

# Pediatric Pointers

by Dr. Joey Bell, Pembroke Pediatrics

It seems like Falltime is common time of year for ne to start seeing sports injuries in the Pediatric clinic. Of all the orthopedic sports injuries I see, the sprained ankle is the most common one. Along with wintertime (basketball season), now is the time for those young guts and girls to develop those big goose-eggs on the ankles.

Remember that a "sprain" means a patient has stretched or torn a ligament surrounding a joint. Most ankle sprains occur when a person twist the ankle further than the ligament can allow, thus resulting in a stretch or tear to that ligament. The patient will usually feel pain and experience swelling and discoloration (blueness) of the area above the ligament that was injured. With mild sprained ankles, the patient will still be able to walk; with more severe sprains there is usually a complete loss of function. Most simple sprains can be managed at home while more severe injuries should probably be evaluated by your doctor.

There are several easy things to do to best heal a simple sprained ankle. The first thing is to make sure the injured ankle is rested. This means avoiding walking as much as possible during the first 24 to 72 hours. Excess walking during this period causing increased bleeding into the tissue and increases pain and swelling. Using crutches or inflatable ankle splints help support the ankle when walking is necessary.

Applying ice to an ankle injury is an old proven way of reducing swelling and pain. Ice (cold temperatures) causes the blood vessels to that area to constrict and thus decreases the amount of bleeding at the injury site. Chipped ice has been shown to be the most effective source of cold and can easily be applied to the ankle in a plastic sandwich bag. Ice packs should be applied intermittently for the first 48 hours and should be applied for 20 minutes at a time, at least 3 to 4 times a day. The key is to get the ice to the site of injury as soon as possible.

Compression of the injured ankle is important in the healing process. We know that swelling around their joint is not only painful, but also slows the healing of the injured ligament. Elastic bandage compression helps reduce the amount of swelling and should be worn continuously for several days after the injury. Elevation of an injured ankle helps decrease the swelling caused by gravity, especially if the injured ankle can be raised to at least the level of the heart.

There are several effective medications that can be taken to help ankle sprains. Aspirin is very good for pain and inflammation, but unfortunately can increase the bleeding at the injury site. Tylenol is also good for pain, but does very little for inflammation. Ibuprofen (Advil, Motrin) is probably the most effective medication for the treatment of pain and inflammation in sports injuries.

One preventive note when you or your child is involved in sports involving lots of running or stress, consider wearing hightop tennis shoes. If you have a history of weak ankles, wear an ankle wrap.

Well that's all on ankle injuries. Take care and we'll talk again next week.

# Reflections

by Alta Nye Oxendine

"GOD, PLEASE DON'T LET THE BOMBS FALL HERE!"

This is what my best friend, Wanda, wrote in a poem that won a place in a publication for high school students during world War II. (We were spared such attacks for 60 years!)

As a young Christian pacifist, I thought this was quite a selfish way to look at the war. Were we Americans really BETTER than the rest of the world, that we should be spared the suffering that citizens of so many other countries were experiencing? I can't remember much about the poem I submitted, except that it was called "A Prayer for Peace". Since I thought my attitude was more mature, I was disappointed not to even an honorable mention. Now I realize that "God, please don't let the bombs fall here" honestly captured the true feelings of most of us Americans throughout the three and a half years we were involved in that war.

Apparently to Brokaw was so impressed by the courageous attitude and unselfish achievements of his father's generation that he decided to write the book, "The Greatest Generation". Several boys in my junior and senior high school classes dropped out, because they were required to go to war (No fleeing to Canada back then), or because they decided to enlist BEFORE being drafted. You can see that the CLASS of 1945 across this country included some of the youngest members of that generation. Even before the war, throughout our childhood, most of us had been learning CRUCIAL lessons.

In my case, my first two years were spent at the end of the "Roaring Twenties." We had a still-new 1927 Chevrolet, which we used until it got wrecked in the summer of 1941. Mother told me later that our three-member family even had some new clothes put away. I got a brand new coat when I was three, and still an only child. The next new one was when I was 16! But we had lots of good quality, warm hand-me-downs.

I was two years, and three months old, when the U.S. economy was suddenly hit by the stock market crash in December of 1929, that ushered in the "Great Depression." We spent our childhood years surviving the Depression. And then, in December of 1941, we discovered what it was like to go to war. And learned to go on living, in spite of rationing, etc. One of the reasons why I'm not going to pieces now!

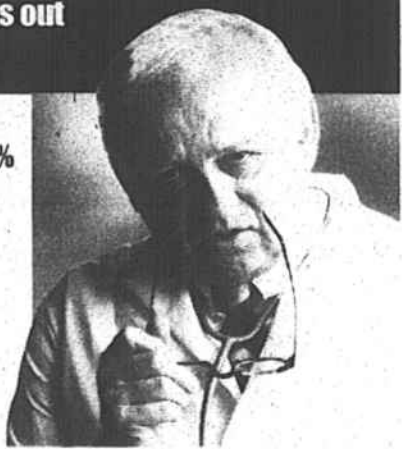
### PEOPLE IN OUR PRAYERS

Let's remember to pray for the Afghan people, for our Armed Services personnel who are paving the way to get rid of terrorists. And for the foreign Women being killed in a Taliban prison.

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\* 70% higher mortality in a 9 year follow-up period for people getting 6 hours of sleep or less per night. Wingard, D.L., Berkman, L.J. Mortality risk associated with sleeping pattern. Sleep, 1984, 6(2): 102.

\*\* National Highway Traffic Safety Administration, 1995.

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# From the Desk of the Superintendent

by Dr. Barry Harding, Public Schools of Robeson County

It's only been open since July, but there are indications that our new Parent-Student Center will fill many needs of both students in the Public Schools of Robeson County and their parents.

The Center, whose mission is to coordinate the services of businesses, community agencies, community citizens and schools in the common goal of helping children and families succeed, will focus on counseling, academics and recreation. The services offered by the Center include some which many of our parents do not realize are available to them. For example, the Center provides workshops on parenting skills as well as individualized, personal family counseling. For parents who feel the need, there are adult education programs such as Literacy, English as Second Language and GED. For those who are unable to speak or understand English, there are people at the Center who are able to provide services in the language they do understand. I might add that the parent and family workshops I referred to earlier are linked to the goals of the school their children attend.

There are often parents who need certain information and have no idea where it might be available. The Center can help by directing those parents to such resource information and materials. Additionally, the Center is able to put parents in touch with friendly, qualified agencies which can provide information or direction that the parents might need. These are agencies which the parents may not be familiar with as well as not knowing where they can be found.

Students can also benefit from services offered by the Center. There are, for example, tutorial services for students in grades K-12 who may need special or individual help in some of their courses. There are also strategies available designed to keep student from dropping out of school before graduation.

The Center provides a hotline for both student and parents needing information or advice on short notice as well as professional speakers and seminars covering topics which are important to clients. Since it may be inconvenient for some parents to take advantage of the Center's services during regular office hours, flexible hours for working parents have been set up.

The overall objectives of the Center are to provide an informal setting where parents' concerns can be heard and to provide academic opportunities, counseling services, and recreational activities to parents and students. There is also encouragement to participate in violence prevention education and to promote resolution and mediation training. As much as anything, though, the Center hopes to increase parent participation in their children's education by assisting them with developing parenting skills.

I believe there has long been a need for such a program and I feel that the Public Schools of Robeson County Parent-Student Center is the answer for those parents who have not known how to approach certain problems involving their children, their family and the schools.

"It's all fun and games until someone loses an eye..."



That's what your parents told you when you were a kid. Shouldn't you tell your children?



Each year thousands of children suffer unnecessary sports-related eye injuries — bruised eyes, scraped or torn corneas, detached retinas and eye hemorrhaging.

Vision Council of America wants parents to know that wearing protective eyewear can prevent or lessen the severity of most eye injuries.

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# Search for Truth

by Elder Joseph Bullard

## WORSHIP THROUGH MUSIC

Let the word of Christ dwell in you richly, as you teach and admonish one another in all wisdom, and as you sing psalms and hymns and spiritual songs with thankfulness in your hearts to God. Col. 3:16.

With all his deep theological reasonings and big words, Paul is not usually thought of as a musical fellow. That is what makes this text all the more interesting. Now we can picture him better, chained and stockaded in the Philippian prison with Silas, singing songs at midnight. Doubtless he sang in many other prisons, as well, even perhaps when he was adrift in the sea, and around the bonfire on Malta.

Songs have always been used in worship and praise to the Creator. At Creation the sons of God sang together. We are told that Christ was the author of song (*The Desire of Ages*, p. 20), and He sang with His disciples. There were angel songs at His birth, at His resurrection, and at His ascension.

Singing gospel hymns does more than just fill in time before a service begins. It unifies hearts and minds, and draws them into the same channel, ready to be taught by the Spirit and the Word of God. It acts as a weapon against discouragement, to banish gloom and foreboding. It kindles faith and implants principles of truth in the memory. It inspires and elevates the soul, it unseals springs of penitence, it awakens sympathy, soothes and calms, and subdues rude and uncultivated natures. Songs teach a message; they are soul winning: "The melody of song, poured from many hearts in clear, distinct utterance, is one of God's instrumentalities in the work of saving souls."—*Testimonies*, vol. 5, p. 493.

The greatest value of music is that it opens our hearts to God in worship. We may not be able to express ourselves to God as we wish we might. The words of the hymns help us to do just that, and the music of well-composed hymns directs our thoughts Godward, and when we add music to the words of our praise it arises as a sweet-smelling sacrifice to God. That is what singing must be—a sacrifice. We are offering ourselves. Does someone claim he cannot sing? The one who cannot sing at all is extremely rare. Group singing is not intended to be a virtuoso performance. It is individual people, collectively offering their praise to God. "Enter his gates with thanksgiving, and his courts with praise!" (Ps. 100:4).



The ballet, it's believed, was invented by Baltazarini, director of music to Catherine de Medici.

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