

Ask A Nurse Newsletter

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What is the "Ask a Nurse" Program?

The ASK A NURSE program is staffed by University of Delaware nursing faculty and graduate and undergraduate nursing students.

Our mission is to provide health and wellness education and programs to children and families.

Reach us at askanurse@udel.edu



Recipe for the Month

Here is an easy, fun snack to make with your children that they will love!!

Ants on a Log

Prep time: 5 minutes

Ingredients:

2 celery sticks

6 tbsp. peanut butter

2 tbsp. raisins

Utensils:

Knife (You'll need help from your adult assistant.)

Directions:

Wash the celery and cut it into pieces (each piece should be about 5 inches long).

Spread peanut butter in u-shaped part of celery, from end to the other.

Press raisins gently into peanut butter.

Enjoy your ants on a log!

Diabetes Awareness

What is Type 1 Diabetes?

In people with type 1 diabetes, the pancreas stops making insulin. No one is exactly sure why this happens. Doctors think the beta cells get attacked by other cells (called T-cells) that are programmed to protect your body. The T-cells are like a little army, marching through your body, finding invaders that cause illness, and fighting them. When you have the flu, the T-cells find the flu bug in your body, and attack it until you're healthy again. When the T-cells work right, they keep you healthy.

In people with type 1 diabetes, the T-cells get confused. They think the beta cells are germs that make you sick. So they try to protect you by attacking them. When that happens, the pancreas can no longer make insulin.

What is Type 2 Diabetes?

In type 2 diabetes, the pancreas usually makes some insulin, but either there's not enough of it, or the cells can't use it very well. Without enough insulin, or without the ability to use the insulin, the cells can't eat or don't get enough to eat. So, you take medicine to help the cells eat, and you make the cells' job easier by eating nutritious meals and being physically active.

Diabetes Symptoms

Often diabetes goes undiagnosed because many of its symptoms seem so harmless. Recent studies indicate that the early detection of diabetes symptoms and treatment can decrease the chance of developing the complications of diabetes. Some diabetes symptoms include:

Frequent urination

Excessive thirst and/or hunger

Unusual weight loss

Increased fatigue

Irritability

Blurry vision

TICK BITES

Since the weather is getting nice and your kids will be playing outside, it's not uncommon to find a tick on your child. While most tick bites are harmless and don't require medical treatment, some ticks do carry harmful germs.

Lyme disease is carried by the deer tick or western-blacklegged tick. These ticks are harder to detect than dog ticks because they are much smaller (an adult tick is only about the size of a sesame seed)

When playing in wooded areas, children should wear long-sleeved shirts and pants. Spray insect repellent (containing no more than 10-30% DEET) on exposed skin and clothing. After kids play outside, check their skin - especially the scalp, behind their ears, the neck, under their arms and their groin areas for ticks.

What to do if you find a tick:

- If it is still attached to your child's skin, remove it: using fine tipped tweezers, grasp the head of the tick close to the skin and then firmly and steadily pull the tick straight out of the skin. DO NOT twist or rock it from side to side
- Put the tick in alcohol to kill it
- Wash your hands and the site of the bite with soap and water
- Swab the site with alcohol

Call your doctor if:

- The tick was on the skin for more than 24 hours
- Part of the tick remains on the skin
- Your child develops a rash of any kind
- The area looks red, is warm or swollen and painful
- Your child complains of fever, headache, fatigue, stiff neck or back or muscle aches



May is National Skin Cancer Awareness Month Tips about Sun Safety

The best treatment for sunburn is prevention. Mild sunburn results in skin irritation and redness and can be safely treated at home. Severe sunburn needs medical attention.

What to do if your child has sunburn:

- Remove your child from the sun light right away
- Place your child in a cool (not cold) shower or bath or apply cool compresses several times a day
- Avoid creams or lotions that may hold heat inside the skin or may contain numbing medications. DO NOT put butter or toothpaste on the burn
- Offer extra fluids for the next 2-3 days
- Make sure all sunburned areas are fully covered to protect your child from the sun until healed.

Did you know?? More than 90% of skin cancers are the result of sun exposure. Unprotected sun exposure is even more dangerous for kids who have many moles or freckles, very fair skin and hair, or a family history of skin cancer.

THINK PREVENTION!

Before kids go out in the sun, remember,
"Slip, Slap, Slop"

SLIP on a shirt

SLAP on a brimmed hat and sunglasses

SLOP on sunscreen with an SPF of at least 15 (reapply sunscreen every 2 hours or if the child has been in water or sweating a lot).

Call your Doctor if your child has:

- Sunburn that forms blisters or is very painful
- Facial swelling from sunburn
- Sunburn that covers a large area
- Fever, chills, headache, confusion or a feeling of faintness
- Signs of dehydration (increased thirst or dry eyes and mouth)
- Signs of infection on the skin (increasing redness, warmth, pain, swelling or pus)

