

SEVERE CHILDHOOD OBESITY RATES HAVE MORE THAN DOUBLED SINCE 1999, ACCORDING TO A RECENT STUDY BY JAMA PEDIATRIC.

Chronic inflammation

An estimated 70 million people in the U.S. live with some form of arthritis or joint pain. This does not only include adults. Children can develop juvenile arthritis. Dr. Sheryl Boon, the Chief of Rheumatology at CHOC Children's, says, "Chronic inflammation can manifest in many ways." Some visible signs are fatigue, rash, fever, joint pain or swelling, sores in the mouth and chest or abdominal pain. If you notice these signs in your child, first contact your pediatrician to determine if you need to see a specialist. One treatment option: Take ibuprofen to reduce pain and swelling. Sometimes an injected steroid is needed once a week. Heat and cold packs can also help with pain relief. If chronic inflammation goes untreated, it can stunt your child's growth. He or she may also have to deal with fatigue, anemia, muscle aches and more.

Testing for birth defects

Recently, pregnant women have been given the ability to learn about birth defects and genetic conditions before their baby is born. According to a CHOC blog, mothers-to-be are able to undergo genetic counseling and testing. Professionals are able to prepare the parents for their coming baby and inform them about their condition. Dr. Irfan Ahmad, a CHOC Children's neonatologist, says pregnant women can have an ultrasound, amniocentesis or a quad screen. These tests help determine if the child will have Down syndrome, heart conditions, spina bifida or intestinal obstructions. Some of these conditions can be fixed with surgery, and knowing ahead of time can help parents prepare for medical intervention after birth.



Discover your sea legs

It's not too late to show off your sea legs this summer. If you're over 40, it's probably time to have your legs examined for vascular disease, a chronic condition that can cause excruciating pain in your legs, due to lack of blood circulation. Symptoms include leg pain, swelling, skin discoloration and skin ulcers. Treatments include a screening to assess your overall circulatory health. If untreated, venous disease can develop into serious conditions that can lead to amputation and/or other complications. Pedes Orange County is offering free vein disease screenings this month.

According to Medical Director J. Joseph Hewett, improving blood flow and strengthening muscle tone can assist your veins in transporting blood back to the heart, reducing the back-flow and pooling of blood which leads to spider, reticular and varicose veins. Source: pedesorangecounty.com



Product recall Hamilton Beach baby food processor

Hazard: Use of the slicing/shredding disc with the motor shaft adapter can cause the stainless steel pin in the food bowl lid to loosen and fall into processed food.

Remedy: Contact the company for a replacement.

Consumer contact: Hamilton Beach, at 800.672.5872 Monday through Friday, 8 a.m. to 4 p.m. ET, or at hamiltonbeach.com. Click on "Recall Info" at the bottom of the page for more information.

THINKSTOCK