

Health Highlights: Dirty nails + pre-workout supplements
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Audio Version

INTRO:

A NEW YEAR'S RESOLUTION YOU PROBABLY HAVE NEVER THOUGHT OF – AND KEEPING A CLOSE EYE ON THE SUPPLEMENTS OUR KIDS ARE TAKING. TIM DITMAN TAKES A CLOSER LOOK... IN THIS WEEK'S HEALTH HIGHLIGHTS.

<<(DID YOU HAVE A CHILDHOOD HERO? IF SO – YOU LIKELY ASPIRED TO EMULATE THEM AND THEIR ACHIEVEMENTS. NOWADAYS – YOUR KIDS MAY SEE THEIR FAVORITE ATHLETE OR INFLUENCERS USING PRE-WORKOUT SUPPLEMENTS... WHETHER ON SOCIAL MEDIA OR IN STORES... TO ENHANCE THEIR PERFORMANCE IN THE GYM OR ON THE FIELD.

PRE-WORKOUT SUPPLEMENTS COME IN VARIOUS NAMES... FLAVORS AND SIZES.

THESE ARE TAKEN BEFORE A WORKOUT OR ATHLETIC MATCH WITH THE GOALS OF INCREASING ENDURANCE... MUSCLE MASS... AND REDUCING RECOVERY TIME. BUT SHOULD MIDDLE- OR HIGH-SCHOOL-AGED KIDS BE TAKING THESE? THE ANSWER: PROBABLY NOT.

TAKE SOT | ERICA DAWKINS | DIETETIC INTERN | OSF HEALTHCARE

"These can cause increased heart rate or heart burn. You're also taking a lot of supplements that are going straight to your gut. You can see some nausea, vomiting, diarrhea or constipation. They're also not well-monitored, the U.S. Food & Drug Administration (FDA) isn't regulating these very closely."

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TAKING IT FURTHER – KIDS WITH HEART DEFECTS NEED TO STEER CLEAR OF THESE SUPPLEMENTS. MOST PRE-WORKOUTS ARE INTENDED FOR HEALTHY ADULTS IN MODERATION... EVEN PREGNANT AND NURSING WOMEN ARE GENERALLY ADVISED TO AVOID THEM DUE TO THE HIGH CAFFEINE CONTENT.

HERE'S A NEW YEAR'S RESOLUTION FOR KIDS AND THEIR PARENTS: PLEDGE TO KEEP YOUR HANDS CLEAN AND AWAY FROM YOUR MOUTH AND FACE TO PREVENT THE SPREAD OF ILLNESS. EMILY ISOM (**EYE-sum**) – A CERTIFIED MEDICAL ASSISTANT IN PEDIATRICS WITH OSF HEALTHCARE – SAYS CHEWING YOUR NAILS CAN ALSO LEAD TO CHIPPED TEETH AND WARTS.

HOW DO YOU GET YOUR KIDS ON BOARD? MAKE IT A GAME.

*****SOT*** Emily Isom (EYE-sum) Certified medical assistant at OSF HealthCare**

"When handwashing, sing the ABCs for 20 seconds. Or have them sing to you. Make a chart. Every time they wash their hands, have them put a sticker on the chart. They are going to fall in love with it and want to wash their hands over and over again."

TRACK: WHEN WASHING HANDS... SCRUB THOROUGHLY FOR 20 SECONDS. WASH AROUND CUTS AND WOUNDS. DRY WELL – THEN USE A PAPER TOWEL ON THE DIRTY DOORKNOB ON THE WAY OUT. IF YOU USE WIPES OR SANITIZER – LOOK FOR AT LEAST 60-PERCENT ALCOHOL ON THE LABEL.

WITH TODAY'S HEALTH HIGHLIGHTS... I'M TIM DITMAN)>>