



An Introduction to



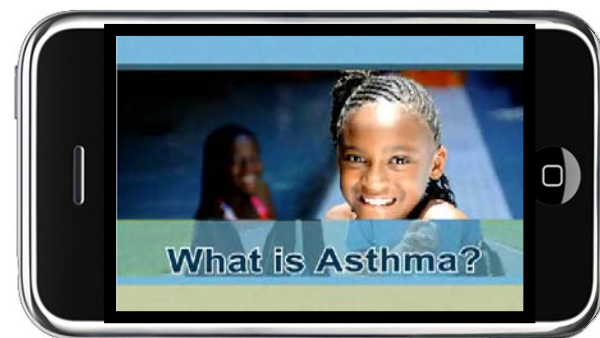
Trusted content provider for family-friendly, age-appropriate, health & wellness information



- Creators of **print, video, & online** resources about children's health & development
- **Physician-led**, professional, award-winning editorial group
- Expert in communicating with the whole family – **parents, kids, & teens** – in both **English & Spanish**. Differentiates your organization & *makes an important impression with parents*
- KidsHealth comes from Nemours, one of the largest **nonprofit** organizations devoted to children's health

Why License KidsHealth Content?

- Unbiased, **medically reviewed** content:
 - family-friendly, warm, & comforting with no "doctor-speak"
- **6,000+ articles** with new content added regularly
- Allows you to easily feature seasonal & "in the news" topics, keeping your site **fresh & up-to-date**
- Includes search feature & hassle-free maintenance



- **Engaging** animations & robust graphics
- **Marketing support** provides the tools & know-how to maximize your license
- Variety of delivery options available, including **XML & HTML** presentation styles

Hallmarks of KidsHealth Content

A BODY BASICS ARTICLE

Heart and Circulatory System

▶ What's in this article? (click to view)

Listen

With each heartbeat, blood is sent throughout our bodies, carrying oxygen and nutrients to every cell. Each day, 2,000 gallons of blood travel many times through about 60,000 miles of blood vessels that branch and cross, linking the cells of our organs and body parts.

About the Heart and Circulatory System

The circulatory system is composed of the heart and blood vessels, including arteries, veins, and capillaries. Our bodies actually have two circulatory systems: The pulmonary circulation is a short loop from the heart to the **lungs** and back again, and the systemic circulation (the system we usually think of as our circulatory system) sends **blood** from the heart to all the other parts of our bodies and back again.

BODY BASICS: HEART

CLICK HERE FOR A FULL DIAGRAM

(Macromedia Flash needed)

Robust header graphics

“What’s in this article?” allows visitors to easily view & click to specific sections within the article

Toggle between English & Spanish versions

In-article animations

Top of article

Hallmarks of KidsHealth Content

A BODY BASICS ARTICLE

Heart and Circulatory System

Getting plenty of exercise, eating a nutritious diet, maintaining a healthy weight, and getting regular medical checkups are the best ways to help keep the heart healthy and avoid long-term problems like high blood pressure, high cholesterol, and heart disease.

Reviewed by: [Steven Dowshen, MD](#)
Date reviewed: May 2011

[← back](#) 1 • 2 • 3

For Parents **For Kids** **For Teens**

MORE ON THIS TOPIC

- ▶ Arrhythmias
- ▶ Atrial Septal Defect
- ▶ Congenital Heart Defects
- ▶ Heart Murmurs and Your Child
- ▶ If Your Child Has a Heart Defect
- ▶ Mitral Valve Prolapse

Print **Send to a friend**

Additional resources **Bookmark this page**

← **Current medical review**

← **Fully indexed, including related articles for Parents, Kids, & Teens**

← **Printer-friendly versions, additional resources & send to a friend.**

Bottom of article

New for KidsHealth Partners: Audio Casts

Kids and Food:
10 Tips for Parents

Listen

It's no surprise that parents need some help understanding how to raise healthy kids. From the good news is that you can raise healthy kids. Follow these tips to encourage your kids to eat healthy. From the food fad, it can be awful. The good news is that you can raise healthy kids. Follow these tips to encourage your kids to eat healthy.

Here are 10 key rules to follow:

- Parents control the food.** Parents control the foods to buy and pester their parents. Parents should be in charge of the regularly stocked kitchen. They'll eat what's home. If their favorite food is not at home, they can still buy it once they're home.
- From the foods you buy, they will eat or not.** Parents have some say in what their kids eat. Offer, let them choose what they want. This means freedom. But if you're choosing only from the foods you buy, they're less likely to eat what you want.
- Quit the "clean-plate club."** When kids notice they're less likely to eat what you want.

Los niños y la comida: 10 consejos para los padres

Escucha

No es de extrañar que los padres necesiten ayuda para entender qué significa comer de forma saludable. Desde la pirámide de los alimentos hasta la última grasa alimenticia, el alud de información existente sobre este tema puede desorientar bastante. La buena noticia es que usted no necesita graduarse en nutrición para criar hijos sanos. Siguiendo algunas recomendaciones básicas, usted puede crear un entorno doméstico que fomente la alimentación saludable y el mantenimiento de un peso saludable.

He aquí 10 normas básicas a seguir:

- Los padres son quienes controlan las líneas de abastecimiento.** Son ustedes quienes deciden qué alimentos se compran en su casa y cuándo se sirven. Aunque es de esperar que los niños den la lata a sus padres para que les dejen comer alimentos menos nutritivos, son los adultos quienes deciden qué alimentos entran en casa. Los niños no se quedarán con hambre porque en su casa no hay lo que más les apetece comer. Comerán lo que haya en los armarios y la nevera. Si el tentempié favorito de su hijo no tiene nada de nutritivo, aún y todo, usted puede comprárselo de vez en cuando para que no se atiborre de ese alimento en cuanto caiga en sus manos.
- De los alimentos que ofrezca a su hijo, déjele elegir lo que quiere comer o si quiere comer.** Los niños también deben tener voz y voto en el asunto. De la

[Read this article in English](#)

Visitors to your KidsHealth Library now have the ability to *listen* to articles while they read along, or download the audio file in MP3 format for use on mobile devices

Audio casts are available in English & Spanish & can be branded for your hospital!

Branded Intro Text:

*“The following KidsHealth article is brought to you by **Your Hospital’s Name.**”*

KidsHealth: Content for 3 Distinct Audiences

February 9, 2011 For Parents For Kids For Teens

PARENTS

10 Things That Might Surprise You About Being Pregnant

Daily Q&A: How Can I Help My Child Overcome Shyness?

Tests & Exams: Checkups, tests, and surgery: Learn what to expect

Flu Center: MORE >

- Asthma Center >
- Cancer Center >
- Diabetes Center >
- Nutrition & Fitness Center >
- More >

First Aid & Safety: Learn what to do in emergencies – and how to prevent them.

Positive Parenting: Get tips on raising happy, healthy kids.

Recipes, Pregnancy & Newborns, Growth & Development, ¡Lea Nuestros Artículos en Español!

February 9, 2011 For Parents For Kids For Teens

KIDS

Rashes: The Itchy Truth

Brain Buzz: Why do people sneeze? GET THE ANSWER!

ICKY Q&A

HOW THE BODY WORKS: MOVIES, QUIZZES, and MORE!

VIDEOS AND GAMES

Valentine's Day Center: MORE >

- Relax & Unwind Center >
- Asthma Center >
- Diabetes Center >
- Nutrition & Fitness Center >
- More >

DEALING With FEELINGS, ILLNESSES & INJURIES, Kids Dictionary of MEDICAL WORDS, ¡Lea Nuestros Artículos en Español!

February 9, 2011 For Parents For Kids For Teens

TEENS

A Guide to Eating for Sports

Expert Answers: Is it safe to lift weights? Does coffee stunt growth? See what the experts say.

Your Body: From acne to ZZZs, get the info you need to help your body be its best.

Your Mind: Relationships, body image, families, emotions – this section helps you sort it all out.

Stress & Coping Center: MORE >

- Sports Center >
- Cancer Center >
- Diabetes Center >
- Nutrition & Fitness Center >
- More >

Infections: Colds, flu, athlete's foot: Find out what to do about infections.

DRUGS & ALCOHOL, SCHOOL & JOBS, SEXUAL HEALTH, ¡Lea Nuestros Artículos en Español!

Each section presents information on medical, emotional, behavioral, & developmental issues in an engaging & age-appropriate style

KidsHealth – For Parents

February 9, 2011

For Parents For Kids For Teens

PARENTS

Search

10 Things That Might Surprise You About Being Pregnant

Navigation arrows

Daily Q&A
How Can I Help My Child Overcome Shyness?

Tests & Exams
Checkups, tests, and surgery: Learn what to expect

Flu Center
MORE >

- Asthma Center >
- Cancer Center >
- Diabetes Center >
- Nutrition & Fitness Center >
- More

First Aid & Safety
Learn what to do in emergencies – and how to prevent them.

Positive Parenting
Get tips on raising happy, healthy kids.

Recipes

Pregnancy & Newborns

Growth & Development

¡Lea Nuestros Artículos en Español!
Read Our Articles in Spanish!

KidsHealth – *For Parents* provides medical, emotional, behavioral, & developmental information in an engaging, clear, & family-friendly style



Positive Parenting

Community Service: A Family's Guide to Getting Involved



Raising Confident Kids



Storytelling



Raising Earth-Friendly Kids



Getting Involved at Your Child's School



Nine Steps to More Effective Parenting



Finding the Right Read



Disciplining Your Child



For Parents: Wellness Centers

CANCER CENTER

treatment & prevention
Find out about different cancer treatments and therapies.

dealing with feelings
Articles and tips on dealing with emotional issues.

diagnostic tests
Information about common medical tests.

body basics
All about basic human anatomy.

CANCER BASICS

An informative guide for learning about cancer, including in-depth information on specific types of cancer, tumors, and blood disorders.

DID YOU KNOW?
More than 100 types of diseases are known collectively as cancer.

PERSONAL STORIES

Q&As

Words to Know
blastom
carcinoge
immunothera
chromosom
tact ce

TOOLS

Recipes

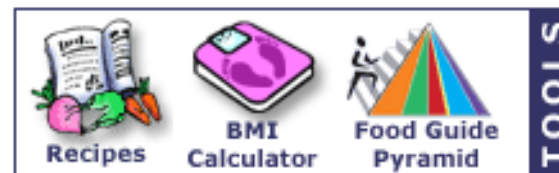
BMI Calculator

Food Guide Pyramid

KidsHealth Wellness Centers provide information, tools, & practical advice to help both newly diagnosed families & families with ongoing disease-management issues.

KidsHealth Wellness Centers include:

- Asthma
- Cancer
- Diabetes
- Nutrition & Fitness
- Pregnancy & Newborns
- Sports Medicine



Wellness Centers: Nutrition & Fitness

NUTRITION CENTER

[KidsHealth](#) > [Parents](#) > [Nutrition Center](#)

[Articulos en Español](#)



HEALTHY EATING & YOUR FAMILY

Learn how to give your kids the nutrients they need at every stage of life, from newborns to teens and beyond.

staying fit

Tips to get your kids motivated – and help them stay that way.



exercise safety

Play it safe on the field, in the gym, or on the court.



special dietary needs

Guidelines for kids with food allergies or other conditions that make them watch what they eat.



weight & eating problems

Learn why it's important for your child to maintain a healthy weight.



DID YOU KNOW?

Not all fats are bad. Unsaturated fats, in plants and fish, are a good replacement for saturated fats.



HEALTHY RECIPES



Q&As



BMI CALCULATOR & TOOLS



▶ [Center for Kids](#) ▶ [Center for Teens](#)

Practical tips, recipes, BMI calculator, & healthy ideas for the whole family – includes links to centers for kids & teens too!



Wellness Centers: Pregnancy & Newborns

PREGNANCY CENTER

[KidsHealth](#) > [Parents](#) > [Pregnancy Center](#)

[Articulos en Español](#)



preparing for parenthood

All you need to get ready for your new arrival.



childbirth

Learn what to expect on the big day and hear from moms who've been through it.



newborn care

Breastfeeding questions? Crankiness or colic? Get answers to all your concerns.



newborn health conditions

Learn what's no big deal and when your baby might need to see the doctor.



YOUR PREGNANCY

First-time mom or experienced pro? Either way, you've probably got questions about staying healthy and safe during pregnancy. Learn how to give your baby a healthy start.

DID YOU KNOW?

Babies can recognize the sound of their mother's voice soon after birth.



PREGNANCY CALENDAR



Q&As



PREGNANT OR BREAST-FEEDING? RECIPES FOR YOU



Connect with expectant & new moms through KidsHealth's trusted, doctor-approved articles & resources.

Even include custom graphics to promote your hospital's programs, services, & people.



ASTHMA CENTER

[KidsHealth](#) > [Parents](#) > [Asthma Center](#)



ASTHMA BASICS

Was your child just diagnosed with asthma? Looking for a refresher on the basics?

Get the info you need here.

[Articulos en Español](#)

preventing flare-ups

Learn what causes flare-ups, or asthma attacks, and how to avoid them.



medications & monitoring

Help your child control asthma and manage symptoms.



asthma & allergies

Most kids with asthma have allergies. Learn how these conditions are related.



living with asthma

Having asthma doesn't mean kids can't do the things they love.



DID YOU KNOW?

Rainstorms, as well as cold and hot temperatures, can trigger asthma flare-ups.



TOOLS



Q&As



Words to Know

spirometer
exercise-induced
allergy
rescue
inhaler

▶ Center for Kids ▶ Center for Teens

KidsHealth's Asthma Center includes:

- An Asthma movie
- Interactive features
- Printables
- Dictionary & more

Asthma Diary

A weekly journal to record your asthma symptoms, peak flows, and the amount of medicine you took.

Name:

Week of:

SYMPTOMS

Use a check mark to show when you had symptoms.

	Mon		Tue		Wed		Thurs		Fri		Sat		Sun	
	day	night	day	night	day	night	day	night	day	night	day	night	day	night
Cough														
Wheeze														
Stridor														
Other														

Asthma Action Plan

Personal best peak flow:

IMPORTANT INFO

Name:

Date:

Doctor name:

Doctor phone:

Emergency contact:

Emergency phone:

EXERCISE-INDUCED FLARE-UP

Instructions for an exercise-induced asthma flare-up:

Medicine:

How much:

When:

Address/instructions:

TRIGGERS: pollen mold dust mites feathers pet dander smoke food

exercise cold/flu weather air pollution other

The GREEN Zone (also known as the safety zone)

Use these controller medicines as listed:

Symptoms: Waking at night, Cough, wheeze, or chest tightness, Can't do usual activities, Can't breathe through the night

Peak flow (best): (at)

The YELLOW Zone (also known as the caution zone)

Continue with controller medicines as above, and add these rescue medications:

Symptoms: More waking at night, Cough, wheeze, or chest tightness, Can't do usual activities, Can't breathe through the night

Peak flow (best): (at)

The RED Zone (also known as the danger zone)


Take this medicine and call the doctor now!

Symptoms: Severe waking patterns, Cannot do usual activities, Difficulty walking and talking, Rescue medicine is not helping


Peak flow (best): (at)

If symptoms don't improve and you can't contact the doctor, go to the hospital or call 911.


Click below to hear each sound



Cough

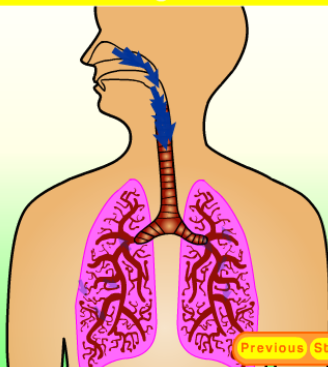


Wheeze



Stridor

What Happens During an Asthma Flare-Up?



Previous
Stop
Play
Next

DIABETES CENTER

KidsHealth > Parents > Diabetes Center

Articulos en Español

watch the movie
Learn about insulin, how your body uses it, and what happens in diabetes.

medications & monitoring
Help manage your child's diabetes.

diet & nutrition
A balanced diet helps kids with diabetes stay on the right track.

living with diabetes
Having diabetes doesn't mean kids can't do the things they love.

DIABETES BASICS
Was your child just diagnosed with diabetes? Looking for a refresher on the basics?
Get the info you need here.

DID YOU KNOW?
Exercise is important for all kids – including those who have diabetes!

TOOLS

Q&As

Words to Know
insulin
type 2
beta cell
pancreas

▶ Center for Kids ▶ Center for Teens

KidsHealth's Diabetes Center includes:

- Diabetes movie
- Food diary
- Blood glucose record
- Dictionary
- Recipes & more

3-Day FOOD DIARY

Name: _____ Health Care Provider's Name: _____
Phone Number: _____ Health Care Provider's Phone Number: _____
Health Care Provider's Fax Number: _____
Instructions: Talk with your health care provider about how to fill out this diary.

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Comments
Day 1							
Day 2							
Day 3							

Blood Glucose RECORD

Name: _____ Health Care Provider's Name: _____
Phone Number: _____ Health Care Provider's Phone Number: _____
Health Care Provider's Fax Number: _____
Instructions: Talk with your health care provider about how to fill out this record.

	Time	Glucose	Snack	Lunch	Snack	Dinner	Snack	Activity/Notes
Day 1	Before							
	After							
	Other Medication							
Day 2	Before							
	After							
	Other Medication							
Day 3	Before							
	After							
	Other Medication							



Flu Center



Get tips and advice on keeping your family healthy and learn what to do if your child comes down with a case of the flu.

Articulos en Español

all about flu



prevention



treatment



flu and pregnancy



Sign up for **free parenting news**

Guide for Parents



Q&A



Did You Know?
Flu season is from November to April.

▶ Center for Kids
▶ Center for Teens

KidsHealth's Flu Center provides information & valuable resources for your patients, families, & those in the communities you serve!

A PARENT'S GUIDE TO H1N1 INFLUENZA



Kids should be vaccinated against seasonal flu.



Flu Center

5 Things to Know

Articulos en Español

IF SOMEONE IS SICK (COUGHING, SNEEZING), KEEP YOUR DISTANCE

More About Flu

the basics

get protected

stop the spread

should you go to school?

FLU SHOTS

Did You Know?

Did you know you can prevent the spread of germs causing the flu, by covering your nose and sneezing, touching your eyes, nose and mouth?

Q&As



What Are Germs?



Symptoms

FEVER + 1 or more of these:

- cough
- sore throat
- runny nose
- body aches
- headache
- tiredness
- diarrhea
- vomiting

LAS INFECCIONES

Gripe



New for KidsHealth Partners: Wellness Centers: Sports Medicine

Sports Medicine Center



sports psychology

Discover how the mind affects the body. [▶](#)



training & performance

Help your kids play their best season ever! [▶](#)



sports injuries

Find out how to deal with injuries. [▶](#)



sports safety

Tips for minimizing your child's risk of injury. [▶](#)



The Basics

Get tips on everything from finding the right sport for your child to handling family factors and injuries. [▶](#)

Snacks

Choose whole grains and complex carbohydrates instead of sweets so your young athlete gets lasting energy.



Body Basics



Q&As



Sports Words to Know



KidsHealth's Sports Medicine Center offers practical tips, advice, and articles to help keep kids and teens safe and healthy when participating in sports.

BONES

CLICK HERE FOR A FULL DIAGRAM



(Macromedia Flash needed)

★ What About Team Sports?

Many parents are eager to enroll their preschool child in organized sports, but it's really not recommended until they are a little older. There's no need to worry your child will "fall behind" other kids when it comes to their soccer or baseball careers. Preschoolers are better off working on basic skills, which they can apply later when they can better grasp sports rules and understand their role in a game.

★ Smart Start

Before beginning any sport or fitness program, it's a good idea for your child to have a physical examination from the doctor. Kids with undiagnosed medical conditions, vision or hearing problems, or other disorders may have difficulty participating in certain activities.

New for KidsHealth Partners: Wellness Centers: First Aid & Safety

First Aid & Safety Center

Articulos en Español

home sweet home
Get childproofing tips, safety checklists, & more

the great outdoors
Keep 'em safe at the playground or by the campfire

play it safe
Minimize your child's risk of injury

emergencies
Know what steps to take in a crisis

Is It Really an Emergency?
Find out what type of illnesses or injuries require a trip to the ER.

Parents' Printables: Guides for treating common illnesses.

Stock your first-aid kit! Use these tips.

Home Safety Checklists

Tick Removal: A Step-by-Step Guide

Center for Kids

KidsHealth's First Aid & Safety Center offers information to assist parents with everyday prevention & health tips as their kids & teens grow.



Emergency Contact Sheet
[CLICK HERE](#)

SAFETY CHECKLIST

Electrical
Heating & Cooling Elements
Emergency Equipment & Numbers

SAFETY CHECKLIST

Walls & Floors
Furniture
Doors & Windows
Stairways

Does This Helmet Fit?

A bike helmet fits well if it:

- sits level on the head
- isn't tilted forward or backward
- has strong, wide straps that fasten snugly under the chin
- is tight enough so that after fastening, no sudden pulling or twisting could move it around

New for KidsHealth Partners: Diagnostic Tests & Procedures

A Directory of Medical Tests

Taking a medical history and performing a physical examination usually provide the information a doctor needs to evaluate a child's health or to understand what's causing an illness. But sometimes, doctors need to order tests to find out more.

Lea este artículo en Español 

Here are some common tests and what they involve:

Blood Tests

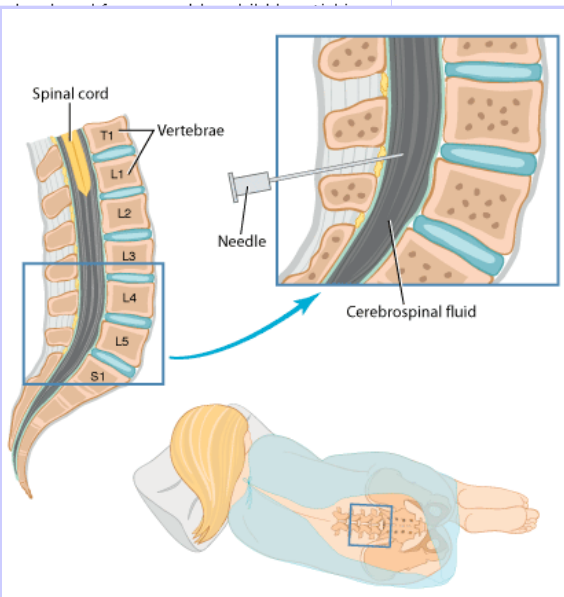
Blood tests usually can be done in a doctor's office or in a lab where technicians are trained to take blood. When only a small amount of blood is needed, the sample can sometimes be taken from a baby by sticking a finger with a small needle.

If a larger blood sample is needed, the doctor will clean the skin (usually on the arm or hand), and will take more than one try to get the blood. The child may feel a little dry any blood left when the needle is pulled out.

Blood tests can be scary for some children. The presence of a needle during the procedure can be scary. Offering a stuffed animal or a favorite toy to your child that it may pin or prick can help. With younger kids, try sitting on the floor and counting together while the procedure is done.

Common blood tests include:

- **Complete Blood Count (CBC)**: A test of different types of blood cells. If there are too many or not enough, it can help to diagnose an infection.



KidsHealth's suite of articles, illustrations, & videos about diagnostic tests & procedures help families understand what to expect & feel prepared.

Medical Tests and Procedures

If your doc has you scheduled for medical tests, you might wonder what's involved. These videos show what happens in 10 of the most common medical procedures.



Blood Test

Your blood gives doctors all kinds of clues about your health. It's normal to be nervous about this test — no one loves needles. But most blood draws take less than a minute.



CAT Scan

CAT stands for "computerized axial tomography." Translated, that means a scanner takes computer pictures of what's going on inside your body. The scan itself is painless. All you'll need to do is hold still for a few minutes at a time so the pictures come out clear.



Video for Kids & Teens

KidsHealth – *For Kids*

KidsHealth – *For Kids* makes learning about health fun – providing health & wellness information in a colorful, friendly, engaging style & tone that appeals to kids ages 7-12.

February 9, 2011

For Parents For Kids For Teens

KIDS search

Rashes: The Itchy Truth

Brain Buzz
Why do people sneeze?
GET THE ANSWER!

ICKY Q&A

HOW THE BODY WORKS
MOVIES, QUIZZES, and MORE!

VIDEOS AND GAMES

Valentine's Day Center
MORE >

- Relax & Unwind Center >
- Asthma Center >
- Diabetes Center >
- Nutrition & Fitness Center >
- More

DEALING With FEELINGS

ILLNESSES & INJURIES

Kids Dictionary of MEDICAL WORDS

¡Lea Nuestros Artículos en Español!
Read Our Articles in Spanish!



For Kids: Movies, Games, Q&As, & More

HOW THE BODY WORKS

HEALTHY TIP To strengthen your heart, get aerobic exercise - the kind that gets you huffing and puffing.

WHERE IS IT?

HOW THE BODY WORKS

Time for Bed?

Click Here to Start

Chimpanzee

See the How We Play Scrapbook

Click Here

THE SPELLING BEE GAME!

Play The Game

Personal Questions for girls

A Vegetarian Recipe

Crunchy Veggie Wrap

WHEN CAN I...

Kids Ask Cal

Could I go pro someday?

PAUSED 0:00:03.735

For Kids: Wellness Centers

ASTHMA CENTER

KidsHealth > Kids > Asthma Center

Articulos en Español



what's asthma?
Find out how asthma affects the lungs and breathing.



medications & monitoring
Keep an eye on symptoms and manage asthma with medicine.



sports, school & more
Take care of your asthma so you can do what you want to do.



animals, allergies & other triggers
What causes asthma flare-ups and how to prevent them.

asthma movie
An asthma flare-up makes it hard to breathe. Watch what happens.

TRAVEL TIP:
When traveling, keep medications with you. Don't check them with airplane baggage or leave them at the hotel.

Words to Know
asthma
inhaler
asthma
spirometer


DAILY ASTHMA DIARY

KAT'S ASTHMA STORY


DIABETES CENTER

KidsHealth > Kids > Diabetes Center


Articulos en Español




what you don't know about nick jonas




what's diabetes
Get the basics on this disease and its treatment.



living with diabetes
Be active, eat healthy, and take care of yourself.



diabetes movie
Diabetes affects the way the body gets energy. Watch what happens.



medications & monitoring
Keep an eye on blood sugar and adjust your diabetes medicine.

EATING OUT TIP:
Carry a pocket-sized book that lists the calories, carbohydrates, and fats in common foods.

Words to Know
insulin
blood glucose
pancreas

RECIPES
Get new ideas for healthy meals and snacks.

DIABETES & nutrition
Eat right to stay healthy.

NUTRITION CENTER

KidsHealth > Kids > Nutrition Center

Articulos en Español



food & nutrition
Easy-to-follow advice on healthy eating.



recipes
Fuel your body with delicious snacks and meals.



special diets
Learn about food allergies and more.



weight
We'll cheer you on to a healthy weight.



mission nutrition
Snoop around the kitchen to find healthy snacks and drinks.

FITNESS TIP:
Get 60 minutes of physical activity every day. If you can't do it all at once, be active in shorter spurts throughout the day.

STAYING FIT
Being active = Having fun



EXERCISE AND SPORTS SAFETY
Be safe and you'll prevent sports injuries.



EAT LIKE A PRO



CANCER CENTER

KidsHealth > Kids > Cancer Center > Cancer Center

AAA
Text Size



treatment & prevention
Find out about different cancer treatments and therapies.



dealing with feelings
Articles and tips on dealing with emotional issues.



diagnostic tests
Information about common medical tests.



cancer basics
An informative guide for learning about cancer, including in-depth information on specific types of cancer, tumors, and blood disorders.

how the body works
All about basic human anatomy.



Did You Know?
More than 100 types of diseases are known collectively as cancer.



personal stories



Q&As



Words to Know
carcinoma
chromosomes
chemotherapy

KidsHealth's Wellness Centers – For Kids – include peer stories, tools, & practical advice to help kids understand & manage their condition from initial diagnosis through their daily challenges as they grow up.

TeensHealth – For Teens

February 9, 2011

For Parents For Kids For Teens

TEENS search

A Guide to Eating for Sports

Stress & Coping Center
MORE >

- Sports Center >
- Cancer Center >
- Diabetes Center >
- Nutrition & Fitness Center >
- More

Expert Answers
Is it safe to lift weights?
Does coffee stunt growth?
See what the experts say.

Your Body
From acne to ZZZs, get
the info you need to help
your body be its best.

Your Mind
Relationships, body image,
families, emotions – this
section helps you sort
it all out.

Infections
Colds, flu, athlete's foot.
Find out what to do
about infections.

DRUGS & ALCOHOL

SCHOOL & JOBS

SEXUAL HEALTH

¡Lea Nuestros Artículos en Español!
Read Our Articles in Spanish!

TeensHealth provides **answers & advice** on *medical, emotional, behavioral, & developmental* topics in a style & tone for teens.



For Teens: Wellness Centers

ASTHMA CENTER

KidsHealth > Teens > Asthma Center

Articulos en Español



treatment & prevention
Advice on managing and living with asthma.



dealing with feelings
Articles and tips on dealing with emotional issues.



diagnostic tests
Information about common medical tests.



ASTHMA BASICS
A guide for learning about asthma, including what can trigger it, what happens during a flare-up, and tips on coping.

body basics
About the body systems that are linked to asthma.



Health Tip
Using inhalers regularly can reduce your chances of needing to go to the hospital.



Personal Stories



Q&A



Words to Know



DIABETES CENTER

KidsHealth > Teens > Diabetes Center

Articulos en Español



treatment & prevention
Advice on managing and living with diabetes.



dealing with feelings
Articles and tips on dealing with emotional issues.



diagnostic tests
Information about common medical tests.



DIABETES BASICS
A guide for learning about diabetes, including the different types of diabetes, how diabetes can affect the body, and some common myths about the disease.

body basics
About the body systems that are linked to diabetes.



Health Tip
Sticking to your diabetes plan, even when you feel well, helps you avoid future problems.



Personal Stories



Diabetes & Nutrition



Words to Know



NUTRITION CENTER

KidsHealth > Teens > Nutrition Center

Articulos en Español



food & nutrition
Easy-to-follow advice on healthy eating.



exercise & fitness
Why exercise is wise – and how to get enough.



sports
Tips for getting – and staying – in the game.



overweight
How extra weight can affect the body – and what to do.



GET HEALTHY... STAY HEALTHY
Information that explains the basics of nutrition and fitness, with easy-to-follow tips on how to eat right and stay fit.

Health Tip
Always start your healthy day with a good breakfast.



Recipes



Q&A



Healthy Living Toolkit



CANCER CENTER

KidsHealth > Teens > Cancer Center > Cancer Center

AAA Text Size



treatment & prevention
Find out about different cancer treatments and therapies.



dealing with feelings
Articles and tips on dealing with emotional issues.



diagnostic tests
Information about common medical tests.



CANCER BASICS
An informative guide for learning about cancer, including in-depth information on specific types of cancer, tumors, and blood disorders.

body basics
All about basic human anatomy.



Health Tip
Breathing exercises and visualization techniques may help with pain.



Personal Stories



Q&A



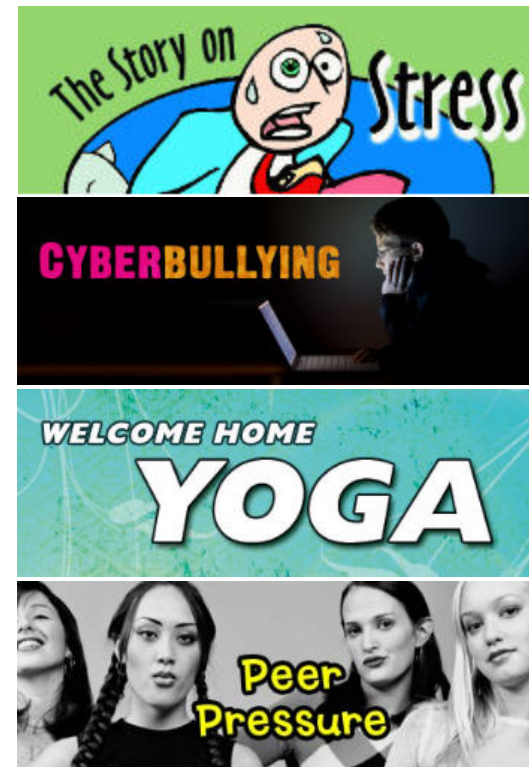
Words to Know



TeensHealth's Wellness Centers provide practical advice to help teens understand their condition, personal stories to help them to not feel alone, & resources to manage the daily ups & downs.

New for KidsHealth Partners - Kid & Teen Centers: Stress

KidsHealth's "Stress & Coping" & "Relax & Unwind" Centers for teens & kids links to articles about stress, quizzes, step-by-step instructions for yoga moves, & tips on how to unwind & cope with stressful situations.



Información Para Padres



**El embarazo
y recién nacido**

Las preguntas
y las respuestas



Los
problemas
médicos



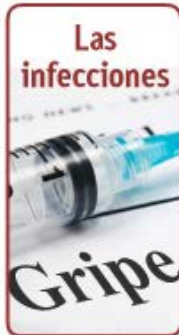
Paternidad y
maternidad
positiva:
ser mejores padres



Las emociones
y las conductas



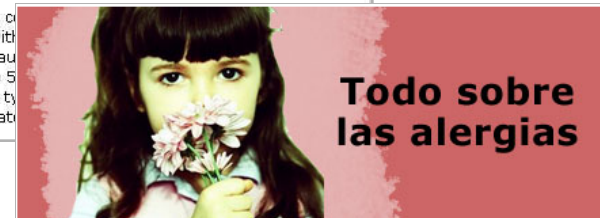
Una guía que contiene información detallada sobre los cambios que experimentarán su bebé... ¡y usted!



KidsHealth's Spanish library includes 2,000+ articles, games, & features for parents, kids, & teens.



Dust, cats, peanuts, or grouping, but one with allergies - a major cause in the United States. Up to 5 children, have some type of the loss of an estimate



[\(All About Allergies\)](#)

[Read this article in English](#)

El polvo, los gatos, los cacahuetes, las cucarachas... Un grupo muy variado, pero una amenaza común: las alergias -una de las principales causas de enfermedad en



Interactive Content

All 3 sections are packed full of interactive content, including video, mini-movies, games, experiments, quizzes, calculators, recipes & more.



KidzHealth

Use this tool to plan your goal!

Click Here

Macromedia Flash needed

Making a Change
Your Personal Plan

How to make a change in the way you think, work or play with your goal?

Do you make a plan?

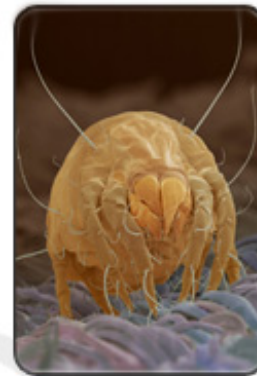
Directions: Read the goal through. Write down steps needed to reach your individual goal. When you're finished, you'll be able to see how a personalized plan is designed just for your goal. Be sure to write down what you should do to reach your goal.



Play the Time for Bed? game!

Play Game

Illustration of a monkey, a cat, a mouse, and a pig.



Clue: There might be thousands of these in your teddy bear.

[FIND OUT WHAT IT IS](#)



KidzHealth

See the Video

Surgery: Before and After

Click Here

Macromedia Flash needed



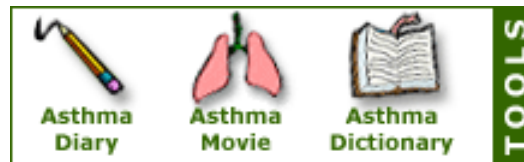
DRIVING PET PEEVES

Video player interface with play, stop, and volume controls.



BMI Calculator

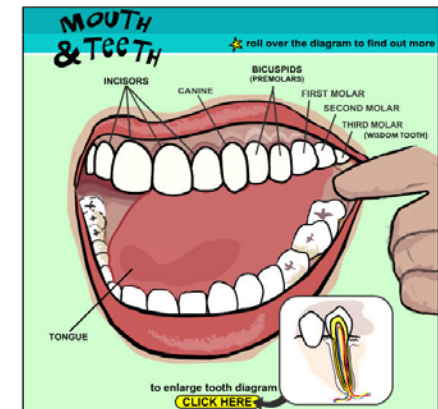
Icon of a purple BMI calculator.



Asthma Diary Asthma Movie Asthma Dictionary

TOOLS

Icons for Asthma Diary (pencil), Asthma Movie (lungs), and Asthma Dictionary (book).



MOUTH & TEETH

roll over the diagram to find out more

INCISORS CANINE BICUSPIDS (PREMOLARS) FIRST MOLAR SECOND MOLAR THIRD MOLAR (WISDOM TOOTH)

TONGUE

to enlarge tooth diagram [CLICK HERE](#)

Note: This diagram shows adult teeth.

Diagram of a human mouth showing various teeth and the tongue.

Seasonal & Timely Content

all about flu



KidsHealth's seasonal & timely content keeps your site relevant & current – providing families with the resources they need to make healthy decisions all year long.





Engaging printables are branded for you. Print, copy & distribute!

Tick Bites

.....
 It's not uncommon to find a tick on a child. While most tick bites don't require treatment, some ticks carry harmful germs.

Did You Know?

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



Your Name Prints Here

Any copy you choose to print such as phone, URL, etc.



Emergency Contact Sheet

FOR EMERGENCY SERVICES: DIAL 911

The best time to prepare for an emergency is before it happens. Fill out this sheet and keep it near each phone. Update the sheet when necessary; and be sure to let family, babysitters, and others know that it is available.

EMERGENCY NUMBERS

Poison Control Center: 1-800-222-1222
 Hospital Name: Phone: _____
 Doctor's Name: Phone: _____
 Dentist's Name: Phone: _____
 Pharmacy Name: Phone: _____
 Health Insurance Plan: _____
 Policy #: Phone: _____

FAMILY CONTACT NUMBERS

Parents' Names: _____
 Kids' Names: _____
 Address: _____
 City: State: Zip: _____
 Home Phone: _____
 Mom Cell #: Mom Work #: _____
 Dad Cell #: Dad Work #: _____
 Emergency Contact 1
 Name: _____
 Relationship: _____
 Phone: _____
 Emergency Contact 2
 Name: _____
 Relationship: _____
 Phone: _____



In an emergency, call 911 or your child's doctor. Before your child gets sick, speak with your doctor about the best way to handle an injury, illness, or emergency.

Bedtime Basics

Kids need plenty of sleep to rest their growing bodies and minds. But for many kids, bedtime is no fun, and for many parents, getting kids to go to bed – and stay there – can be frustrating.

Quick Tips!

- Keep a consistent bedtime and soothing routine for getting to bed.
- Turn off the TV, video games, and computer at least 30 minutes before bedtime.
- Praise your child for staying in bed.

Heading Off Bedtime Troubles

Make sure your child has everything he or she needs to get a good night's sleep, including:

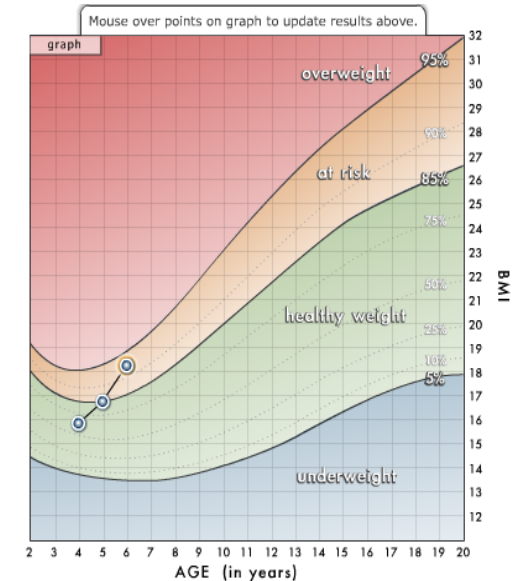
- a regular bedtime
- a reminder to start winding down, about 30 minutes ahead of bedtime
- a place to sleep with comfortable temperature, ventilation, and a nightlight
- a bedroom without a TV or video games
- a trip to the bathroom to use the toilet, wash up, and brush teeth
- a consistent bedtime routine that includes soothing activities, such as storytime
- a glass of water or any necessary medications
- a reminder to stay quiet and in bed, and a final goodnight from you
- praise the next morning for staying in bed



When your child won't stay in bed

- Return your child to bed right away.
- If your child cries or protests, wait a few minutes, then go back to check on him or her.

Body Mass Index (BMI) Charts



This growth chart shows BMI percentiles from the Centers for Disease Control and Prevention (CDC). Your BMI is shown as a point on the chart. If you entered more than one set of measurements, you will see one point for each measurement. Move your mouse over any point to see the BMI number and, on the percent bar above, the related percentile.

Value-added Marketing Support

The screenshot shows the KidsHealth Partner Resource Center website. At the top left is the KidsHealth logo and 'Partner Resources' text. A search bar is located at the top right. Below the header is a navigation menu with links for 'Content Overview', 'eNewsletters', 'Promo Tools', 'Clinical', 'Custom Solutions', and 'Contact Us'. The main content area features a large image of a girl with a colorful umbrella and the title 'Partner Resource Center'. Below this is a welcome message: 'Welcome to the KidsHealth Partner Resource Center - a suite of tools and resources developed to help maximize the value of your KidsHealth partnership. New items are added regularly - so bookmark this page and check back anytime you're looking for great marketing ideas.' To the right of the welcome message is a 'KidsHealth PARTNER EXPRESS' section with a call to action: 'Are you receiving KidsHealth Partner Express? If not, please contact us to make sure we have your current email address on file, and click here to see what you missed!'. Below the welcome message are six thumbnail images representing different resources: 'Content Overview' (a girl at a laptop), 'eNewsletters' (a boy at a laptop), 'Promo Tools' (a girl holding a sign that says 'NEED DO I HAVE A'), 'Clinical' (a boy with a stethoscope), 'Custom Solutions' (a boy with a blue object), and 'Contact Us' (a boy on a mobile phone).

KidsHealth's Partner Resource Center provides value-added marketing support & custom solutions including content-based promotional ideas, tools to maximize your ROI, & more.

Visit: kspartner.kidshealth.org

"It (partner resources) is like having an additional member on staff. You do my job for me! Thank you!"

Partner feedback from the KidsHealth Partner Satisfaction Survey

New for KidsHealth Partners: Value-added Marketing Support

Print customizable:

- Wellness Rack Cards
- Posters
- Tri-fold Brochures
- & much more

Visit: kspartner.kidshealth.org



Integrated Marketing: Electronic Communications

KidsHealth offers customizable promotional materials to help you showcase your electronic communications!



front



back

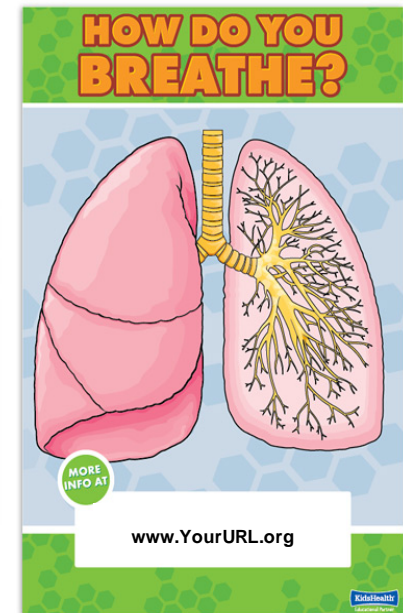


Integrated Marketing: Offline Communications



KidsHealth's customizable print materials for parents & kids are great for marketing events, school outreach, direct mail, & more!

Additional fees may apply.



Being “SOCIAL” using your KidsHealth Content



Online Integration: Social Media

Primary Children's Medical Center promotes their KidsHealth content with a badge/link directly from their Facebook page.

The screenshot shows the Facebook page for Primary Children's Medical Center. The page header includes the Facebook logo, a search bar, and the page name. Below the header, there are navigation tabs: Wall, Info, KidsHealth, Fan Badges, Photos, and Events. The 'KidsHealth' tab is circled in blue. Below the navigation tabs, there is a banner for 'Intermountain Primary Children's Medical Center' with the text 'HEALTH INFORMATION' and a photo of a woman and a child. Below the banner, there are three columns of content: 'FOR PARENTS', 'FOR KIDS', and 'FOR TEENS'. Each column has a 'Featured Content' section with a list of topics and a 'MORE >' link. At the bottom of the page, there is a blue bar with the text 'En español'.

facebook

Primary Children's Medical Center

Wall Info **KidsHealth** Fan Badges Photos Events >>

Intermountain Primary Children's Medical Center

HEALTH INFORMATION

FOR PARENTS
Practical parenting, health, and wellness information
Featured Content
Pregnancy & Newborns
Nutrition & Fitness
Emotions/Behav.
Medical Problems
MORE >

FOR KIDS
Videos, games and information about health, just for kids
Featured Content
Icky Q & A
How the Body Works
The Game Closet
Health Problems
MORE >

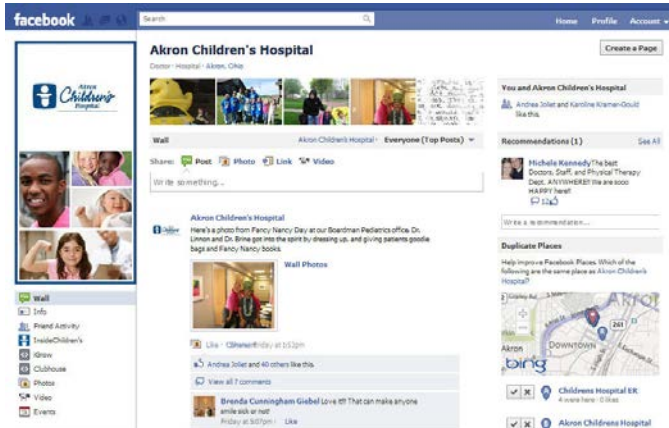
FOR TEENS
Answers and advice about health, emotions and life
Featured Content
Your Body
Your Mind
Infections
Expert Answers
MORE >

En español



Online Integration: Social Media

Akron Children's Hospital uses their KidsHealth content to promote seasonal and news worthy content to Facebook, Twitter, LinkedIn, etc.



Akron Children's Hospital

Some are calling for Sept. 11 to become a national day of volunteering. Why not honor the heroes of 9/11 by becoming a hero to someone else? Or if your family is remembering 9/11 in another way, share it on our wall.



About Volunteering (Teens) : Akron Children's Hospital

www.akronchildrens.org

As the United States observes the 10th anniversary of the 9/11 terrorist attacks, you may be wondering what you can do to mark the occasion.

Online Integration: Mobile Media

CookChildren's.
safety, integrity and caring from
Top-ranked Nurses
In the U.S.

US News & World Report
Best CHILDREN'S HOSPITALS
2009-10

Want to check up on your child's health?
There's an app for that!

Download "KidsCheckup" from the App Store ... it's

Sign In

Search Info

AT&T 3G 2:48 PM

Checkup

Checkup Health Information

- Is This an Emergency?
- What Do I Do?!
- Medical Conditions
- General Health
- Feelings & Emotions
- Positive Parenting
- Questions & Answers

Home Checkup Locations Contacts Tour

Featured Categories Top 25 Search Updates

The image shows a desktop website for Cook Children's with a mobile app interface overlaid. The website header includes the logo and a 'Sign In' link. A yellow callout box highlights a mobile app interface for 'KidsCheckup'. The app interface shows a search bar, a status bar with AT&T 3G and 2:48 PM, and a 'Checkup' section with various health information categories. A blue circle on the website highlights a promotional banner for the app, which includes a photo of a child and text encouraging users to download the app from the App Store.

Other partners have created **mobile apps** featuring their KidsHealth content as a new way to reach their target audiences.

AT&T 3G 2:48 PM

Search Info

AT&T 3G 2:11 PM

Back

Flu

Sometimes mistaken for the common cold, the flu (influenza) causes more symptoms and can sometimes cause serious illness. Fortunately, most kids who get the flu can get over the infection without any problems. The flu occurs most often in the winter months.

Signs and Symptoms

- fever
- chills
- headache
- muscle aches
- loss of appetite
- cough
- sore throat
- runny nose
- nausea and vomiting
- diarrhea
- stomach
- strep throat

What to Do:

- Call the child's doctor.
- Encourage rest.
- Keep the child hydrated with plenty of fluids — liquid milk or formula for babies, water, juice, tea, sports, and cool drinks for older kids (not so caffeinated drinks).
- Relieve symptoms with:
 - a warm bath
 - a cool-mist humidifier
 - saline (or saltwater) nose drops
 - acetaminophen or ibuprofen (check package for correct dosage!)

Never give aspirin to a child with the flu. Do not give enough or cold medicine to children under 2 years old (ask the doctor first for older kids).

Seek Medical Care if the Child Has:

- symptoms that get worse
- a severe cough
- trouble breathing
- a fever and is 3 months or younger
- a stiff neck
- a headache that doesn't go away after acetaminophen or ibuprofen

Think Prevention!

- Schedule an appointment for a flu vaccine.
- Try to avoid large crowds during flu season.
- Wash hands well and often.

Tour Home Checkup Locations Contacts Tour Home

The image shows a mobile app interface displaying a 'Flu' article. The interface includes a search bar, a status bar with AT&T 3G and 2:48 PM, and a 'Back' button. The article text describes the flu and provides signs and symptoms, what to do, when to seek medical care, and prevention tips. The app interface also features a sidebar with icons for various health topics and a bottom navigation bar with icons for Home, Checkup, Locations, Contacts, and Tour.

KidsHealth creates solutions for specialized services*:

- eNewsletter Programs
- Customizable Print Education
 - EMR Integration
- Clinical Discharge Instruction Sheets



Email & Social Media Program: Pregnancy to Teen

Build strong relationships with expectant, new & seasoned parents through email & social media

- KidsHealth provides relevant content for each age stage: Pregnancy, Baby (0-1), Toddler (2-3), Preschooler (4-5), Big Kid (6-12) & Teen (13-19)
- Use your preferred email vendor & design
- Receive Monthly email copy & companion messaging for use in your social media
- Includes links to your licensed KidsHealth content – driving parents to your website
- 100% customizable (edit &/or add content to promote your events & programs)



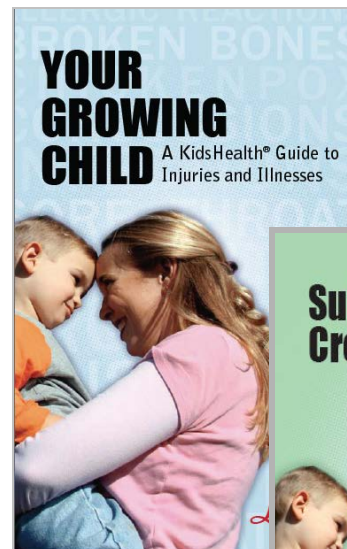
Customizable Print Education

Sometimes print is the best option

KidsHealth offers a variety of cost-effective print educational materials that can be branded for your organization.

Target:

- Consumers
- School outreach
- Referring physicians
- Childcare providers



Clinical Integration: Electronic Health Records

Welcome, Four Zttest

MyChart

Home Log Out

Health Summary HELP

Use the links to jump directly to a section of your Health Summary.

[Current Health Issues](#) | [Medications](#) | [Allergies](#) | [Immunizations](#)

Current Health Issues [Back to Top](#)

Health Issue	Date Noted
Talipes Equinovarus (Problem Information)	08/11/2000
Asthma Unspecified (Problem Information)	09/15/2002
Undiagnosed Cardiac Murmurs (Problem Information)	04/30/2003
Diabetes Mellitus Type I-uncompl (Problem Information)	04/30/2003

Other Atopic Dermatitis ([Problem Information](#))

Tinea Capitis ([Problem Information](#))

Asthma, Mild Persistent ([Problem Information](#))

Asthma Unspecified ([Problem Information](#))

Monteggia's Fx-closed ([Problem Information](#))

Fx Forearm ([Problem Information](#))

Otitis Media ([Problem Information](#))

Managing Asthma

At home, a peak flow meter — a handheld tool that measures breathing ability — can be used. When peak flow readings drop, it's a sign of increasing airway inflammation. The peak flow meter can detect even subtle airway inflammation and obstruction — even when a child feels fine. In some cases, it can detect drops in peak flow readings 2 to 3 days before a flareup occurs, providing plenty of time to treat and prevent it.

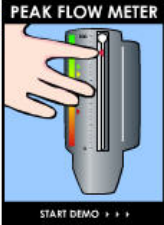
During the first stages of treatment, the doctor usually will have a child take a series of peak flow readings for a period of time. The readings help to establish a child's baseline PFR, or peak expiratory flow rate — a personal best during a time with few symptoms after establishing a baseline. Readings should be taken at least once a day so they can be compared with the baseline.

Another way to know when a flareup is brewing is to look for early warning signs (EWS). EWS are little changes that signal medication adjustments might be needed (as directed in a child's individual asthma action plan) to prevent a flareup. EWS can help to detect a flareup hours or even a day before the appearance of obvious symptoms (such as wheezing and coughing). Kids can detect changes in appearance, mood, or breathing, or they'll complain of "feeling funny" in some way.

EWS are not always definite proof that a flareup is on the way, but are signals to plan ahead, just in case. It can take some time to "tune in" to these little changes, but over time, recognizing them becomes easier.

Parents with very young kids who can't talk or use a peak flow meter often find early warning signs very helpful in predicting and preventing flareups. And EWS can be helpful for older kids and even teens because they can learn to sense little changes in themselves. If they're old enough, they can adjust medication themselves according to the asthma action plan; if not, they can ask for help.

PEAK FLOW METER



START DEMO >>>

Personal notes about my health

Not viewable by physician
(Click to add or edit notes)

Medications

Rx

METHYLPHENIDATE HCL (CONCENTRATED SOLUTION)

Instructions: 1 Tab PO

Prescribed by **zzoil, Olive** on 06/18

Rx



(Meaningful Use *Menu Option*)
Enhance the patient EHR/EMR experience & drive traffic to your website hyperlinking to your relevant, family-friendly, KidsHealth content

- Seamless integration of education into clinical workflow
- Ability to provide context to patient-accessed EMR
- Provide consistent source of educational information across all communication platforms
- Branded for Your Hospital

Clinical Integration: Electronic Health Records

KidsHealth's content is now integrated within EPIC's Electronic Medical Records -- turning the EMR into a teaching tool to help families learn!

The screenshot shows the 'Health Summary' page. A callout box titled 'INFECTIONS Hepatitis' features a photo of a young girl and text explaining the condition. A 'Learn more articles en Español' button is also present.

The word *hepatitis* simply means an inflammation of the liver without pinpointing a specific cause. Someone with hepatitis may:

- have one of several disorders, including viral or bacterial infection of the liver
- have a liver injury caused by a toxin (poison)
- have liver damage caused by interruption of the organ's normal blood supply
- be experiencing an attack by his or her own immune system through an autoimmune disorder
- have experienced trauma to the abdomen in the area of the liver

conditions & diagnoses

The screenshot shows the 'HEPATIC FUNCTION PANEL' page. A callout box titled 'Blood Test: Hepatic (Liver) Function Panel' provides detailed information about the test, including its purpose and components.

Blood Test: Hepatic (Liver) Function Panel

What It Is
The hepatic function panel, also known as liver function tests, is a group of seven tests used to evaluate the liver for injury, infection, or inflammation.

The liver plays important roles: It stores energy from food, makes proteins, and helps remove toxins. The liver also makes bile, a fluid that helps in digestion.

Why It's Done
Liver function tests help doctors find out whether the liver has been damaged. If your child is experiencing symptoms of liver disease — including jaundice (yellowish skin or eyes), dark urine, nausea, vomiting, or abdominal swelling — these tests may be ordered. They may also be done to help diagnose viral infections (such as hepatitis or mononucleosis) or to monitor medications.

diagnostic tests

The screenshot shows the 'Medications' page. A callout box titled 'Medications: What You Should Know' provides information about Furosemide, including its brand names, dosage forms, and safety considerations.

Medications: What You Should Know

Furosemide
(furoic OH se mide)

U.S. Brand Names

- Lasix®

Dosage Forms

- This medicine is available as an injection, a liquid, and a tablet.

Pharmacologic Category

- Diuretic, Loop

Is it safe for my child to take this medicine?

- Not if your child has an allergy to furosemide or any other part of this medicine.
- Be sure to let healthcare provider know if your child has any allergies or reactions to medicine, food preservatives, or dyes. Make sure to tell about the allergy and how it affected your child. This includes telling about rash; hives;

medications in English & Spanish

Clinical Integration: Patient Discharge Instructions



Provide Electronic Discharge Instructions (Meaningful Use Core Objective)

KidsHealth is offering the first Discharge Instructions created exclusively for pediatrics!



KidsHealth Discharge Instructions: Exclusively for Pediatrics!

- Medically reviewed library of 600+ pediatric topics
- Full-color illustrations
- Icons divide sections to make information easy to follow
- Parent-friendly KidsHealth style addresses emotional and medical issues
- Customizable by your staff
- In English and Spanish
- Refers patients to your KidsHealth content (optional)

Available for use in:

- Ambulatory/Outpatient
- Emergency Department
- In-patient

Let KidsHealth help you meet your **Meaningful Use** requirements and improve discharge education and patient satisfaction.

- Medically reviewed library of 600+ pediatric topics
- Full-color illustrations (printable in high-contrast grayscale, too!)
- Friendly icons divide sections to make information easy to follow
- Parent-friendly style addresses emotional & medical issues
- Customizable by your staff
- In English & Spanish
- Refers patients to KidsHealth content on your website (optional)

Available for use in:

* Ambulatory/Outpatient * Emergency Department * In-patient



Clinical Integration: Patient Discharge Instructions

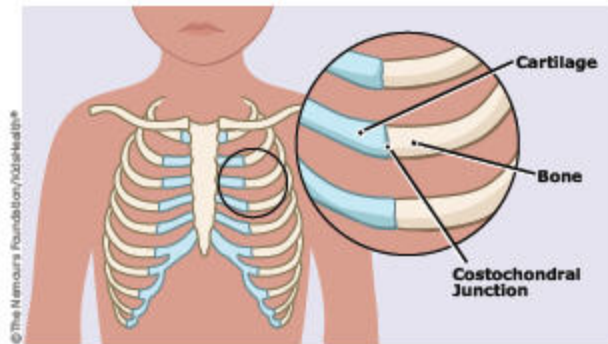


After Your Child's Visit

Caring for a Child With Costochondritis

Key Point

The chest discomfort that comes with costochondritis is not a sign of heart disease or other similar serious condition. With rest and time, it should resolve.



Your Child's Diagnosis

Costochondritis (KOS-toe-khon-DRI-tis) is an inflammation of the cartilage that attaches the front of the ribs to the breastbone. The inflamed area is tender to the touch – with pain that may be sharp or dull – and may be made worse by taking a deep breath, coughing, sneezing, or heavy lifting. Episodes of discomfort can last from a few seconds to a few minutes.

Costochondritis is not related to a heart problem, and usually will go away on its own. The cause often is unknown, though it can be triggered by an infection, strenuous movements, injury to the chest, or frequent coughing.

The pain ranges from mild to severe. If severe, it can restrict activity and lead to school absence. Providing pain relief is important for recovery.

Home Care Instructions

- Give your child pain relievers, such as ibuprofen (e.g., Advil or Motrin) or acetaminophen (e.g., Tylenol), as needed for pain. Follow the dosing instructions provided by your health provider.
- Don't give aspirin to your child or teenager. Aspirin may lead to an increased risk of developing a rare but serious illness called Reye syndrome.
- Don't give your child any other medicine unless your child's doctor recommends it.
- Applying ice to the painful area for 20 minutes at a time every 3 to 4 hours can be helpful. Sometimes using a heating pad or warm compress provides relief.
- Make sure your child does not put strain on the affected area by carrying heavy objects, including school bags, while recovering. Children and teens with costochondritis generally need to take a break from sports until the symptoms improve.

Special Instructions

Children and teenagers with costochondritis may worry that their chest pain is a heart attack – and may need reassurance that it is not life-threatening and that the pain is temporary.

Call Your Doctor if ...

- The painful area becomes red or swollen.
- Your child develops a fever.
- The symptoms of costochondritis last for more than a few weeks.

Seek Immediate Medical Care if ...

In addition to the chest pain, your child experiences any of the following:

- Difficulty breathing or rapid breathing
- Dizziness or fainting
- Racing heart or palpitations ("fluttering heart")
- Blue or gray color around the lips
- Nausea or vomiting

Learn More Online

Go to <hospital URL> for more information on chest pain and search <content specific identifier>.



© 2011 The Nemours Foundation/KidsHealth®. Used and adapted under license by <License Name>. This information is for general use only. For specific medical advice or questions, consult your health care provider.

FRONT

BACK

KidsHealth

Clinical Integration: Patient Discharge Instructions

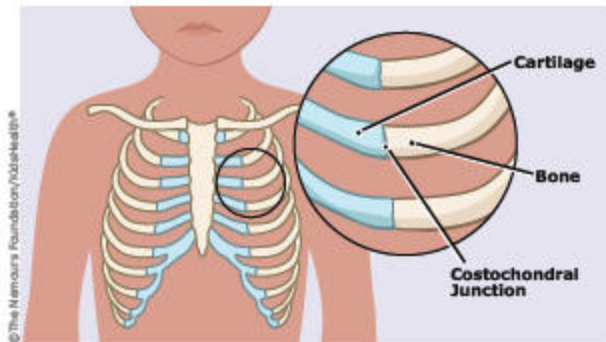


After Your Child's Visit

Caring for a Child With Costochondritis

Key Point

The chest discomfort that comes with costochondritis is not a sign of heart disease or other similar serious condition. With rest and time, it should resolve.



Your Child's Diagnosis

Costochondritis (KOS-toe-khon-DRI-tis) is an inflammation of the cartilage that attaches the front of the ribs to the breastbone. The inflamed area is tender to the touch – with pain that may be sharp or dull – and may be made worse by taking a deep breath, coughing, sneezing, or heavy lifting. Episodes of discomfort can last from a few seconds to a few minutes.

Costochondritis is not related to a heart problem, and usually will go away on its own. The cause often is unknown, though it can be triggered by an infection, strenuous movements, injury to the chest, or frequent coughing.

The pain ranges from mild to severe. If severe, it can restrict activity and lead to school absence. Providing pain relief is important for recovery.

Home Care Instructions

- Give your child pain relievers, such as ibuprofen (e.g., Advil or Motrin) or acetaminophen (e.g., Tylenol), as needed for pain. Follow the dosing instructions provided by your health provider.
- Don't give aspirin to your child or teenager. Aspirin may lead to an increased risk of developing a rare but serious illness called Reye syndrome.
- Don't give your child any other medicine unless your child's doctor recommends it.
- Applying ice to the painful area for 20 minutes at a time every 3 to 4 hours can be helpful. Sometimes using a heating pad or warm compress provides relief.
- Make sure your child does not put strain on the affected area by carrying heavy objects, including school bags, while recovering. Children and teens with costochondritis generally need to take a break from sports until the symptoms improve.

Special Instructions

Children and teenagers with costochondritis may worry that their chest pain is a heart attack – and may need reassurance that it is not life-threatening and that the pain is temporary.

Call Your Doctor if ...

- The painful area becomes red or swollen.
- Your child develops a fever.
- The symptoms of costochondritis last for more than a few weeks.

Seek Immediate Medical Care if ...

In addition to the chest pain, your child experiences any of the following:

- Difficulty breathing or rapid breathing
- Dizziness or fainting
- Racing heart or palpitations ("fluttering heart")
- Blue or gray color around the lips
- Nausea or vomiting

Learn More Online

Go to <hospital URL> for more information on chest pain and search <content specific identifier>.



© 2011 The Nemours Foundation/KidsHealth®. Used and adapted under license by <License Name>. This information is for general use only. For specific medical advice or questions, consult your health care provider.

Link will refer readers to hospital website to find more information.

FRONT

BACK

KidsHealth

KidsHealth Product Partnerships



KidsHealth partners with these superheroes to create innovative tools to increase patient satisfaction & outcomes

getwell:)network[®]



EmmiKids: Pre-Surgical Programs



Pediatric programs include:
Anesthesia, Cardiac Cath, Spinal Fusion, Hernia Repair, Upper GI Endoscopy, Safety (How to Keep Your Child Safe in the Hospital), & more.

Patient Satisfaction

Manage expectations through Web-based interactive tool to improve patient satisfaction

Educational Tool

Provide a robust educational experience covering:

- Reasons for Surgery
- After Surgery
- The Procedure
- Risks & Benefits
- Alternatives

Risk Management

Standardize & enhance informed consent

Documentation

Track & store all usage by patient

Content Integration



Emmi programs link directly to your KidsHealth content

This screenshot shows the Miami Children's Hospital website. The header includes the hospital logo and the tagline 'We're here for the children'. Below the header is a navigation menu with links for 'About Us', 'Medical Services', 'For Patients & Families', 'For Medical Professionals', 'News & Events', 'How Can I Help?', and 'Contact Us'. The main content area features a search bar and a 'browse' dropdown menu. The article title 'Cardiac Catheterization' is prominently displayed in orange. Below the title is the Emmi Kids logo and a small image of a computer monitor displaying a heart rate graph. The article text begins with 'Learning more about how the heart works and your child's surgical procedure can alleviate some concerns...'. At the bottom, there is a section titled 'Articles for Parents' with a link to 'If Your Child Has a Heart Defect'.

This screenshot shows the Miami Children's Hospital website with a different article. The header and navigation menu are identical to the previous screenshot. The main content area features a search bar and a 'browse' dropdown menu. The article title 'If Your Child Has a Heart Defect' is prominently displayed in black. Below the title is a photograph of a young boy wearing a hat. The article text begins with 'It can be frightening to learn that your child has a congenital heart defect, one that's present at birth...'. At the bottom, there is a section titled 'Articles for Parents' with a link to 'If Your Child Has a Heart Defect'.



Improving Patient Satisfaction



- 97% said *improved their understanding* of surgery
- 93% said provided *new information*
- 92% said *increased their comfort level*
- 87% said *increased confidence* in their doctor
- 82% said *answered question & saved a call* to doctor
- 87% said *covered risks they didn't know* about previously
- 88% plan to *share with family or friends*
- 89% said *improved understanding* of what to expect *before*
- 93% said *improved understanding* of what to expect *after*
- 24% watched *with child* (of those not infants)
- 50% helped *explain to child* what to expect (of those not infants)

GetWellNetwork: Pediatric Patient Education



KidsHealth-created patient education provides patients & families with condition-specific video & print materials on topics including:

- Asthma
- Cancer
- Diabetes
- RSV
- Post Procedural Care (G-Tubes, NG-Tubes, Trachs, PICC Lines, & Central Lines)

** Available in English & Spanish

GetWellNetwork: Pediatric Patient Education



Improve care, patient experience, & increase staff satisfaction through GetWellNetwork

- Interactive communications system provides services, entertainment, & education via in-room TVs
- Uses wireless keyboard or remote control
- Educational protocols customized for your hospital
- Test & record comprehension & intervene as necessary

getwell:)network

KidsHealth



Ryan Biliski

Manager, Partner Relations

(302) 651-4046

Biliski@KidsHealth.org

Jackie Woolfall

Partner Relations Manager

(302) 651-4349

Woolfall@KidsHealth.org

Jeffrey Santoro

Director,

Marketing & Business Development

(302) 651-4106

Santoro@KidsHealth.org

Kira Theesfeld

Director, Partnerships

(908) 232-5323

Theesfeld@KidsHealth.org