

Upcoming Events

Concussion Discussion

Paw Paw High School
Tuesday, August 13
6:30 to 7:30 p.m.
FREE
(more information on back)

Concussion Discussion

Portage Central High School
Thursday, August 15
6:30 to 7:30 p.m.
FREE
(more information on back)

USTA Boys' 18 & 16 National Championships

Kalamazoo College &
Western Michigan
University Courts
August 2-11

Bronson Children's Hospital 5K Walk & Run

Parking lot at the corner of
Lovell & John streets
Sunday, September 29

Energy Drinks in Youth

Energy drinks have exploded in popularity, especially among children and adolescents. With eye catching marketing, celebrity endorsement, and easy access at grocery stores and gas stations, this is not surprising. But, are these beverages really a safe or healthy choice for kids and teens? Dr. Padma Reddy, pediatrician with Bronson Rambling Road Pediatrics, weighs in on the concerns of this growing trend.



Padma Reddy, MD

In your opinion, what has caused the drastic increase in energy drink consumption in youth and adolescents?

Dr. Reddy: I think, in part to the easy and increased availability of the products, as well as the sensationalizing of the products to give you short term results — sleep less, do more, without the 9 hours of sleep per night, healthy eating, and exercising that is recommended for teens. It's the "quick fix."

What are some of the major concerns regarding energy drink consumption in this younger population?

Dr. Reddy: Caffeine impairs sleep, causes withdrawal migraines, and can increase blood pressure, as well as interferes with healthy eating and exercise. We just don't have good safety data on these products for kids. (continued on back)

Bronson Children's Hospital Fundraiser Adds 5k Race for 2013

Bronson Methodist Hospital has hosted The Walk Across Kalamazoo for the past five years as the main fundraiser for Bronson Children's Hospital. The Walk has generated a great deal of support across the Kalamazoo community while offering a fun, activity-filled, family event.

In past years, Walk Across Kalamazoo has offered attendees the choice of a one-mile fun walk around the downtown hospital campus, or the extended three-mile walk through the heart of downtown Kalamazoo including games, activities, and snacks in the Lovell Street parking lot. Due to popular demand a 5K race will be added to the festivities for the first time this year.

This family-friendly event benefits the Bronson Children's hospital, southwest Michigan's only children's hospital, and helps ensure the highest level of pediatric care continues to be provided in Kalamazoo, close to home. For more information, email walkandrun@bronsonhg.org.



Sunday, September 29 at 1 p.m.

**On-site registration begins at 11 a.m.
Start in the Bronson Methodist Hospital
North Pavilion parking lot at the corner
of Lovell Street and John Street**

Activities will include:

- Visit with pet therapy dogs
- 1 mile fun walk around the hospital campus
- 5K walk/run through downtown Kalamazoo
- Race course excitement zones
- Post-race refreshments and awards for runners
- Jungle Joe's inflatable obstacle course
- Kalamazoo food trucks on-site
- Sponsor tents
- Activity tents
- DJ & Music
- Make your own finger cast
- Bean bag toss
- Face painting
- Ambulance tours



Go to bronsonhealth.com/walkrun now
to register, donate, or learn more!



A CONCUSSION DISCUSSION

LEARN ABOUT THE NEW CONCUSSION LAW

Michigan's Sports Concussion Law came into effect on June 30, 2013. The law states that all people involved in youth athletics must receive concussion awareness training. Our goal is to help you understand concussion and answer questions regarding this topic.

**Tuesday,
August 13**

Paw Paw High School
30609 E Red Arrow Hwy
6:30 to 7:30 p.m.

**Thursday,
August 15**

**Portage Central
High School**
8135 S Westnedge
6:30 to 7:30 p.m.

Join others involved in youth athletics for this fun and informative class. Open to the public.

To register for this FREE event, visit bronsonhealth.com/classes or call **(269) 341-7723**. For more information about the event or sports injuries, call our athletic training staff at (269) 343-8170, ext. 5322.



Energy Drinks in Youth (continued)

What amount of caffeine is considered safe for young individuals, and how does that compare to the amount of caffeine in typical energy drinks?

Dr. Reddy: Everything in moderation. Each kid is different. But, I would not recommend any caffeine for kids — it's a drug they don't need.

Are there any side effects to consuming high amounts of stimulants, such as caffeine, in regards to children and adolescents?

Dr. Reddy: It can cause increased heart rate, irritability, stomach aches or even vomiting. Also, because of less sleep it can cause drowsiness during the day, affecting performance and alertness. Other possible side effects include lack of healthy eating, withdrawal headaches or migraines, dehydration (because it is a diuretic), and obesity (due to high sugar content). All of these things can lead to a host of other problems.

What influence could these side effects have on an individual's athletic performance?

Dr. Reddy: Again, if teens or kids aren't sleeping well, eating well, hydrating well, or exercising, athletic performance can be negatively affected.

Speaking of athletics is there a difference between 'energy drinks' and 'sports drinks'?

Dr. Reddy: Yes. Typically both have high sugar content, but energy drinks have caffeine and sports drinks usually do not have caffeine.

What would you suggest children and adolescents use as a healthy alternative to energy drinks?

Dr. Reddy: **1) Water:** Staying hydrated helps you feel stronger, more alert, and healthier overall. **2) Veggies and fruit:** Natural sugar is always better for your brain and body than what you get in energy drinks. **3) A balanced diet:** A good, balanced eating plan, like My Plate (myplate.gov), helps with overall health. **4) Sleep:** Adolescents and teens should have nine hours of sleep each night.

Do you have any other recommendations or comments about energy drink consumption in youth and adolescents?

Dr. Reddy: There is concern regarding alcohol consumption with energy drinks, as some feel that teens who drink this stuff might be more inclined to risky behavior. So, if they drink the energy drink with alcohol, they believe they won't feel as drunk. This is not true. There is no protective effect of the caffeine, only the negative effects on the body as mentioned.

Helpful Hyperlinks

Bronson Orthopedics & Sports Medicine
bronsonhealth.com/ortho

Michigan High School Athletic Association
mhsaa.com

National Athletic Trainers' Association
nata.org

Safe Kids Kalamazoo County
safekidskalamazoo.org