They may have a break from math class, but kids still do some adding over summer break. Problem is, what they tally is extra pounds, a new analysis shows.

Harvard scientists compiled the results of seven previous studies, with a total of more than 10,000 kids. The findings showed school-age children gain weight at a faster rate during summer vacation.

High-risk kids — those already overweight or in ethnic groups prone to heaviness — packed on the most extra heft in summer. That puts them at risk for obesity and all its health consequences, the researchers point out.

MORE FOOD, LESS MOTION ADD UP
You might expect that bike rides, pool time and fewer trips to the vending machine would slim students down over the summer. But absent a structured schedule, boredom and easy access to junk food may lead them to eat more calories instead. Meanwhile, without physical education, recess or sports, kids often move less. Disrupted sleep schedules may also play a role.

STEPs TO STAVE OFF EXTRA POUNDS
During the approximately 190 days your kids spend out of school each year, you serve as teacher, coach and principal. Keep your whole family's weight in check with these summer strategies.

■ Schedule active time each day. Bike, hike, swim, do outdoor chores or play in the park as a family. Choose times when your family is already together and everyone has a lot of energy — say, in the morning before the heat of the day.

■ Provide toys that encourage movement. Young kids may like balls and jump ropes.

■ Cut down on screen time. Limit TV and nonactive computer time to two hours per day. Or, try exergames that have motion built in — dancing, inline skating or baseball, for example.

■ Stock up on fresh, seasonal produce. At mealtimes, fill half of every plate with fruits and veggies.

■ Keep everyone hydrated. Supply plenty of low-fat milk and water instead of sugary juices and soda.

SIMPLE, HEALTHY SUMMER SNACKS
Stock your kitchen with these quick, kid-pleasing summer snack options:
1. Dried fruit
2. Low-fat yogurt, cheese and cottage cheese
3. Nuts
4. High-fiber, low-sugar cereal
5. Prepackaged veggies and low-fat dips, like hummus
6. Baked snack chips
7. Low-fat microwave popcorn

KEEP KIDS HEALTHY AT EVERY AGE AND STAGE
Whether you're seeking a solution for diaper rash or advice for discussing sexual development with your tweens and teens, our online health library has information and strategies to help you protect your child's mental, emotional and physical well-being at every age and stage. Visit www.osfstfrancis.org, click “Health & Wellness” and then click “Children’s Health.”
You may have heard ovarian cancer called “the silent killer.” This is because it often has no signs or symptoms until it is at an advanced stage. Experts are looking for new ways to help find ovarian cancer early. Until then, there are steps you can take on your own.

1 HAVE REGULAR EXAMS
There is no screening test for ovarian cancer. But during a pelvic exam, your doctor will check the size and shape of your ovaries and may be able to find any problems or changes. Having regular exams is also a good way to find other problems and to talk about any unusual symptoms you may have.

2 KNOW THE EARLY WARNING SIGNS
Sometimes women do have early warning signs of ovarian cancer. These can include:
- Abnormal bleeding or discharge from the vagina
- Back pain
- Constipation or diarrhea
- Feeling full quickly when eating
- Needing to urinate more often or more urgently
- Pain or pressure in the stomach area
- Swelling or bloating in the stomach area

It’s important to know that most of these symptoms can also be caused by other conditions that are not cancer. But if any of these symptoms are new for you or you have them for more than a few weeks, talk with your doctor.

3 UNDERSTAND YOUR RISKS
There are certain things that can affect your risk for ovarian cancer. You may have a higher risk for ovarian cancer if you:
- Are 5 feet 8 inches or taller
- Are obese
- Have a mother or sister with ovarian cancer or two or more relatives who have had ovarian cancer
- Have inherited genes that put you at risk, such as the BRCA1 or BRCA2 genes
- Have used estrogen-only hormone replacement therapy after menopause
- Have used fertility drugs
- Have used talcum powder around your vaginal area

Your risk for ovarian cancer may be lower if you have:
- Been pregnant
- Breast-fed a baby
- Had surgery to remove both ovaries, called a prophylactic oophorectomy. Some women with a high genetic risk for ovarian cancer have this surgery to prevent ovarian cancer.
- Had a tubal ligation or hysterectomy
- Used oral contraceptives. The longer you used these medicines, the lower your risk for ovarian cancer.

Say Hello to Our Women’s Center Team
New patients are welcome — no referral necessary! To schedule an appointment, please call 786-1356.

Kim Johnson, D.O.
David Hamacher, M.D.
Michael DeGroot, M.D.
Leah Hongisto, N.P.
Casey Sager, M.D.

A WEALTH OF INFORMATION ON WOMEN’S HEALTH
Wondering about your risk for breast cancer or how to stay healthy after menopause? Get the facts on gynecological health, pregnancy, menopause and other subjects specific to women at www.osfstfrancis.org. Click “Health & Wellness” and then “Women’s Health.”
Finding the Right Fit: How to Choose a Family Doctor
You and your primary care physician share an important relationship focused on one thing — your health. To get the most out of your health care, it’s important to choose a doctor who you’re comfortable with and fits your needs. Where do you begin?

LIST YOUR PRIORITIES
Before you start your search, think about what’s important to you in a doctor and doctor’s office. Some priorities might include:
- What type of doctor he or she is, such as a family practitioner or internist — both are trained physicians, but have a slightly different focus
- If the doctor has experience or a specialty in a health condition, such as diabetes or asthma
- If the doctor’s office accepts your health insurance
- Which hospital the doctor refers to
- If the office location and hours are convenient

GET PERSONAL REFERENCES
One of the best ways to find a good doctor is to get referrals from people you trust. Ask your family and friends which primary care doctor they see and what they like about him or her. If you are new to the area, see if the local hospital or medical school provides suggestions. Make a list of the physicians you are interested in pursuing.

ASK QUESTIONS
Call the doctor’s office first on your list and ask to speak with a nurse or the office manager. Find out if the doctor meets your initial criteria, is accepting new patients and takes your health insurance. It might be a good idea to contact your insurance company directly to verify coverage for a particular doctor, or choose a doctor within the insurance company’s network.

MEET FACE-TO-FACE
Schedule an initial visit with the doctor. You’ll likely be asked to fill out some new patient paperwork, so come prepared with your medical history and current list of medicines. After your visit, ask yourself the following questions. Did the doctor:
- Spend adequate time with me?
- Make me feel comfortable?
- Answer my questions?
- Explain things so I could understand?

Remember, you and your doctor are a team in your health care efforts. Take the time to ensure you have the right partner.

FIND YOUR PARTNER IN HEALTH
To find a primary care physician who fits your needs, visit www.osfstfrancis.org. Click “Find a Doctor” and select the Family Medicine and Internal Medicine specialties.

World-Class Care, Close to Home
The largest medical group in the area, OSF Medical Group includes more than 35 physicians and midlevel providers, with convenient locations in Escanaba, Gladstone and Powers. We use electronic medical records, which decrease the risk for medical errors and save you time at the doctor’s office. In addition, OSF myHealth, our patient portal, allows patients to access their medical information, request and schedule appointments, see test results and communicate with their physician online. In addition to granting patients access to world-class specialists across the OSF Healthcare System, OSF Medical Group is a member of the Mayo Clinic Care Network, with access to Mayo Clinic specialists and health information.
How Doctors Diagnose Sleep Apnea

Just about everyone snores sometimes, but excessive, chronic snoring may indicate sleep apnea, a sleep disorder that affects 18 million adults.

There are different types of sleep apnea. In central sleep apnea, the brain doesn’t control breathing properly. In obstructive sleep apnea, the more common form, airflow is blocked and breathing is interrupted for several seconds because the muscles in the back of the throat fail to keep the airway open.

Obstructive sleep apnea interferes with the flow of oxygen in the body. It may increase the risk for high blood pressure, heart disease, mood changes or depression, type 2 diabetes, memory problems and drowsy driving.

WHO IS AT RISK?
Obstructive sleep apnea occurs in both men and women — even in children. Your risk may be higher for reasons such as the following:
- You are overweight or obese
- You have a neck size exceeding 17 inches for a man or 16 inches for a woman
- You have a recessed chin, a small jaw or a large overbite
- A dry mouth or sore throat when you wake up (children may breathe through their mouths during the day)
- Difficulty concentrating
- Frequently waking up during the night to use the bathroom
- Irritation or moodiness, or, in children, hyperactivity or poor performance at school
- Morning headaches

EVALUATING YOUR SLEEP
Your doctor may recommend a polysomnogram during a sleep study to better understand your sleep patterns. The test is usually done at a sleep center. During the polysomnogram, you wear sensors attached to your head, face, chest and limbs while you sleep. These sensors record brain activity, eye movement, heart rate and blood pressure. The test also measures oxygen levels in the blood, airflow, snoring and chest movements.

Your sleep study results will determine what type of treatment you need. Treatment may include losing weight, abstaining from alcohol, sleeping on your side or wearing a breathing device called a continuous positive airway pressure machine. This device helps people with sleep apnea breathe while they sleep.

TROUBLE SLEEPING? SCHEDULE A VISIT WITH DR. KASETTY
A longtime physician at OSF St. Francis Hospital & Medical Group, Raghu Kasetty, M.D., is board certified in adult and pediatric sleep medicine. To make an appointment, please call 789-4040.
Eating Well for Digestive Health

If you’re like most people, you may have gas, constipation or heartburn every now and then. But you can avoid many of these problems simply by making better food choices.

**EATING TO AVOID GAS AND BLOATING**
These uncomfortable symptoms can be caused by swallowing too much air, eating foods that produce a lot of gas or having a reaction to a food that your system has trouble digesting. Try these tips:

- To avoid swallowing too much air, avoid carbonated beverages. Don’t drink through a straw, and, in general, eat and drink more slowly.
- Go easy on gas-producing foods such as broccoli, beans, cabbage and cauliflower.
- The protein in milk is hard for many people to digest, a condition called lactose intolerance. If milk products give you gas, try cutting back on how much of them you eat or drink to see if the symptoms go away.

**TIPS TO AVOID CONSTIPATION**
Constipation is not usually considered a problem unless you’re having bowel movements fewer than three times a week. The most common cause of constipation is your diet. Other culprits include dehydration, too little physical activity and overuse of laxatives. Try these tips to get more regular:

- High-fiber foods such as fruits, vegetables and whole grains prevent constipation. Too many low-fiber foods such as cheese, eggs and meat can cause it. Aim to get 25 to 35 grams of fiber in your diet each day.
- Not getting enough fluids is another cause of constipation. Your best bet is to drink water. Caffeine, colas and alcoholic beverages can actually dehydrate you and make constipation worse.
- Aim to exercise 30 to 45 minutes every day.
- Ask your doctor if any of the medications you’re taking might be causing constipation and if there are any alternatives.

**EATING TO AVOID HEARTBURN**
Everybody gets occasional heartburn. If you have heartburn frequently, especially if it wakes you up at night, you could have gastroesophageal reflux disease, or GERD. Talk with your doctor about frequent heartburn. Try these tips to help avoid it:

- Stop smoking and only drink alcohol in moderation — no more than one drink a day for women and two for men.
- Stop eating at least three hours before you go to bed.
- Eat smaller, more frequent meals.
- Avoid foods that are known to cause heartburn, especially fatty foods and foods and beverages with caffeine, chocolate and peppermint.

SCHEDULE AN APPOINTMENT WITH DR. YIN
GERD be gone. Goodbye gas. Banish bloat- ing. To tackle digestive health issues, such as heartburn and acid reflux, Crohn’s disease and irritable bowel syndrome, make an appoint- ment with Robert Yin, M.D., a board certified gastroenterology specialist. Please call 233-4190.
Herb Grilled Gulf Shrimp

**INGREDIENTS**
1 lb. Gulf shrimp (21 to 25), peeled and deveined
4 cloves garlic
1 tbsp. fresh parsley, chopped
1 tbsp. fresh basil, chopped
½ tbsp. fresh oregano, chopped
¼ tsp. red pepper flakes
1 lemon, juiced
¼ cup extra virgin olive oil
1 tsp. salt
½ tbsp. black pepper
6 Roma tomatoes
1 small shallot, chopped
1 lb. whole wheat linguini
2 lbs. fresh baby spinach
2 tbsp. shaved Parmesan cheese

**DIRECTIONS**
Place the shrimp in a large mixing bowl and add one clove of minced garlic, fresh herbs, red pepper flakes, half the lemon juice and half the olive oil, salt and pepper. Mix the shrimp until evenly coated and refrigerate.

Preheat oven to 375 degrees. Cut tomatoes lengthwise and place on a baking sheet with the seed sides up.

Crush the remaining cloves of garlic with the side of a knife, add to the shallot, and scatter on top of the tomatoes. Drizzle the remaining olive oil evenly across the tomatoes and season with salt and pepper. Roast the tomatoes for 15 minutes or until they blister.

Meanwhile, cook the pasta in boiling water for 10 minutes. Drain in a colander.

Transfer the tomatoes to a food processor or blender and pulse until they are a saucelike consistency. In the same pot used to cook the pasta, add the sauce, spinach, remaining lemon juice and pasta. Place on low heat to keep warm and wilt the spinach.

Shake excess marinade off the shrimp and place them on a preheated grill. Cook for three minutes on one side, flip and grill for two minutes.

Serve the pasta in a large bowl, arranging the shrimp on top and garnish with the shaved Parmesan cheese. Serves four.

**PER SERVING**
- Calories: 607
- Fat: 17 g
- Calories from fat: 25%
- Cholesterol: 134 mg
- Sodium: 800 mg
- Carbohydrates: 75 g


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RSVP FOR THE 18TH ANNUAL HEART OF GOLD DINNER

The seven-course dinner will be held October 15. Proceeds help OSF St. Francis Hospital & Medical Group provide much-needed health care services and technology in Delta County. To RSVP or learn more, call Lanna Scannell at 786-5707, ext. 5516 or email lanna.scannell@osfhealthcare.org.