

August – Health Awareness 2020

August is National Immunization Awareness

Month- Why Vaccinate? Parenting is an amazing, but often challenging, journey. With every milestone, you face new questions. How can you keep your child safe? How can you help them grow? The right choices are not always clear. Like many parenting topics, vaccination can feel overwhelming at first. The good news is there are clear recommendations, backed by extensive research. Here is everything you need to know. Vaccination is a highly effective, easy way to keep your family healthy. On-time vaccination throughout childhood is essential because it helps provide immunity *before* children are exposed to potentially life-threatening diseases. Vaccines are tested to ensure that they are safe and effective for children to receive at the recommended ages. For Toolkits as well as a Vaccine Guide go to <https://www.cdc.gov/vaccines/events/niam/index.html>



Children’s & Adults Eye and Safety Month - The eyes are wonderful sensory organs. They help people learn about the world in which they live. Eyes see all sorts of things – big or small, near or far, smooth, or textured, colors and dimensions. The eyes have many parts – all of which must function to see properly. What we think of as seeing is the result of a series of events that occur between the eye, the brain, and the outside world. Light reflected from an object passes through the cornea of the eye, moves through the lens which focuses it, and then reaches the retina at the very back where it meets with a thin layer of color-sensitive cells called the rods and cones. Because the light criss-

crosses while going through the cornea, the retina “sees” the image upside down. The brain then “reads” the image right-side up. Eye diseases and conditions such as age-related macular degeneration, diabetes-related eye disease, glaucoma can cause permanent vision loss or blindness if not diagnosed and treated early. That is why Prevent Blindness recommends that everyone receive a comprehensive eye exam through dilated pupils regularly as recommended by your eye doctor. For more information please go to <https://preventblindness.org/your-childs-sight/>

Spinal Muscular Atrophy Awareness - Spinal muscular atrophy is a genetic disorder characterized by weakness and wasting (atrophy) in muscles used for movement (skeletal muscles). It is caused by a loss of specialized nerve cells, called motor neurons that control muscle movement. The weakness tends to be more severe in the muscles that are close to the center of the body (proximal) compared to muscles away from the body's center (distal). The muscle weakness usually worsens with age. There are many types of spinal muscular atrophy that are caused by changes in the same genes. The types differ in age of onset and severity of muscle weakness; however, there is overlap between the types. Other forms of spinal muscular atrophy and related motor neuron diseases, such as spinal muscular atrophy with progressive myoclonic epilepsy, spinal muscular atrophy with lower extremity predominance, X-linked infantile spinal muscular atrophy, and spinal muscular atrophy with respiratory distress type 1 are caused by mutations in other genes. More details can be found at <https://ghr.nlm.nih.gov/condition/spinal-muscular-atrophy>



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Month