

LiveWell

MERITER

 UnityPoint Health

SIMPLE SWAPS for Healthier Meals

Fevers, Rashes,
Tummy Troubles:
**When to Go
to the ER**

Healing Children, BODY AND MIND





ROCK the Clock



DON'T LET THE time change wreak havoc on your family's routine. Try these tips to reset your body clock from springing forward:

• **Plan ahead.** Start adjusting to the time change two weeks prior, setting alarms and scheduling naps 10 minutes earlier every two days.

• **Forgo sugar and caffeine.** Avoid caffeine after lunch and sugary snacks after dinner to make it easier to wind down at night.



• **Follow the light.** Use light-blocking curtains if your children don't understand why they need to go to bed when it's still light out. Mom and Dad should avoid bright lights – such as those from smartphone and tablet screens – after 8 p.m.



■ **Daylight saving time is a great reminder to schedule annual wellness exams for the entire family. Visit meriter.com/appointment to arrange them.**

Oh, the Pain!

YOUR BABY IS fussing, moaning and drooling – it must be a new tooth. Here are a few do's and don'ts to help ease your little one's teething pain.

Do:

- Gently massage the gums with a clean finger.
- Give your baby a rubber teething ring. Make sure the ring is large enough that it can't be swallowed.
- Offer your baby a clean, damp towel that has been chilled in the refrigerator, not frozen.

Don't:

- Use teething rings that have liquid or gel inside, as the contents can be ingested if the rings break open.
- Let your baby gnaw on a frozen towel or other frozen objects as these can bruise the gums and cause more discomfort.
- Rub medicated gels on your baby's gums. They contain numbing agents that may cause swallowing difficulties if ingested.

■ **Have more questions about caring for baby? Visit meriter.com/pediatrics to learn about other resources for parents.**

The 4 Basics of BIKE SAFETY

WITH SPRING WEATHER ahead, it's time to dust off those bike helmets, inflate those flat tires and start pedaling. Before you do, take a moment to review some basic helmet safety tips:

- 1. Check the fit.** The helmet your child wore last summer may not be age-appropriate anymore.
- 2. Make sure it's secure.** Helmets should sit level on your child's head. Tighten the chin strap so no more than one or two fingers can slide underneath it.

3. If you crash it, trash it. Helmets aren't designed to provide protection against multiple impacts.

4. Lead by example. Wearing your own bike helmet tells your kids you take safety seriously – and they should, too.

■ **Learning to ride may lead to bumps and bruises – and not always when your doctor is on call. Visit meriter.com/emergency to learn about immediate care options for your family.**



Swap This for That

NO ONE LIKES GOING ON A DIET – SO DON'T! HERE ARE SOME VERSATILE, HEALTHY INGREDIENTS YOU CAN SUBSTITUTE INTO YOUR FAVORITE EVERYDAY RECIPES.

AN OVERHAUL OF your eating habits can seem daunting. Start small by changing up your favorite recipes with a few simple swaps.

Swap This for That

Mayonnaise



Avocado



Not only does this make an excellent mayo substitute on sandwiches, you can also use it as a substitute for butter in baking.

Pasta



Zucchini

This member of the squash family can be sliced into ribbons and used as noodles in spaghetti or lasagna. It can also be baked as an alternative to French fries.

Sour cream



Yogurt

The tart Greek variety can be used in dips, and regular plain yogurt can replace mayonnaise in egg salad, potato salad and other similar dishes.

Cereal



Oats

Oatmeal doesn't need to be boring. Dressing it up with your favorite fruits and toppings allows you to control your breakfast's sugar levels, which can shoot sky-high in boxed cereals.

Mashed potatoes



Cauliflower

Its delicate flavor and rich nutrient content make cauliflower a good substitute for starchy white potatoes.

■ Need help eating right? Find more tips at meriter.com/nutrition.

Squeeze More Fitness Into Your Day

IT CAN FEEL DIFFICULT TO REACH AND MAINTAIN A HEALTHY WEIGHT WHEN YOU'RE ON THE GO WITH YOUR FAMILY, BUT THE BENEFITS TO YOUR HEALTH – NOT TO MENTION YOUR MOOD – CAN BE INVALUABLE!

RESEARCH SHOWS THAT short spurts of activity can be just as effective for losing weight as long sweat sessions at the gym. The key to making those short spurts work for you is finding creative ways to fit them into your daily routine.

Walk More

Simply getting more steps into your day can do wonders for weight loss. Start by parking at the back of the parking lot and by taking the stairs instead of the elevator. Add even more steps by replacing your afternoon coffee break with an energizing 15-minute walk or taking a few laps around the field during your child's soccer practice. Finally, use an after-dinner walk to bond with your children and ask about their days.



Play More

Let your children be your personal trainers – when they go outside and play, go with them! Be “it” during a game of tag. Play a round of touch football. Fire up the Wii or Xbox Kinect and Dance, Dance Revolution your way to a smaller waistline.

■ Get help achieving your healthy weight goals. Visit meriter.com/healthyweight for more information.

10 Years of Healing

FOR THE PAST DECADE, THE MERITER – UNITYPOINT HEALTH CHILD AND ADOLESCENT PSYCHIATRIC HOSPITAL HAS HELPED CHILDREN THROUGHOUT GREATER MADISON RECLAIM THEIR LIVES FROM MENTAL ILLNESS.



Jake and his mom, Kate, at a Meriter Foundation event in 2014

JOHN AND KATE VANDERBLOEMEN of Waunakee knew early on that something about their son, Jake, was different. None of the diagnoses Jake received during his early childhood – which ranged from anxiety to obsessive-compulsive disorder – satisfactorily explained his penchant for obsessively collecting certain objects, throwing fierce tantrums, and lashing out at others or running away and hiding when he was upset.

One afternoon, at age 7, Jake fled to a construction site, climbed a crane and injured his grandmother as she begged him to come down. That incident prompted Jake’s psychiatrist to recommend admitting him to the child psychiatry unit located at Meriter’s facility on the Capitol Square.

“I haven’t lived through anything more gut-wrenching than placing my young son in a psychiatric hospital,” Kate said. “At night, I would sit in my living room with the lights off and sob. It was a horrible time.”

Out of the Darkness

Meriter’s new Child and Adolescent Psychiatric Hospital opened on a hilltop off of Raymond Road in southwest Madison in 2004. It was there, in 2005, after Jake had spent a combined total of 314 days in psychiatric care, a number not uncommon for those with chronic mental illness, that his doctors came to the conclusion that he suffered from autism coupled with schizoaffective disorder – a combination of mental health conditions that can cause symptoms



HELPING AN ESSENTIAL SERVICE BLOOM

The Child and Adolescent Psychiatric Hospital is always seeking new ways to help care for children with mental illnesses, and Meriter Foundation is a frequent partner in bringing the hospital's visions to fruition.

"We recently raised funds for the hospital to develop a sensory suite with tactile items that help children calm themselves, such as a big, comfortable chair, exercise balls, special lighting and weighted blankets," said Marilyn Rhodes, president of Meriter Foundation. "One of our donors helps fund the movement therapy program, and we financially support training opportunities for staff to learn new treatment options."

Next on the hospital's foundation-supported list of projects: creating a healing garden, the perfect setting for patients to enjoy the therapeutic power of nature.

Show your support for the Child and Adolescent Psychiatric Hospital or another Meriter service that's close to your heart by making a gift to Meriter Foundation. To get started, visit foundation.meriter.com.

such as hallucinations, depression and sudden mood swings. Jake was 13 and about to enter eighth grade.

With a diagnosis finally at hand, doctors were able to prescribe effective medications, and Jake's parents were able to work with the local school district to develop an educational plan that allowed him to succeed academically and eventually graduate with the rest of his class at Waunakee High School.

A Priceless Resource for Families

Jake's story is one of more than 6,800 tales of hope and healing that the team at the Child and Adolescent Psychiatric Hospital has helped write in the decade since the facility opened. The hospital is the only inpatient facility in south central Wisconsin, and one of only seven in the state, that exclusively treats patients struggling with anxiety, behavioral problems, depression, a history of trauma, obsessive-compulsive disorder and suicidal tendencies, among other conditions.

"These children aren't able to function in school or they've gotten in trouble with the law due to their illnesses. Often, their parents miss work or lose jobs to care for them," said Katie Schmitt, M.D., medical director of the Child and Adolescent Psychiatric Hospital. "Not only do we help children, but we help their families, as well."

When patients arrive at the hospital, they find spacious, peaceful grounds with an outdoor play area and plenty of walking trails. Inside, the facility features bright, child-friendly décor, as well as a common room for younger patients, a schoolroom and a sensory suite

where calming music plays and activities such as aromatherapy take place. The hospital is divided into two units for children ages 6 to 12 and 13 to 18.

An average stay at the hospital lasts six days, during which patients continue their schoolwork with two state-certified teachers, have one-on-one meetings with a psychiatrist and social worker, participate in occupational and recreational therapy, and take part in group therapy sessions, including at least one with their families.

Meriter pediatricians are available to address physical health needs.

"When families need help, we're here," Dr. Schmitt said. "Mental illness is nothing to be ashamed of, and children and families shouldn't have to deal with it alone."

Living His Life

The hospital was certainly there when the Vanderbloemens needed it. Now 22, Jake has a girlfriend, a full-time job that he loves and his own apartment. His co-workers marvel at his unflinching enthusiasm and joy in the present – characteristics of a man who, having experienced the stormy side of life, knows not to take the happy, tranquil times for granted.

"The care Jake received at the Child and Adolescent Psychiatric Hospital was nothing short of exceptional," Kate, Jake's mother, said. "Reflecting on how far he's come just brings a huge smile to my face."

■ **Learn more about Child and Adolescent Psychiatry at meriter.com/CAP.**

Is It an **E**mergency?

SOMETIMES A LITTLE BIT OF LOVE AND OVER-THE-COUNTER MEDICATION CAN EASE YOUR CHILD'S AILMENTS – **BUT HOW DO YOU KNOW WHEN EMERGENCY CARE MAY BE NEEDED?**

WITH SOME CHILDHOOD injuries, including broken bones, severe burns, and head or neck injuries, the answer to that question may be obvious. Other times, it's less clear. Here's a guide to knowing when to stay put or head to the emergency room.

Fever

- **Go to the ER** if your child has a fever and you have concerns about excessive sleepiness, lack of responsiveness or difficulty breathing.
- **Stay at home** if your child's fever can be controlled by medicine and he or she is responsive and otherwise acting normally.

Rashes

- **Go to the ER** if the rash is accompanied by hives on his or her face, painful or infected blisters, or breathing problems.
- **Stay at home** if the rash is minor, and keep it clean with mild soap and water.

Vomiting and Diarrhea

- **Go to the ER** if you have concerns about dehydration, including no urination for 8 hours.
- **Stay at home** if your child can hold down liquids, and offer plenty of fluids to keep your tot hydrated.



When in Doubt, Seek Help

If you can't tell whether your child's symptoms warrant an ER visit, try calling your child's health care provider first. If he or she can't be reached, head to your nearest emergency facility or dial 911.

■ **Learn more about emergency care for kids at meriter.com/emergency.**

KID-FRIENDLY CARE

The strangers, bright lights and loud medical equipment at emergency rooms can feel intimidating for pint-sized patients. But at Meriter – UnityPoint Health, a separate Pediatric Center, decorated in soothing colors and family-friendly artwork, helps keep kids calm from the beginning of their visit until they return home.



“Pediatric patients are not little adults. Children need and deserve care tailored to their stage of development and level of understanding,” said Kari Hall, B.S.N., R.N., nurse manager of Emergency Services at Meriter. “Meriter’s pediatric emergency room includes resources, such as movies, toys, books and blankets, that can be used to help children cope with medical procedures.”

Our Pediatric Center is staffed 24 hours a day, seven days a week, with board-certified providers and Pediatric Advanced Life Support-trained registered nurses.

THE DARK SIDE

of a Golden Glow

HITTING THE TANNING BED TO GET BRONZED SKIN AHEAD OF A TROPICAL VACATION OR WEDDING ISN'T WORTH SACRIFICING YOUR HEALTH.

A TAN ISN'T an indication of skin health; it's the body's reaction to harm from ultraviolet (UV) rays. Indoor tanning subjects the skin to intense UVA and UVB radiation. The price of adding color to a complexion can be steep: Over time, tanners may develop coarse, wrinkled or age-spotted skin – or skin cancer.

Each tan increases an individual's risk of developing skin cancer, including basal or squamous cell carcinoma or the most serious variety, melanoma. Indoor tanning before age 35 makes the tanner 75 percent more likely to develop melanoma during his or her life, according to the Skin Cancer Foundation.

The best way to instill healthy attitudes is to set a good example for your children and your friends. Avoid tanning and encourage those who look up to you to do the same. Bathing suit and prom fashions will change, but healthy, untanned skin will never go out of style.

HELP TURN THE TIDE

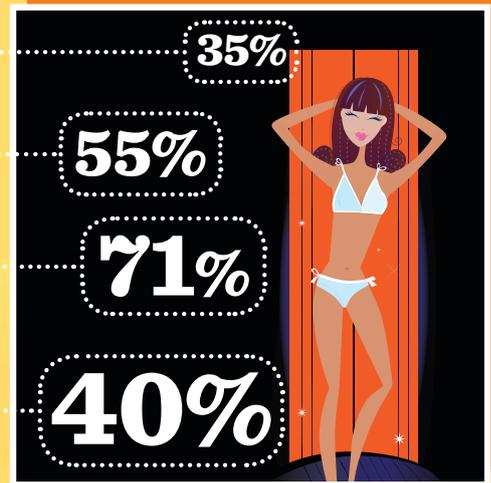
Despite growing awareness of the dangers of indoor tanning, many Americans remain drawn to it.

American adults who have tried indoor tanning, according to a 2014 study in the journal *JAMA Dermatology*

College students who have tanned indoors, according to the same study

Tanning salons' clientele who are young women ages 16 to 29, according to the Skin Cancer Foundation

Female college student tanners involved in one study who first tried indoor tanning with their mothers. Nearly **32** percent of those tanners tanned indoors more than **25** times a year.



SCRUTINIZE YOUR SKIN

Two of your most valuable skin cancer prevention tools are your eyes. Each month, take a few minutes before, during or after your shower to perform a skin cancer self-check. Use mirrors or enlist the help of your spouse or partner to examine hard-to-see areas.

“You should become familiar with your body so you can recognize which growths are new, which ones are old and which ones have changed since your last

self-check,” said Michael Pomroy, M.D., dermatologist at Meriter – UnityPoint Health. “It’s especially important to look for growths that are asymmetrical, have uneven borders, are bigger than a pencil eraser, and are strangely colored or seem to be changing over time – those signs could indicate melanoma and should be evaluated by a dermatologist.”

Concerned about a skin abnormality? Visit meriter.com/dermatology to find a doctor who can evaluate the area.



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- Quit Smoking
- Get Fit
- Eat Healthy
- Stress Less

**Learn about our wellness programs at
meriter.com/wellness**

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