

# Health

## Raymond promoted at Heinz

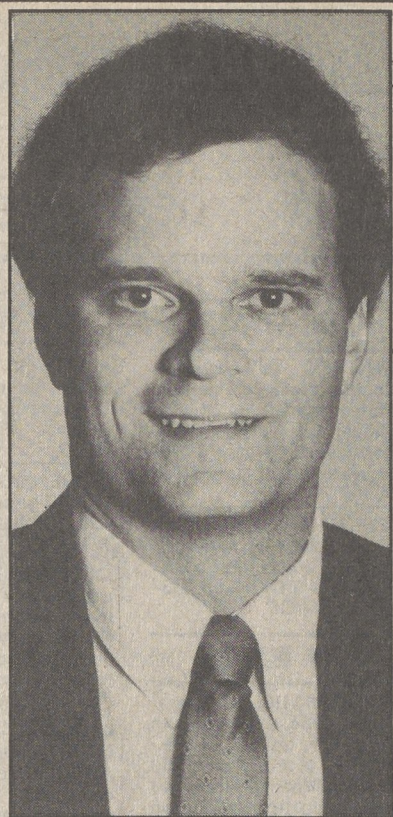
Dr. Michael J. Raymond, Dallas, has been appointed director of psychological services at Allied Services' John Heinz Institute of Rehabilitation Medicine, according to James L. Brady, Allied's president.

Dr. Raymond will provide comprehensive neuropsychological consultation for all rehabilitation patients at the Heinz Institute. The Heinz outpatients will receive the same range of Dr. Raymond's services including assessment, evaluation, psychotherapy, and cognitive remediation. He will also be responsible for the supervision of staff psychologists at the Institute.

Prior to joining the Heinz Institute, Dr. Raymond was affiliated with Neurorehab Associates, Inc., of Rochester, N.Y., a comprehensive, outpatient neurological clinic noted for development of a day treatment program for head trauma patients. Dr. Raymond was responsible for the supervision of Neurorehab's neuropsychology department. Dr. Raymond also served as clinical psychologist for the Williamsport Hospital, Williamsport, Pa., for a four-year period.

Dr. Raymond has published a number of articles in regional and national medical journals.

A native of Little Falls, N.J., Dr. Raymond was graduated from St. Francis College, Loretto, Pa. He earned a masters degree in rehabilitation counseling at the University of Scranton and a doctorate in rehabilitation psychology at Florida State University, Tallahassee, Fla. He received specialty training in neuropsychology at the Geisinger Medical Center, Danville, the Medi-



DR. MICHAEL J. RAYMOND

cal College of Georgia, Augusta, Ga.; and the University of Rochester School of Medicine and Dentistry, Rochester, N.Y.

Dr. Raymond has served on the board of directors of Neurorehab Associates, Inc.; the National Head Injury Foundation, Eastern Region, Williamsport, Pa.; and the Counseling Clinic of the United Methodist Home for Children, Mansfield, Pa. He was a member of the Behavioral Science Committee while at the Williamsport Hospital.

Dr. Raymond is certified by the American Board of Professional Neuropsychology.

The new Heinz appointee is married to the former Carrie Roberts of Dallas, a medical technologist at the Wilkes-Barre General Hospital.

# Over 250,000 children have arthritis

When most people think of someone with arthritis, they usually picture a dottering old woman limping along on a cane or walker. But what about the five-year old girl with juvenile arthritis (JA) who can't straighten her arms and legs?

People don't normally associate arthritis with children, but over 250,000 youngsters are afflicted with the disease. For some, arthritis is literally a childhood memory, as the disease dissipates during the body's maturation. For others, JA continues to disable into adulthood, often restricting these young people vocationally, economically and socially.

"The problems of living with arthritis are challenging at any age," says Estelle Gross, Director of Public and Professional Education for the Eastern Pennsylvania

Chapter of the Arthritis Foundation. "But for children, the disease can be especially tough, due to the related complications of a systemic disease."

Childhood arthritis causes swelling, pain and stiffness in knees, elbows, and other prominent joints, and can also threaten a child's vision, heart, liver and other vital organs.

According to Ms. Gross, most cases of childhood arthritis can be treated adequately enough to avoid serious crippling. "Twenty years ago, physicians could do comparatively little for children with arthritis," she says. "Many became deformed and had frequent swelling and pain in their joints. Today, with proper treatment, JA can be controlled, and with any luck it recedes

by adulthood."

Symptoms of childhood arthritis include a rapidly fluctuating high fever and rash, and inflammation of joints indicated by pain, swelling, stiffness and occasional redness of skin over the joint. These symptoms can start in a child as early as infancy.

Because arthritis can affect a child's physical growth, there are many social and emotional implications of the disease which parents, teachers and peers should be sensitive to. Children should be encouraged to participate in as many school, family and leisure activities as possible.

"Children whose parents and teachers encourage them to live as normal a life as possible fare much better than those parents who either

minimize the impact of the disease or who are extremely overprotective," Ms. Gross notes. "A good idea is to incorporate counseling by a child psychologist or social worker, to help a child and family handle various problems with school or personal development."

The Arthritis Foundation can help parents and children obtain the professional services they need, and offers several booklets describing symptoms of childhood arthritis and current treatments. In addition, a local affiliate of the American Juvenile Arthritis Organization (AJAO) conducts regular meetings and social activities to support families of children with arthritis.

For additional information, contact the Eastern Pennsylvania Chapter toll-free (800) 322-9040.

# Vaccination is bargain of today

Vaccination is one of the best bargains around, but only 10 to 50 percent of at-risk American adults are taking advantage of it, reports the September Reader's Digest.

Contrary to popular belief, the need for inoculations does not end with school years. As your children receive their shots, the magazine urges you to think about yourself as well. Inoculations against the following preventable diseases can save your life.

- **Influenza** - The U.S. Centers for Disease Control (CDC) in Atlanta pinpoints several high-risk groups: persons with chronic heart and lung diseases; residents of nursing homes and other chronic-care facilities; all those age 65 or older; people with chronic diseases such as diabetes, anemia and asthma, and health-care workers.

Though many people avoid the annual flu shot for fear of side effects, doctors say that less than one-third of patients experience soreness around the vaccination site.

- **Pneumonia** - Last year, pneumococcal pneumonia, the most common form of bacterial pneumonia, claimed about 25,000 lives. Essentially the same population at risk of flu should be inoculated against pneumococcal pneumonia. The CDC recommends not giving the vaccine to pregnant women who are otherwise healthy.

- **Hepatitis** - There are between 400,000 and 800,000 carriers in the United States of hepatitis B, a severe infection spread through unsterilized hypodermic needles, unclean dental or surgical instruments, blood products and transfusions and sexual contact. Moreover, the hepatitis-B virus was recently identified as the single most important worldwide cause of liver cancer. The recommended recipients of the vaccine: health-care workers who deal with blood; hemodialysis patients, certain blood-product users; homosexually active men; prostitutes; drug addicts and pregnant women in any high-risk group, such as refugees from the Far East.

- **Rubella** - Often called German measles, rubella is still a problem. The CDC reported 604 cases in 1985. All non-pregnant females in their child-bearing years who do not have a record of a rubella vaccination should be immunized immediately.
- **Measles** - Though measles is rarely fatal, it can cause ear infections, pneumonia and encephalitis. Vaccine recipients should be any young adult with no record of measles or no vaccination with a live-measles vaccine in childhood.

# ID bracelet plays important role

You've just been involved in an automobile accident or have suffered a heart attack while jogging. Either one of these situations can be potentially disabling, but they could become worse. To complicate matters in either case, the medics at the scene begin to administer life saving medicines to you without knowing you are a diabetic or are allergic to one of the drugs.

"The result could be fatal," remarks Gail Dubs, Emergency Medical Services Training Coordinator for the state Health Department. "Having the proper medical identification in your possession at all times can be an effective way of avoiding these types of situations."

The Health Department encour-

ages the carrying of medical identification by persons who have medical problems.

"We're targeting this suggestion to persons who may be allergic to morphine, penicillin, or other drugs commonly used by emergency personnel," said Dubs. "Persons who are diabetic or have other medical problems should also carry medical identification in case they are involved in an accident."

"If they don't have the information with them and are unable to communicate, the medics could innocently administer medication that could worsen their condition."

Dubs noted that persons who do have medical problems are often advised by their doctors to exercise

regularly. When they are exercising (jogging, bike-riding, etc.) they rarely have a place to keep medical identification.

"That is why we recommend that people wear a bracelet or a necklace that has the medical symbol on one side and the important health information engraved on the opposite side. They are easily and quickly found by emergency personnel."

"In the case of a medical emergency or accident, ambulance attendants don't always have the time to search the belongings of the individual for a medical card, usually obtained from their pharmacist or physician," said Dubs, "so wearing a highly visible bracelet or

necklace with the information can greatly aid the medics, by providing them with the information needed to treat the patient safely."

"People who don't have their medical information where it can be easily found run the risk of having an accident or other medical emergency become potentially fatal," Dubs concluded.

For further information on such jewelry, contact your pharmacist or call the Pennsylvania Department of Health's Division of Emergency Services at 717-787-8740.

# New law passes

Rep. Stanley Jarolin, D-Luzerne, said recently that legislation mandating drug and alcohol abuse education in Pennsylvania's public schools was signed into law recently.

Jarolin, sponsor of House Bill 209, which was approved by both chambers of the General Assembly, and signed by the Governor said this new law will save more teenage lives.

"Educational surveys and research show a direct relationship between drug and alcohol abuse awareness and education and a decline in abuse by students. We have seen the success of MADD and SADD and this law will complement those efforts," said Jarolin.

The new law requires that public schools instruct students about drug and alcohol abuse as part of the health education course.

"This means that our children will be taught about the dangers of substance abuse during eight out of 12 school years. This will give teachers and educators an even shot in dealing with the greatest menace to our children," said Jarolin.

# Candystripers are needed

Nesbitt Memorial Hospital in Kingston has openings for Candy Stripper Supervisors. The fall session is starting this month and complete training is provided. Duties of volunteer supervisors include offering guidance to the teens, and assistance to various hospital departments and nursing units in the scheduling and operation of the program.

Hours available are Monday to Friday, 4:30 p.m. to 8 p.m., Saturday, 8:30 a.m. to 12:30 p.m. and 12:30 p.m. to 4:30 p.m. and Sunday, 12:30 p.m. to 4:30 p.m.

For more information about this opportunity to volunteer in a pleasant environment, please contact Nesbitt's Volunteer Office at 288-1411, ext. 4025.

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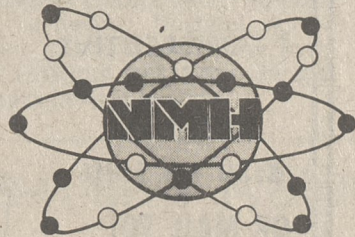
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