

THE TRUTH ABOUT SMOKING AND VASCULAR DISEASE | LISTEN TO YOUR LEGS

SPRING 2017

Beacon

HEADS UP

WHAT TO
KNOW ABOUT
CONCUSSIONS

RISKY BUSINESS

TALKING TO TEENS
ABOUT THEIR
HEALTH + WELLBEING

School Wellness Centers

AT THE CORE OF THE COMMUNITY

As a Nurse Practitioner in the Indian River Wellness Center for the past 18 years, I have had the unique opportunity to work with teenagers every day. Teens have a unique worldview and don't mind sharing their thoughts. They are very energetic and resilient and can accomplish anything when they set their minds to it. They love to share and genuinely connect with others. Some of the funniest and most meaningful conversations I have had were with teenagers.

Over the years, I've also gained a deeper appreciation for the fact that being a teenager is tough, and that bringing health and wellness to students in their school is more important now than ever before—for students and families alike. And that's where we can make a tremendous difference.

School-based health and wellness centers do more than provide healthcare. Students entering high school are exposed to an array of physical, mental, and social challenges.

Beebe's Wellness Centers provide care to students in a location that is safe, convenient, and easily accessible. Students can walk in and make their own appointments. They learn to access care, a behavior that hopefully continues into adulthood and can be passed along to others.

The ultimate goal is to serve as advocates to empower students and the school community as a whole to take responsibility for their health and inspire wellness.

VANESSA ADAMS, MSN, FNP-BC
INDIAN RIVER WELLNESS CENTER



A STUDENT'S PERSPECTIVE

After four years at Indian River High School, one group of people I am especially grateful for is the staff who runs the Wellness Center.

The Wellness Center is a place where any student can feel welcome and comfortable, and get great advice, medical attention, and support. The staff focuses on each of their patients with care and empathy—something that every high school student deserves.

As a student athlete, I put my body through a lot. Whenever I feel a bit damaged, I always head to the Wellness Center for guidance! I've never had to go to a clinic for a physical, nor have I ever had to travel further than my own school to get medical attention. Meeting and getting to know the people that know my health as well as, if not better, than I do is a luxury that I'll never take for granted.

There are lots of things I will not miss about high school, but I absolutely will miss the easy access to care, and the friendly faces of the Wellness Center team.

JARED ARLETT
SENIOR, INDIAN
RIVER HIGH SCHOOL



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{ FOR A LIST OF LINKS AND RESOURCES FEATURED IN THIS ISSUE, VISIT BEEBEHEALTHCARE.ORG/SPRINGBEACON. }

MUST READS

BE yourself



1

2

3

4

5

BE YOURSELF. Understand the power of photo sharing in shaping your self-image, and get tips for taking a healthy selfie.
PAGE 4

KNOW YOURSELF. Discover why journaling and reflection are important tools for self-discovery in a noisy world.
PAGE 4

CARE FOR YOURSELF. Explore how self-care can help you manage everyday stress, and build your own self-care first-aid kit.
PAGE 5

PROTECT YOURSELF. Learn more about Peripheral Artery Disease (PAD), and lifestyle changes that can protect you from developing it.
PAGE 6

RESPECT YOURSELF. Find out what makes teens tick, and how to talk to them about protecting and respecting their health.
PAGE 9

SHARE

WHO SHAPED YOUR HEALTH?

We all have someone who has made an impact on how we look at health and wellbeing. A family member. A friend. A coach. A nurse. Or, a teacher. Our views and values are largely shaped by the community that surrounds us, and everyone plays an important role.

WHO HAS HAD THE GREATEST INFLUENCE ON YOUR HEALTH? EMAIL BEACON@BEEBEHEALTHCARE.ORG AND SHARE YOUR STORY WITH US!



HOW TO TALK TO YOUR TEEN STARTS ON PAGE 9

STORIES // TABLE OF CONTENTS

Capture Your Healthy Selfie BE CURRENT	4
Listen to Your Legs BE MOTIVATED	6
Getting Your Head in the Game BE INFORMED	8
Risky Business BE WELL	9
Recipe for Disaster BE CURIOUS	12
From Child to Caregiver BE THERE	13
Trouble Behind the Screens BE AWARE	14
Calendar of Events BE INVOLVED	15

The Beacon is published by Beebe Healthcare to present health information to the people living, working, and visiting in southern Delaware. Health information provided in the Beacon should not be substituted for medical advice offered by a physician. Please consult your physician on medical concerns and questions.

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TRUE TO SELF

#NOFILTERS

SMILE BIG!

BE CONFIDENT



BRIDGET BUCKALOO WITH HER AUNT AT A SPORTING EVENT.

CAPTURE YOUR HEALTHY SELFIE

When was the last time you took a selfie? Did you know a fun and candid snapshot can offer a mood boost and improve self-esteem?

“THE ONLY OPINION THAT MATTERS IS YOURS! IF YOU ARE HAPPY WITH WHAT YOU ARE DOING, THINKING, BEING, AND WEARING, THAT IS ALL THAT MATTERS.”

Research shows we are happier and more fulfilled when we share photos of ourselves, and more self-conscious when we spend time looking through social media and comparing ourselves to others. Seeing photos of friends online can leave us feeling left out, jealous, or insecure, so it's time to apply the positivity that a healthy selfie can offer.

So what's the trick to taking a healthy and empowering selfie? **Bridget Bucakloo, MSN, RNC-OB**, Executive Director of Women's Health at Beebe Healthcare, shares some of her favorite tips:

1. **BE TRUE TO YOURSELF.** Showcase what makes you “you,” quirks and all.
2. **MAKE IT REAL.** There's no need for added makeup or filters. Celebrate the real you!
3. **BE CONFIDENT & UNIQUE.** We spend way too much time worrying about what other people think—that takes a lot of energy. Wouldn't it feel better to give that energy to yourself?
4. **SMILE!** People notice, and it says so much about you. Plus, it's good for your health!

HOW DO YOU CELEBRATE YOUR BEAUTY?

→ VISIT BEEBEHEALTHCARE.ORG/SPRINGBEACON TO HEAR MORE FROM BRIDGET ABOUT MAINTAINING A HEALTHY AND VIBRANT SELF-IMAGE.

A Helpful Muse for Self-Discovery

Start Where You Are: A Journal for Self-Exploration is the perfect companion for mindful reflection.

Start Where You Are begins with a simple promise: “Every Answer is Inside You.” What follows is more than 120 pages of vibrant watercolor illustrations, insightful quotes, and thoughtful hand-lettered prompts and activities—all designed to capture your attention and encourage reflection and self-discovery through creation.

Inspired by illustrated quotes and affirmations on Pinterest, author and Brooklyn-based artist Meera Lee Patel set out to create an interactive—but physical—journal to help people better connect with themselves in a world filled with technology, noise, and distractions.

“The more people distract themselves, the harder it is for them to listen to themselves,” Patel said in a recent interview. “[This book] takes people by the hand and helps them regain a sense of ‘self,’ building a concrete foundation that will allow them to navigate through life with strength, purpose, and inspiration.”

→ COMPLETE A SAMPLE ACTIVITY FROM *START WHERE YOU ARE* BELOW. THEN, SIGN UP FOR YOUR OWN ONLINE JOURNAL AT BEEBEHEALTHCARE.ORG/BE-THERE.

CIRCLE THE THINGS YOU WORSHIP MOST. Then underline the things you'd rather worship.

LOVE
 FRIENDSHIP MONEY
 shoes success MUSIC
 fame BEAUTY strength HONESTY
 knowledge BOOKS skills MEALS
 APPEARANCE talent CONFIDENCE
 earth generosity MOVIES
 ADMIRATION god
 OTHER PEOPLE culture SILENCE nature
 IMAGINATION VULNERABILITY solitude
 COMPANY laughter COMFORT
 pleasure OCEAN home DESIRE
 PRIDE travel SIGHT FAMILY

TAKING CARE OF YOU

YOUR CHILD GOES FULL-SPEED AT SCHOOL WHILE YOU FACE DEADLINES AT WORK, ALL WHILE TRYING TO MAINTAIN A HEALTHY SOCIAL LIFE AND BE THE BACKBONE OF YOUR FAMILY. BUT WHAT HAPPENS WHEN YOU FORGET TO TAKE CARE OF ... YOURSELF?



FOR TEENS, the turbulence of adolescence, with pressures of new social engagements and academic expectations, may derail their day-to-day happiness. Parents think teens are being moody and riding extreme highs and lows, and adults may face “burnout” from overworking.

“Family has a large impact on adolescent mental health—children pick up on what parents are thinking and feeling, and may take those pressures on themselves,” says **Erin Fletcher, DO**, pediatrician with Beacon Pediatrics.

“This goes hand in hand with expectations parents place on their children. While it’s important for parents to expect children to do their best, sometimes the expectations can be beyond what the child is capable of and cause undue stress.” Overwhelming pressures lead to physical or emotional breakdowns, in the form of fatigue, exhaustion, or emotional upset. Lack of sleep or poor eating habits may also be a sign for help.

EASE STRESS WITH SELF-CARE

Self-care involves practices that aim to reduce stress and enhance wellbeing. While adults may sometimes use self-care merely as a reward, both adults and teens need to make these habits part of their regular routines. These practices may help prevent a larger emotional crisis.

need to make these habits part of their regular routines. These practices may help prevent a larger emotional crisis.

- BUILD AN EMOTIONAL SAFETY KIT**, complete with items you turn to in times of stress.
- TAKE A QUIZ TO ASSESS YOUR SELF-CARE**, and uncover ways to reduce stressful behaviors. These domains consider the physical, psychological, emotional and spiritual areas of your life.
- PRACTICE MINDFULNESS TO INVITE CALMNESS**. Focus on each inhale and exhale to slow and deepen your breaths. Awareness of breathing helps you gain perspective of the stressor.
- SET GOALS FOR SELF-CARE MAINTENANCE**. Look for practices you know are important to your wellbeing across all domains of self-care, and commit to doing them regularly.

Dr. Fletcher encourages self-care habits, especially for teens, to include eight hours of sleep every night, at least one hour of exercise most days of the week, eating a balanced diet, and participating in activities that make them feel good about themselves.

→ **TALK TO YOUR PHYSICIAN ABOUT SELF-CARE RESOURCES AVAILABLE TO YOU AND YOUR FAMILY. IF YOU DON'T CURRENTLY HAVE A DOCTOR, VISIT BEEBEHEALTHCARE.ORG/FIND-A-DOC FOR A LISTING OF AREA PHYSICIANS OR CALL (302) 645-3332.**

for self-doubt



list of reasons why you can

for loneliness



best friend's phone #

for worry



comfort blanket

for anger



calming music

for other



stress ball

fav. books

ERIN FLETCHER, DO,
TEACHING IRISH
STEP DANCE



LISTEN TO YOUR LEGS
LISTEN TO YOUR LEGS
LISTEN TO YOUR LEGS



YOUR LEGS ARE A BIG PART OF YOUR EVERYDAY ACTIVITIES, BUT IF YOU'RE A SMOKER, YOU MIGHT BE PUTTING THEM AT RISK FOR A HARMFUL CONDITION CALLED **PERIPHERAL ARTERY DISEASE (PAD)**. THE BEACON TALKED TO **CARLOS NEVES, MD**, A BOARD-CERTIFIED VASCULAR SURGEON WITH BEEBE VASCULAR, ABOUT HOW **PAD** AFFECTS PATIENTS AND HOW KICKING THE HABIT CAN HELP PROTECT YOU FROM THE DISEASE.



CARLOS
NEVES, MD

HEART-STRENGTHENING Strawberry Oatmeal

Oatmeal is a great heart-healthy option for breakfast or a filling snack. Add this yummy recipe—featuring sweet strawberries and rich superfoods—into your daily routine for added health benefits.

INGREDIENTS

- 1 1/3 cups water
- 1 pinch salt
- 2/3 cup quick oats
- 1 tablespoon crushed flax seed
- 1 tablespoon brown sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 1/2 cup milk (optional)
- 1/4 cup fresh strawberries

DIRECTIONS

Combine water and salt, and bring to a boil. Then, add oats, cooking and stirring until they are halfway tender (2 to 3 minutes). Next, stir in the flax, brown sugar, cinnamon, and vanilla extract. Continue cooking until oats are tender. Finally, stir the milk and strawberries into oatmeal, serve, and enjoy!

SOURCE: allrecipes.com/recipe/238143/blueberry-oatmeal/



PAD is caused by lack of blood flow to the legs and feet, usually resulting from plaque build-up in the arteries. As the walls of your arteries narrow and bloodflow is constricted, this plaque build-up can become brittle and inflamed, and can ultimately lead to blockages, says Dr. Neves.

Age and smoking are two of the biggest factors for this disease. Most patients who are diagnosed with PAD are over age 60 and are or have been a smoker. Although patients can be as young as age 40—often the younger the diagnosis, the more extreme the case tends to be. According to Dr. Neves, most cases are treated with lifestyle changes or medicine, but more extreme forms call for surgery and can sometimes lead to limb loss.

So, what's the link between smoking and PAD? Simply put, smoking increases the plaque inflammation that can lead to blockages in your arteries. If you stop smoking, you won't reverse the disease, but you will prevent further damage from occurring and/or protect yourself from developing the disease down the road.

Dr. Neves encourages his patients who are trying to quit smoking to change their lifestyle. Step one is to avoid spending time with other smokers. It's very unlikely that you will say no to a cigarette if your friends are smoking around you, so you have to make the conscious choice to avoid it altogether.

There are also a variety of support resources available to help smokers quit. Beebe's Tunnell Cancer Center offers smoking cessation counseling, and smokers who have used the Delaware Quitline (866-409-1858) have found it to be very beneficial.

Overall, you must remind yourself daily to stay motivated. No matter how difficult changing your lifestyle may seem today, making healthy choices to safeguard yourself from harmful vascular diseases like PAD down the road is worth the fight.

Quit

HOW TO TALK TO YOUR LOVED ONE ABOUT SMOKING

Helping someone you love quit smoking can seem like walking a tightrope at times. Try using the following steps to approach the subject and encourage your friend or family member to commit to quit.

FOCUS ON YOU, NOT THEM.

Often, loved ones who are struggling with a smoking addiction already feel down on themselves. Directing your frustration at them only makes this worse. Instead, try to explain to them how it makes you feel. You may find that this highlights your concern more appropriately.

STAY POSITIVE.

This is crucial. Remember, they are the one dealing with the addiction, and it can be very easy for them to slip into old patterns. By reminding them that their health is worth fighting for, they know they can turn to you as a confidant and a trustworthy supporter.

MOTIVATE THEM.

Find something to connect their efforts to. Maybe it's a certain family member or a reward they want to work toward.

FIND THE RIGHT TIME.

If you want to share your concern, make sure you are sensitive about when and how you go about it. Find a safe place and use kind words to illustrate your thoughts.

DON'T GIVE UP.

Addiction—in any form—is difficult and takes time to overcome. Your persistence and support is needed, so stick with your loved one throughout the ups and downs to show them how much you care.

PAD SYMPTOMS INCLUDE:

+ PAIN OR NUMBNESS

+ WEAKNESS AND FATIGUE

+ PROLONGED FOOT WOUNDS

+ COLD LEGS

+ DISCOLORED TOES OR NAILS

→ QUESTIONS ABOUT CARDIOVASCULAR HEALTH? CONTACT OUR CARDIAC NURSE NAVIGATOR AT (844) 316-3334 OR VISIT BEEBEHEALTHCARE.ORG/SPRINGBEACON FOR LINKS TO SPECIALISTS.

GETTING YOUR HEAD IN THE GAME

FROM THE SIDELINES A CONCUSSION DISCUSSION

PICTURE THIS:
IT'S THE HEAT OF THE SEASON, AND ALL OF THE SUDDEN YOUR CHILD TAKES A HIT TO THE HEAD DURING THE BIG GAME. WHAT'S YOUR FIRST REACTION?

It's a question that many parents, coaches, and even young athletes themselves face. The truth is, when it comes to head injuries, the telltale signs of a concussion aren't always crystal clear. According to **Nicole Ryan, MD**, a board-certified pediatric neurologist with Beebe Pediatric Neurology, sports are the number one cause for concussions among adolescents and if left untreated can lead to prolonged injury and risk of severe complications.

HOW DO YOU KEEP YOUR ATHLETE SAFE?

WHAT IS A CONCUSSION, AND WHAT ARE THE SYMPTOMS?

Simply put, a concussion is the brain's reaction to an impact to the head that usually results in a change in the function of the brain, rather than the structure of the brain. "A concussion is not associated with any physical change in the brain or the brain structure, so if you have a CT scan or MRI after a concussion it will be normal," Dr. Ryan says. "When brain cells or neurons are shocked by an injury to the head, there are chemical changes in the brain that then take time to correct."

Because reactions to a concussion can vary, it's important for parents to be on the lookout for the following symptoms after a head injury:

- + Headache
- + Sensitivity to light or sound
- + Nausea
- + Dizziness and difficulty walking
- + Changes in sleep patterns
- + Loss of concentration

MY CHILD HAS A CONCUSSION, NOW WHAT?

"If you suspect that a child has a concussion, apply the motto 'when in doubt, sit them out,'" Dr. Ryan says. Though recovery times vary, your child will most likely need to rest for a couple of days, and will need to forgo sports for a period of time to be safe.

→ VISIT BEEBEHEALTHCARE.ORG/SPRINGBEACON FOR MORE RESOURCES. ALWAYS CONTACT A DOCTOR IMMEDIATELY IF YOU THINK YOUR CHILD HAS A CONCUSSION OR HEAD INJURY.



NICOLE RYAN, MD, WITH HER CHILDREN.



Jeffrey Hawtof, MD, (pictured) has been the sideline physician for Cape Football for the past 18 seasons. Dr. Hawtof is vice president of medical operations and informatics at Beebe Healthcare and is also a part-time family practice physician with Beebe Family Practice at Beacon.

When it comes to identifying concussions in young athletes, I try to be aware of three things: the initial hit, the student's behavior, and the physical evaluation after the hit, to

help determine if the athlete will be pulled from the game.

Often, I see the hit from the sidelines, but even if I don't, I talk to the coaches, the trainer, those around me to see what they saw before, during, and after the play. In many cases, the hit can guide you in determining if the athlete may have a concussion, but the moments after the hit can be misleading. Even if an athlete jumps up, it doesn't mean they don't have a concussion. What you see on the sidelines isn't always definitive—concussions can be subtle.

Fortunately, these days both coaches and players are so attune to concussion symptoms that they will usually speak up and say that someone isn't acting right. If the hit was severe, I will do the sideline evaluation on the player with the trainer while we pull the medical record to see if the child has suffered a concussion in the past. At that point, we will talk about the athlete's medical history and exam, and usually we err on the side of caution.

While there's no hard rule about when parents should remove a child from sports after concussions, we follow the American Academy of Neurology's recommendations. What I will say to parents is that after the first concussion they should start having conversations with the child and the child's physician. Ultimately, deciding on whether to continue play or stop can depend on the child, the physician, the sport, and even the position the child is playing.



What keeps you up at night?

SMOKING. DRUGS. TELLING THE TRUTH.

CURFEWS. LATE-NIGHT PARTIES. GETTING INTO COLLEGE.

TALKING TO YOUR TEEN ABOUT PROTECTING SELF-WORTH

READ ON ->

Adolescence and teenage years can be a wild time of life. This developmental period sets the stage for dramatic changes, physically and emotionally. This is where a positive adult influence can go a long way, and Beebe Wellness Centers provide an educational “safe space” for teens and parents alike.

RISKY BUSINESS

DEPRESSION + EMOTIONAL WELLBEING. BODY IMAGE + EATING DISORDERS. SUICIDE. KINDNESS. SLEEPING. CONSTANTLY. FRIENDS. MOOD SWINGS. POS

SOME MIGHT SAY that when their son or daughter hit teenage years, it was like a switch flipped. Suddenly, they become moody or distant. At other times, they can be careless or forgetful, and may be more drawn to risky behaviors such as drinking, smoking, drugs, or even staying up too late. It can seem like they are a new person.

While these changes can be alarming to parents, they often are just as concerning for the teens themselves. This is where Beebe Wellness Centers—school-based health centers—can step in and provide a safe space for both teens and their families.

So why do teens often engage in risky behaviors?

Lisa Bartels, MD, a family medicine physician with Beebe Family Practice—Lewes and Medical Director for the Wellness Centers, says it has a lot to do with brain development. “There are changes in brain function involved with emotional response, and the interpretation of experiences and reactions,” Dr. Bartels says. “Those in early adolescence primarily use concrete thinking and have a poor understanding of implications. As adolescence progresses, they’re likely to have more insights, but also more experimentation.”

And, while all experimentation isn’t bad, it can be hard for parents to be the only voice of caution. In many cases, teens do not want to listen—*what do parents know anyway, right?*

Marcy Bradley, PA, of the Sussex Central Wellness Center, says her team is right there to talk to students about their concerns, whether it may be peer pressure to drink, relationship issues, or even family issues. “A lot of our students are experiencing anxiety around not only their lives, but their family as well,” Marcy says.

Each Wellness Center team includes a licensed clinical social worker who can help counsel both students and their families. “We say we treat the whole family here,” says **Lisa Rector, LCSW**, at Sussex Central. Anxiety is also a big concern—almost a quarter of high school students surveyed in Delaware said they felt sad or hopeless at some point.

KNOW YOUR RESOURCES. Adolescents and teens sometimes feel pressured by peers to engage in risky behaviors. Those are the things that keep you up at night—fears about your children’s emotional wellbeing and body image, and whether or not they will learn personal responsibility.

“In early adolescence, it’s important to offer a high degree of supervision,” Dr. Bartels says. “However, as the years progress, teens may start seeking more independence. Adults can set limits and guide them through this new period of life.”

The Wellness Centers offer a variety of resources, both within the school and in the community. Parents who may have concerns about their children can feel comfortable talking out those concerns with the school-based team.

Parents should also feel confident talking to their teens. Your teen wants to know that you are on his or her side. Remember, they need your support now more than ever.

TALK IT OUT. Conversations are the keystone for healthy parent-child relationships, especially in this precarious stage of life. Position yourself, the parent, as a “safe space.” Talk with teens about the hard stuff—whether it’s new friends or peer pressure to smoke or drink. Reinforce that you won’t tolerate bad or risky behaviors, but that it’s OK to make mistakes—and that you are a resource and support, no matter what.

Give your teen some freedom and make sure they know where the boundaries are. Take time to discuss limits and boundaries, what constitutes breaking those boundaries, and what the consequences can be.



LISA BARTELS, MD



MARCY BRADLEY, PA

DID YOU KNOW?

2 IN 5

SEXUALLY ACTIVE TEEN
GIRLS HAVE HAD A SEXUALLY
TRANSMITTED DISEASE
(STD), WHICH CAN LEAD TO
LONG-TERM HEALTH
CONSEQUENCES.

TLY. SHUTTING D

Reward positive behaviors and choices, and consider indulging your child in “healthy” risk-taking. If they are interested in skateboarding or skiing, help them learn ways to perform their best while keeping safety in mind. If they are interested in cooking, teach them how to make a favorite recipe and how to protect themselves when using sharp knives or a hot stove.

SCREEEEEECH! It’s not your imagination—that may be your teenage driver peeling out in the driveway. Whether supervised or unsupervised, driving is a big responsibility, and distracted or careless driving can have fatal consequences. In fact, the Centers for Disease Control and Prevention says that motor vehicle crashes are the leading cause of death for teens—but they’re preventable.

- + **Buckle up!** Teens are less likely to wear seatbelts. Wearing them can reduce the severity of injuries in a crash.
- + **Practice, practice, practice.** Teens in Delaware have driver’s education as part of the school curriculum. Start the process at home and then talk to the school to determine how the student is progressing through the course. Teens need to learn the basics of handling a vehicle and how to identify dangerous situations.
- + **Enforce distraction-free driving.** Using a phone or other device while driving is illegal in Delaware. Encourage putting the phone in the backseat or trunk to avoid temptation. Be a good role model and don’t use your phone while driving either.

→ LEARN MORE ABOUT BEEBE’S WELLNESS CENTERS
AT BEEBEHEALTHCARE.ORG/SPRINGBEACON.



CONNECTING WITH TEENS

Beebe Medical Group partners with the Delaware Department of Health And Social Services (DHSS) to run three Wellness Centers, or School-Based Health Centers (SBHCs). The centers provide age-appropriate health care, including mental health counseling in a supportive setting. Parents provide written consent to allow their students to access services.

Each center is staffed by a nurse practitioner or physician assistant, a licensed clinical social worker, and a registered dietitian. The teams provide a vast spectrum of care—from sports physicals to support groups and education on healthy eating and exercise.

Most importantly, the staff talks with teens about avoiding risky behaviors.

“Teens learn how to access healthcare independently and make their own decisions. Research shows that teens who talk to trained adults will engage in fewer risky behaviors,” says **Marcy Bradley, PA**, with the Sussex Central Wellness Center.

“Our staff works extensively with teens, and we help families find balance and maintain oversight over their teens’ behavior.”

The Wellness Centers utilize the Rapid Assessment for Adolescent Preventive Services (RAAPS) as a screening tool. Students use an iPad to take a short survey about their behaviors, which leads to a supportive discussion on healthy choices and decision making. The assessment considers every risky behavior a teen might encounter, from

alcohol and drug use, to poor nutrition and lack of physical activity.

To address the results of these assessments, students have access to a variety of support resources, including group activities such as yoga classes, weight-loss rewards programs, and Alateen groups for teens coping with alcoholism in their families.

“Adolescents are typically a medically underserved part of our population,” Marcy says. “They need a readily accessible source of care which is sensitive to their developmental and emotional needs.”

“Students may be coping with issues at home, and the Wellness Center gives them a ‘safe space’ with someone to talk to.”

BLAMMED

NO FOLLOW-THROUGH

CONSEQUENCES. TAKING RESPONSIBILITY.

YOUR FAMILY (HEALTH) TREE

“The old saying ‘the apple doesn’t fall far from the tree’ certainly applies to medicine,” says **Barry Denenberg, MD**, a board-certified cardiologist with Cardiovascular Consultants of Southern Delaware.

“Knowledge of family health history gives you a chance to change your behavior and decrease your risk, and gives your doctor a chance to screen for a condition before it becomes a problem.”

How much do you know about your family’s health history? A great first step is to get connected with someone who can help you understand medical facts about your loved ones, such as a family member or doctor.

“The more studies looking at the genetic component of disease, the more we realize that our genes and environment play an important part in our health,” Dr. Denenberg says.

ACTIONS TO TAKE

- + **CREATE A RECORD OF ALL MEDICAL INFORMATION.** Share with your kids and make sure they understand any symptoms to look out for.
- + **KNOW YOUR RISK FACTORS.** If a health condition runs in your family and can be addressed by lifestyle changes, be mindful of this and work to fight against it.
- + **TAKE NECESSARY PRECAUTIONS.** Inform your doctor, get screened, tested, etc.

→ TALK TO YOUR DOCTOR ABOUT YOUR FAMILY HEALTH HISTORY TODAY.
IF YOU DON’T HAVE A DOCTOR, VISIT BEEBEHEALTHCARE.ORG/FIND-A-DOC TO FIND ONE TODAY!

BARRY DENENBERG, MD



RECIPE FOR DISASTER

KNOW THE SIGNS OF AN EATING DISORDER

For teens and adults alike, troublesome eating habits can sometimes evolve into something more than a fad diet or a weekend indulgence—with a poor self-image or a lack of control leading to behavior that evolves into a serious disorder.

“The most common causes we see that trigger eating disorders besides

media, are life transitions, competitive sporting events, family struggles, social problems, traumatic events, and even genetics,” says **Amy Hayes**, a social worker at Indian River Wellness Center.

Remember, eating disorders aren’t always obvious. Hidden signs to watch out for include rigid exercise routines, disappearing after meals, frequent use of diuretics or laxatives, and an overall preoccupation with body weight.

↓
IF YOU OR A LOVED ONE IS STRUGGLING WITH AN EATING DISORDER, VISIT BEEBEHEALTHCARE.ORG/SPRINGBEACON FOR LINKS TO AREA RESOURCES.

ANOREXIA NERVOSA.

An unhealthy fear of gaining weight and usually a distorted view of their body.

SIGNS: Avoiding food, drastic weight loss, and a severe fear of gaining weight.

BULIMIA NERVOSA.

Consuming large amounts of food then vomiting shortly after to feel better.

SIGNS: Overeating, negative statements about body image, and secret purging.

BINGE EATING DISORDER.

Loss of control and frequent consumption of excessive amounts of food.

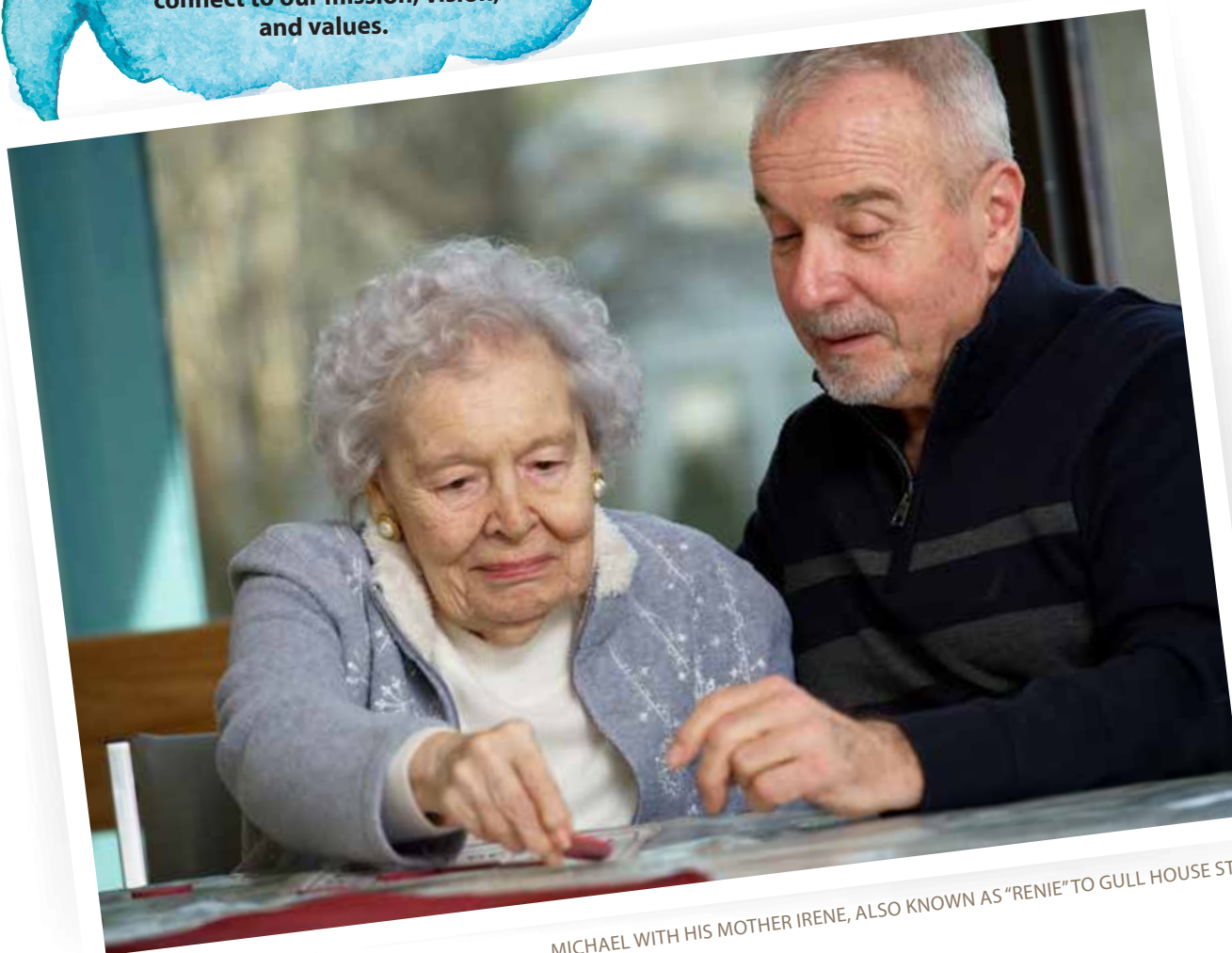
SIGNS: This disorder often leads to severe obesity and increased risk of cardiovascular disease.

AT BEEBE, IT IS OUR VISION FOR SUSSEX COUNTY TO BE ONE OF THE HEALTHIEST COUNTIES IN THE NATION.

This section will showcase the Beebe community, including patients like you and our care providers, as well as ways we connect to our mission, vision, and values.

From Child to Caregiver

THE GULL HOUSE EASES ONE OF LIFE'S MOST CHALLENGING TRANSITIONS WITH COMPASSION AND SUPPORT.



MICHAEL WITH HIS MOTHER IRENE, ALSO KNOWN AS "RENIE" TO GULL HOUSE STAFF.

MICHAEL'S ADVICE FOR CAREGIVERS:
“GET INTO A ROUTINE THAT YOU BOTH ENJOY —IT'S COMFORTING. I ALWAYS MAKE SURE WE EAT MEALS TOGETHER SO I CAN MAKE SURE SHE IS NOURISHED. WE GET HER HAIR DONE ON SATURDAYS AND WE ALWAYS GO TO CHURCH ON SUNDAYS.”

THE GULL HOUSE TURNS 30

The Gull House will be celebrating its 30th anniversary in April! The team is planning a move from their Rehoboth Beach location to a larger space on Route 1 in the Lewes area. To learn more, call (302) 226-2160 or go to beebehealthcare.org/gull-house.

WHEN Michael Cockey's mom, Irene Vitak, had a stroke, it tossed both of their worlds upside down. Michael, who was working for the Department of Education in Maryland at the time, had to use family leave in order to travel to Rehoboth Beach to take care of his mother.

“It was clear to both of us that nothing would ever be the same,” Michael recalls.

While he was able to return to work, he knew he needed to relocate to Rehoboth to help his mother. Soon, Michael and his partner were planning their move to Fenwick Island where they had a home. “It was a frenzy, we had some things in Delaware, some in Maryland, and it was all overwhelming,” Michael says.

On the advice of a neighbor, Michel made an appointment with the Gull House. “It was like a godsend for us. They welcomed Mom and me with open arms ... they are now an extension of my family.”

A few years later when Michael's partner passed away suddenly, the Gull House was there for him again. “It was such a relief for me to know that mom was having fun and cared for while I was taking care of estate details and starting my own grieving process,” Michael says.

Michael often attends the caregiver support group hosted by Gull House, making friends who are also caring for parents. The connections and support have made all the difference for him. “The transition from child to caregiver can be incredibly difficult, but can also be very rewarding,” Michael says.

Irene, 85, loves going to the Gull House during the week. “I like playing Bingo and joking around with everyone ... I make them laugh whether they want to or not,” Irene says. “The people are grand—both the people working here and the people who come.”

“We call it our vacation.”



JOANN KIRKER
ECONOMOS, FNP-BC



3 WELLNESS CENTERS support a student population of more than 3,700 teens.

33% OF SPORTS CONCUSSIONS occur in practice rather than games.

1 IN 20 AMERICANS over the age of 50 currently suffer from PAD.

24 BILLION SELFIES were posted by more than 200 million people in 2016.

30 YEAR ANNIVERSARY of the Gull House will be celebrated in April 2017.

TROUBLE BEHIND THE SCREENS

WHAT YOU SHOULD KNOW ABOUT CYBERBULLYING

HOW MUCH TIME DO YOU OR YOUR KIDS SPEND ONLINE?

While sometimes ignored or dismissed as a case of “kids will be kids,” cyberbullying is highly toxic and can lead to serious health issues for individuals of all ages.

Common signs of cyberbullying include becoming easily upset or angered, and suddenly withdrawing from social situations. Victims may also experience depression and stress symptoms such as headaches, stomach aches, and nausea.

According to Cape Wellness Center’s **JoAnn Kirker Economos, FNP-BC**, local schools are taking a role in tackling cyberbullying at the source.

“We discuss safe interactions online, as well as the consequences of participating in risky communications,” JoAnn says. “Health classes within the high school and school resource officers also address this issue.”

If you suspect that your child is being bullied, create a safe space and take time to talk openly about their online behavior. Monitoring online activity and controlling technology use can also help you to identify and address potential issues before they get out of control.



IS YOUR CHILD THE CYBERBULLY?

According to **Lisa Rector**, a Clinical Social Worker at the Sussex Central High School Wellness Center, a good rule of thumb is to notice if your child has been the “common denominator” in a few or more instances of conflict. “It can be hard to think that your child might be a bully, but it is important to talk to your child, the school, friends, or others if your child’s name continues to show up in conflicts,” Lisa says.

→ WANT TO LEARN MORE ABOUT CYBERBULLYING? VISIT BEEBEHEALTHCARE.ORG/SPRINGBEACON FOR LINKS TO HELPFUL RESOURCES.

JOIN US

MAY 11

CAPE SENIOR CENTER HEALTH FAIR

Join us at the annual Cape Senior Health Fair **THURSDAY, MAY 11, FROM 8:30 A.M. TO NOON AT THE CAPE SENIOR CENTER (11 CHRISTIAN ST., REHOBOTH BEACH)**. Meet the Beebe Population Health team and take advantage of **FREE HEALTH SCREENINGS** for glucose, cholesterol, blood pressure, Body Mass Index (BMI), and bone density.

No registration is required. For additional information, visit beebehealthcare.org/calendar.

you
ARE
what
YOU
eat

MAY 16

INTEGRATIVE HEALTH EVENT: MINDFUL EATING

In today's fast-paced culture, many of us struggle with our relationship to food. Join Beebe health coach, Raylen Williams, on **TUESDAY, MAY 16, FROM 3 TO 4 P.M. AT THE CANCER SUPPORT COMMUNITY** and learn how to integrate mindfulness with eating to develop a healthier relationship with food and ourselves.

For more information or to register, please call (302) 645-9150 or visit beebehealthcare.org/calendar.

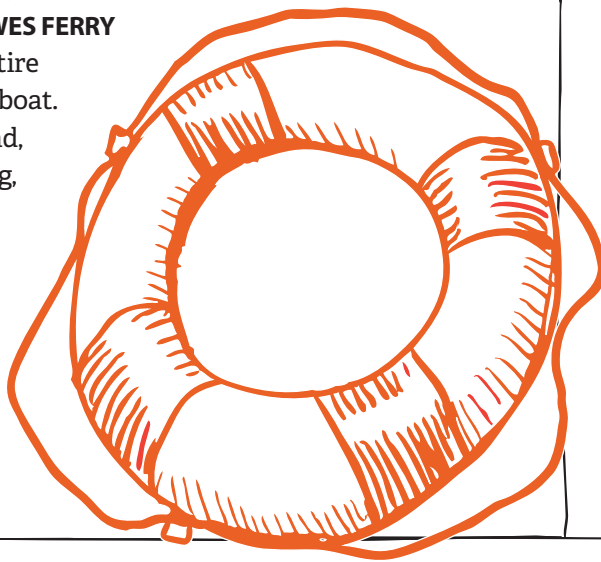
JUNE 3

3RD ANNUAL BEEBE BEACH BASH

In partnership with the Cape May-Lewes Ferry, Beebe will again throw the biggest party of the summer, the Beebe Beach Bash, on **SATURDAY, JUNE 3, AT THE LEWES FERRY**

TERMINAL! Beebe will take over the entire Terminal grounds, including a docked boat. Headlined by The Fabulous Greaseband, guests will enjoy an evening of dancing, dining, games, auctions, and more! The Beach Bash provides funding for the Emergency Department's equipment needs.

For more information, visit beebehealthcare.org or call (302) 644-2900.



[LEARN TO SAVE A LIFE]

FREE CPR CLASSES

As part of Beebe Healthcare's mission to encourage healthy living and prevent illness, educators will be providing free community Cardiopulmonary Resuscitation (CPR) classes. Classes are free and will be held at **9 A.M. ON THE SECOND SATURDAY OF EACH MONTH AT THE BEEBE HEALTHCARE MEDICAL CENTER.**

WHAT YOU'LL LEARN

The course teaches adult hands-only CPR, child CPR, infant CPR, automated external defibrillator (AED) use, and what to do when someone is choking.

The course is a combination of video lecture and hands-on practice with manikins—dummies made specifically for medical education.

THE CLASS INCLUDES FACILITATION BY A TRAINED VOLUNTEER AND A SMALL REFERENCE BOOK. THIS IS NOT A FULL-CERTIFICATION CPR CLASS, AND CARDS WILL NOT BE ISSUED.

WHY LEARN CPR?

Studies have shown that if CPR is started within a few minutes, the person has a better chance of survival without serious damage to the brain or other organs.

For more information or to reserve your spot, please call (302) 645-3248 between 8 A.M. and 4:30 P.M., Monday to Friday.

“Family, Nature, and Health All Go Together.”

OLIVIA NEWTON-JOHN



424 Savannah Road | Lewes, DE 19958
(302) 645-3300
www.beebehealthcare.org



CONVERSATION STARTERS

Has this issue of The Beacon sparked a conversation about health and wellness in your family? We'd love to hear about it!

→ EMAIL US AT BEACON@BEEBEHEALTHCARE.ORG, OR
SHARE WITH US ON FACEBOOK, PINTEREST, AND TWITTER!

**WHAT DOES
HEALTH AND
WELLNESS
MEAN
TO YOUR
FAMILY?**



THE BEEBE WELLNESS JOURNAL

*A Place to Reflect on
Your Health and Wellness Journey*

No matter your stage in life, we want you to have access to relevant and useful content for your unique and busy lifestyle. That's why we created the Beebe Wellness Journal—part of the Beebe Women's Health Experience.

Reflect on your daily health experiences, keep track of routine milestones, and add your own questions and remarks as you go to stay motivated with your goals.

**SIGN UP FOR YOUR PROFILE &
START JOURNALING TODAY AT
BEEBEHEALTHCARE.ORG/BE-THERE.**

MAKE YOUR EVERYDAY DECISIONS HEALTHY ONES. BEEBE—BE THERE.