HELLO FALL

Welcome to the fall edition of our quarterly newsletter. In this newsletter we will:

- Discuss the back to school bash success
- Review the diagnosis of the quarter
- Introduce a new program
- Highlight fall events and activities in Kent County

BACK TO SCHOOL BASH SUCCESS

In August we had our second annual back to school event to usher in the new school year. This year we were joined by 12 community partners including the Children's Healing Center and Coonen Law. The mounted unit of the Kent County Sheriffs Office and John Ball Zoo joined us again. We had 91 people join us this year and provided 60 backpacks to our families. We look forward to next year and being able to provide more backpacks and see even more families attend.

DIAGNOSIS OF THE QUARTER

Scoliosis is an abnormal curvature of the spine that 2-3 % of the population are affected by. Most get diagnosed in childhood or early adolescence as the primary age for onset is between 10-15 years old.

There are a few different types of scoliosis, with about 80% of cases being idiopathic, meaning there is no known cause. Congenital scoliosis, meaning it occurred during pregnancy and is present at birth, ar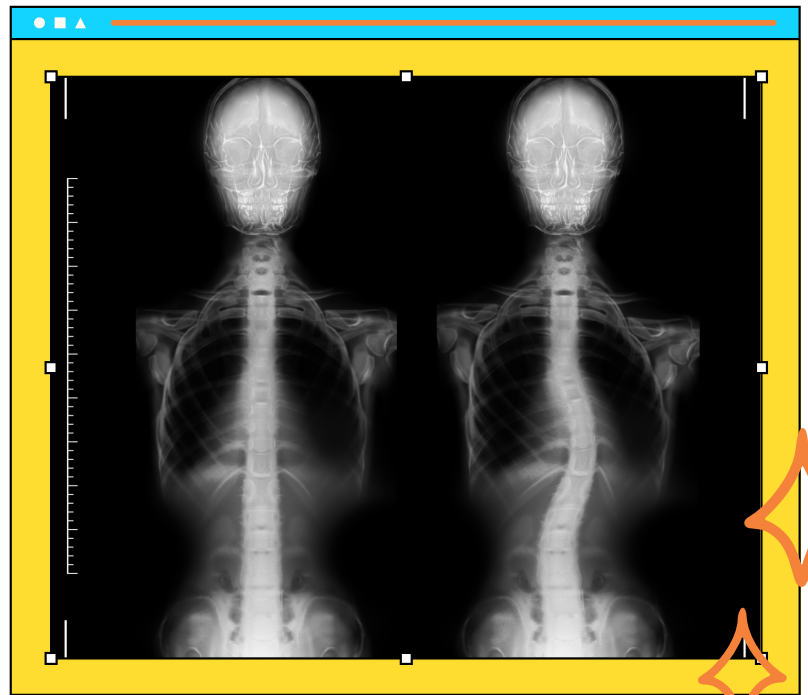e typically found at a younger age. Neuromuscular scoliosis is secondary to a neurological or muscular disease like cerebral palsy, spina bifida, or muscular dystrophy. This type often progresses more quickly than the other types and often requires surgery.

The most common signs and symptoms of scoliosis include:

- shoulders are uneven or shoulder blades stick out
- head is not centered above the pelvis
- one or both hips are unusually high
- rib cages are different heights
- waist is uneven
- appearance or texture of skin over the spine changes
- entire body leans to one side

When one or more of these signs are present, additional testing will be needed to confirm a diagnosis.

A thorough physical exam along with an x-ray, spinal radiograph, CT scan, or MRI will be used. A positive diagnosis is given when there is a degree of curvature greater than 10 degrees. After confirming the diagnosis, the specialist will look at skeletal maturity, degree of the curve, location of the curve, and the possibility of progression to create a treatment plan. Treatment options include:

- Observation: the curve is mild enough to not need treatment but will have continued follow up with the doctor
- Bracing: used when the spine has not yet reached skeletal maturity to slow or stop the curve from progressing
- Surgery: only used when a curve is greater than 40 degrees and there are signs of progression.

Scoliosis. AANS. (n.d.). https://www.aans.org/Patients/Neurosurgical-Conditions-and-Treatments/Scoliosis

SOCIAL WORK CORNER

The Kent County Health Department (KCHD) is excited for the launch of a new program, Healing Through the Grief: Pregnancy, Infant, Child Loss Program. We have been able to re-establish this program through the receiving a grant from the State of Michigan. The loss of a child is tragic and life altering. While families are navigating their loss and a challenging new family dynamic, they may be in search of support but unsure of where to turn. With this program, KCHD now offers home visits provided by a licensed social worker and public health nurse to grieving families. If you recently experienced a loss, or know someone who may benefit from this service, please contact us at childloss@kentcountymi.gov or at 616.632.7076.

KENT COUNTY'S FALL FESTIVITIES

- **BLANDFORD NATURE CENTER**
WWW.BLANDFORDNATURECENTER.ORG
HAVE WHEELCHAIR ACCESSIBLE PATHS

- **DIA DE LOS MUERTOS FESTIVAL**
OCTOBER 28-29TH AT ROOSEVELT PARK
FREE TO ENTER - FOOD, MUSIC, & CRAFTS

- **APPLE VALLEY FUN FARM**
7737 FRUIT RIDGE AVENUE NW
SPARTA, MI 49345

- **JOHN BALL ZOO**
ZOO GOES BOO STARTING OCTOBER 13TH THROUGH THE 29TH

- **GRAND RAPIDS GRIFFINS**
SEASON STARTS OCTOBER 13TH
THEMED HOME GAMES THROUGH THE SEASON

- **FREDRICK MEIJER GARDENS**
CHRYSANTHEMUMS & MORE!
SEPTEMBER 15TH THROUGH OCTOBER 29TH

Find more festivities on https://www.experiencegr.com/things-to-do/by-season/fall/

Children's Special Health Care Services

KENT COUNTY
Health Department

last edit 10/12 AD