



SCIP News Bites



LINCOLN Medical Education Partnership
Strengthening Community through Health Education, Research & Patient Care

September 2012

"Family, School & Community Supporting
Student Behavioral & Emotional Health."

www.lmep.com

Back to School Means Back to Sports

Making healthy decisions even about something as simple as what fluid to drink is a good learning experience for your athlete. Teaching our youth about healthy choices is important in every aspect of life! Pharmacist, Ally Dering-Anderson, shares this important information with SCIP families on sports drinks and supplements.

General Information:

- The best rehydration solution for healthy athletes is water.
- There are a number of commercial products with electrolytes or vitamins or both. These may be used, but are generally not necessary.
- It's important to know the difference between something marketed as a food and something marketed as a supplement. The laws and regulations regarding product safety are very different between the two.
- Most people, athletes or not, are relatively dehydrated. In simple terms, we should drink more water. If there's not a glass of water near you as you read this, there should be.



Read the directions and the ingredients together and watch for the following ingredients:

1. Guarana – this is a caffeine-like stimulant that actually increases the risk for dehydration without any known benefit to the athlete or anyone else.
2. Gotu Kola – another caffeine-like product with no known medical benefits. This too can increase the risk of dehydration.
3. Caffeine – caffeine is a stimulant that increases the risk of dehydration and has limited benefit to athletes.
4. Cocoa or Koka – this may indicate a chocolate flavor, it may also indicate another source of a caffeine-like stimulant that should be avoided in athletes.
5. Calories / Carbohydrates – if weight loss or weight control are important to your athlete, it's important to read the nutritional information on the product. If there is no nutritional information or it's presented in a format you've never seen before, you may be dealing with a supplement not a regulated food product.
6. Sugar-free sweeteners – erythritol, isomalt, lactitol, maltitol, mannitol, sorbitol, and xylitol. These are sometimes called "sugar alcohols", but that's not a very good name, they won't make you drunk and they aren't really sugar either. The big problem with these sugar-free sweeteners is that they can cause significant diarrhea that can cause problems with dehydration and even electrolytes, especially potassium and sodium. Limit intake of these sweeteners in athletes.

If you have any questions about any sports drinks or supplements that your child is taking it would be wise to consult your physician to discuss your questions or concerns.




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**The Importance of Sleep
for all ages**

We all know that in theory a good night's sleep is needed by all, but actually getting a good night's sleep is the difficult part. As schedules and routines change from sleeping in, days spent playing and later bedtimes in the summer, to early mornings, productive days of learning and earlier bedtimes with the start of the school year, families often struggle. Sleep is essential to the body's growth and development. While we sleep muscle, bones and skin grow and repair any injuries that may have occurred. Sleep allows our bodies to stay healthy and fight off sickness and improves our mental sharpness and concentration during awake hours. The National Sleep Foundation has associated lack of sleep with lower grades, students having a harder time paying attention in class, students being overweight and having feelings of depression. It is recommended that elementary age students get at minimum 10 hours of sleep a night and middle/high school students get a minimum of 9 hours of sleep a night. So how do families achieve this? The #1 tip for healthy sleep habits is to establish a bedtime routine, a consistent bedtime routine helps a child to relax, fall asleep and stay asleep. A few tips for establishing a bedtime routine: avoid caffeine in the evening hours, put away electronic devices at least an hour before bedtime, shut off the TV and open a book, dim the lights and create a quite calm environment.

(Sources: www.sleepforkids.org & www.sleepfoundation.org)

SCIP
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Prescription Drug Take Back

The fifth DEA National Prescription Drug Take Back Day is scheduled for Saturday, September 29, 2012. 

SCIP staff will once again partner with the Lincoln Police Department to staff collection sites, provide information on prescription drug abuse, and raise community awareness of the SCIP Program.

At the last Take Back in April, 2,932 lbs. of unused or expired prescription medications were collected throughout the state.

For more information, or to inquire about hosting a collection site in your area, contact your local law enforcement agency or go to the DEA's website:

www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html

Welcome

We welcome the following new school to the SCIP Program:

- Dorchester Public



For your care and commitment to the success of youth & their families!

What's the newest trend to be watching for???

It looks like it's a new candy on the market, complete with a colorful shiny wrapper and similar color and texture as a tootsie roll, but it is **NOT** candy – it is a cannabinoid infused taffy! This product is sold in states that have legalized marijuana for medicinal purposes, but because of its candy like appearance it is popping up on school campuses across the county. One Cheeba Chew has the same effect as smoking a whole joint by oneself and a Deca Chew claims to be 10x more powerful than when inhaled. This product's marketing strategy with candy-like flavors and shiny wrappers is appealing to a young audience and easily hidden from adults when passed off as candy.

(Source: Idaho Youth Drug Prevention Program & www.cheebachews.com)

