappan

The 7th Symposium on Allergy and Immunology was held from 10 – 12 March 2006 at Mandarin Oriental Hotel, Kuala Lumpur. This symposium was organised by the Malaysian Society of Allergy & Immunology and supported by PMCare.

In an effort to keep our personnel abreast with the latest medical technology and knowledge, Dr. Helmi, Director of Medical Management and Dr. Benjamin, Director of Medical Services also attended this 3-day symposium.

HUMOUR



A SHORT HISTORY OF MEDICINE "Doctor, I have an ear ache,"

- 2000 B.C. - "Here, eat this root."
- 1000 B.C. - "That root is heathen, say this prayer."
- 1850 A.D. - "That prayer is superstition, drink this potion."
- 1940 A.D. - "That potion is snake oil, swallow this pill."
- 1985 A.D. - "That pill is ineffective, take this antibiotic."
- 2000 A.D. - "That antibiotic is artificial. Here, eat this root*"

TELEKOM MALAYSIA FUTSAL TOURNAMENT 2006

By Amri Abdul Rahman.

PMCare was invited by "Kelab TM Ibupejabat" to a Futsal Tournament at the Sunway Sports Planet on 11 March 2006. Dr. Helmi Ismail and Dr. Benjamin Sinappan from PMCare ensured that medical aid was adequately provided. An ambulance was also placed on site throughout the one day event. PMCare is glad to note that no serious injuries were observed.

Eighteen teams comprising of TM subsidiary companies, TNB, GITN and Daimler Chrysler participated and contributed to the success of the tournament. PMCare was represented with PMCare A Team and PMCare B Team. Our A Team reached the quarterfinal stage before losing to the eventual Champion. Our B Team was more successful, fighting their way in a semi-final thriller before losing 5-4 in a penalty shoot out. Our B Team was good enough to win the third placing and RM200.00. The Champion was Broadcast TM FC followed by Halintar TM FC as runner-up.

We are proud to have contributed a medical team and hope to participate in more events organised by our other clients.



PMCare Sports Carnival 2006

By Mr. Azmi Ramlee

On the 25 March, PMCare launched its PMCare Sports Carnival 2006 at the Matsushita Sport Centre in Shah Alam, kicking off a year long activity to promote teamwork and healthy lifestyle among the employees.

The first in the series of seven games held was the Volleyball Tournament involving six teams. The team's names were based on the countries participating in the upcoming FIFA World Cup 2006. The players came decked in their team jerseys.

The sports carnival was officiated by the CEO of PMCare. He even

played for his team.

It was a very competitive event, with each team displaying tremendous fighting spirit, desperately trying to outplay their opponents. Along the way, a few players fell to injuries but still they stayed on to cheer their team.

In the finals, after winning their third straight rubber game match, the 'England' team managed to snatch away victory from 'France' team. 'Holland' made it to the second runner-up spot after beating the 'Spain' team in another exciting match.



HEALTH CAMP AT ORANG ASLI SETTLEMENT IN RAUB, PAHANG

By Mahandran



In line with PMCare's corporate mission to be a responsible and caring contributor to society, a joint community outreach programme was successfully organised in-collaboration with the Sathya Sai Baba Organization, Lions Club of Raub and CPR Network Sdn Bhd on 25 March 2006. This event was participated by our affiliated panel of doctors from Klinik Seri Indah Sdn Bhd (Taman Selayang), Klinik al-Amin (Kuantan), Klinik Mesra (Kota Bharu, Bangi, & Jenjarom) and Klinik Choo & Chin (Raub).

The PMCare medical team provided treatment to a total of 500 Orang Asli (200 adults and 300 children) for various skin infections, URTI, malnutrition, etc. In addition, 128 bags of rice as well as cooking oil, sugar, salt and other necessities were also distributed to the Orang Asli families.



"PMCare would like to thank all participants and contributors in their efforts to make the Health Camp Program at the Orang Asli Settlement in Raub, Pahang a very successful one."



Visit PMCare Health Bulletin Online at
www.pmcare4u.com.my for more health news and facts.
 Check out our latest news on Bird Flu, Hand Foot and Mouth
 Disease and Osteoarthritis articles.



New PMCare Members



Effective from 1 January 2006, Symphony House Group of Companies, DaimlerChrysler (M) Sdn Bhd and Prokhas Sdn. Bhd. joined the PMCare



clientele, while Celcom (Malaysia) Berhad and Kuwait Finance House (Malaysia) Berhad joined us as of 1 March 2006 and 1 May 2006 respectively. PMCare heartily welcomes Symphony House Group of

Companies, DaimlerChrysler (M) Sdn Bhd, Prokhas Sdn. Bhd Celcom (Malaysia) Berhad and Kuwait Finance House (Malaysia) Berhad.



We look forward to serve our new members and provide them the best healthcare management. This will definitely improve their quality of life and together will work towards building a healthy community.

We also would like to extend our gratitude to all our existing corporate clients for their unending support. Their confidence in us has made us where we are now.



PMCare Training Activities

By Marziah

One of PMCare's Corporate Missions is to provide a challenging and progressive working environment for our employees.

Recently PMCare embark on its annual staff Development Programme with the training courses held for all employee levels; managers, executives and administration assistants.

The staff Development Programme conducted in March to May 2006 was to equip delegates with the essential management and leadership skills and confidence to achieve success. The next session of the programme will be held in August.



KIDS AND WEIGHT CONTROL: THE ROLE OF PARENTS

For parents of children with weight problems, it can be a confusing situation. Should you restrict their food or just leave well enough alone and hope they grow out of it? The key is to help your children adopt healthful habits that will stay with them through life.

A Growing Problem

According to recent statistics, it is daunting to know that the prevalence of obesity among children and teens is growing.

Childhood weight problems often carry over into adulthood, and overweight adults are at greater risk for chronic diseases, such as diabetes and heart disease. Worse, conditions once associated only with adults, such as type 2 diabetes and metabolic syndrome (a major risk factor for stroke and heart attacks), are now increasingly being found in some children and adolescents.

Contributing Factors

Several factors may be to blame. In rare cases, a medical problem may be the cause. If you suspect your child has a weight problem or is developing one, take him to a pediatrician or family doctor for a full examination.

The most common factors in childhood obesity include the following:

- ✚ **Lack of exercise.** *Too much television, computer time, and video games, along with a decrease or complete elimination of physical education at many schools are believed to be the main cause many children do not get any/enough exercise daily.*
- ✚ **Consuming too many calories.** *Today's time-pressed families are relying more and more on convenience foods and fast foods, many of which are high in calories. High fat intake from burgers, fries, and pizza plays a role, but many kids are gulping down hundreds of calories a day in the form of high calorie sodas and sweetened juice drinks. Over-large serving portions at both restaurants and at home have also surely played a role as well.*
- ✚ **Family history/genetics.** *Research has shown that children with overweight parents and/or siblings are more likely to be overweight themselves. While genes may play a role, it may also be that parents pass on unhealthful behaviors and habits to their children.*

Dos and Don'ts for Parents

The best advice for parents is to help your kids eat healthfully, be active, and build self-esteem.

(continued to next page)

Health habits for healthy kids

If your child is overweight, or at risk of becoming overweight, you are probably wondering, "What can I do to help?"



Get your entire family involved.

Family. It's a major part of every child's life - and often the most important factor in helping a child make healthy changes. Research shows children are often more willing to eat healthy foods and be active if they see their parents and other family members doing these things first. That's why it's important to get every member of your family involved in healthy eating and physical activity.

Set healthy, realistic goals.

When you make changes step-by-step and set realistic goals, you are more likely to succeed in reaching them. It's best to set goals for healthy eating and physical activity that apply to the entire family.

Make the most of family mealtime.

Eating meals together gives you a chance to help your child develop a healthy attitude toward food. It also enables you to serve as a healthy eating role model, ensure that your kids are eating nutritious foods, introduce your family to new foods, establish a regular meal schedule and keep in touch with family members.

Make sure your child eats a balanced and healthy diet.

Every child needs appropriate amounts of calories, proteins, minerals and vitamins to grow. The best ways to ensure kids get what they need while maintaining or losing weight is to provide a variety of nutritious foods that are low in fat and sugar. The food pyramid is a general guide for a balanced diet

Get active!

As with healthy eating, kids are more likely to want to be active when other family members are active too. Find ways to build physical activity—step-by-step—into your family routine.

Here are some do's and don'ts to help you:

- ✦ **Be supportive.** Kids need to know that you love and respect them unconditionally and that their weight does not define their self-worth. Kids who feel loved and confident are more likely to be able to make positive lifestyle changes and feel good about them while they're doing it.
- ✦ **Don't be the "food police."** Watching over your kids like a hawk and creating a list of "forbidden foods" is a strategy likely to backfire. In these situations, kids will often resort to sneaking food and even bingeing in private.
- ✦ **Teach your children about balanced nutrition.** The whole family should have a basic understanding of what constitutes a healthful diet (whole grains, vegetables, fruits, lean meats and poultry, fish, low-fat dairy products, beans, nuts, and seeds).
- ✦ **Involve the children in shopping, menu planning, and cooking.** It's helpful for kids to be involved and feel like they have some control over their diet.
- ✦ **Have several healthy snacks on hand.** It's normal for kids to get hungry between meals. Healthful snacks will keep them going throughout the day. Kid-friendly choices include apple slices with peanut butter, yogurt with granola, dried fruit and nuts, and pre-cut vegetable sticks with low-fat dip.
- ✦ **Don't use food as punishment or reward.** Kids should understand that food is fuel for a healthy body, as well as a source of pleasure; associating food with punishment or reward may distort children's views of the role of food in their lives.
- ✦ **Have your kids eat their meals and snacks at the table.** Kids (and adults) who eat while watching TV or doing other activities are more likely to overeat because they're not paying attention to how much they're eating.
- ✦ **Encourage physical activity.** This may be one of the most important things you can do for your kids, because regular exercise is vital to weight control, as well as to health. It is also recommended that parents exercise with their kids and make it a family affair, such as with walks after school or weekend hikes.
- ✦ **Don't give your children any weight-loss remedies or medicines, unless directed by your doctor.** Many are not safe for children and could cause harmful side effects.

Healthy lifestyles during childhood support optimal health, growth, maturation, and academic achievement, as well as reduce risk factors for diseases during childhood and later in life. Also, establishing good eating and physical activity habits early in life may carry over into adulthood.

Awareness of the growing epidemic of childhood obesity, children's low calcium intakes, their generally suboptimal diets, and physical inactivity, has heightened the need for effective interventions.

Promoting Healthful Habits for Life

The best advice for any family is to eat and enjoy healthful food together and to exercise together. Kids who learn healthful behaviors as part of a family lifestyle when they're young are much more likely to continue those healthful habits throughout the rest of their lives.

Why Do Kids Get Sick So Often?

Three things contribute to frequent illnesses among pre-schoolers.

1. Once the immunity provided by the mother through the placenta and then through nursing ceases (at approximately 9-12 months), children are more susceptible to illness because their own immune systems are not fully developed.
2. Young children explore everything with their mouths -- their hands, their toys, your toys, virtually everything with which they come into contact. This hand-to-mouth exploration is normal, natural, and expected. It is how children learn. However, it is also how children share germs.
3. Third, this propensity for "spit swapping" combined with the close proximity in which children play in day care, pre-schools, and on the playground, ultimately leads to the spread of viral and bacterial infections and illness.

ON THE PLUS SIDE, REPEATED EXPOSURE TO COMMON VIRUSES AND OTHER INFECTIONS HELPS BUILD

