

What's Up, Edison?

June 1-5, 2020

What's up Hornets, Knights, Jaguars and Challengers? It's Week Eleven and the MSNs are back and we are here to teach you some more relevant facts.

Stomachaches, nausea and cramps may cause a visit for which we try to get specifics. After our assessment, we can determine if you can return to learnin' or rest for awhile until we see a smile. If you continue to moan and groan we might need to send you back home.

So, sit back and take a look at this week's slides and we guarantee you will learn more about your insides!

Stay Safe and Healthy,
Your Middle School Nurses,
Carol Martinez, RN, MS, CSN, HHMS
Jasmine Cromartie, RN, BSN, CSN, JAMS
Nicole Montilus, RN, BS, CSN, TJMS
Roulla Fanik, RN, MSN, CSN, WWMS
Kristine Walters, RN, BSN, CSN, District Nurse



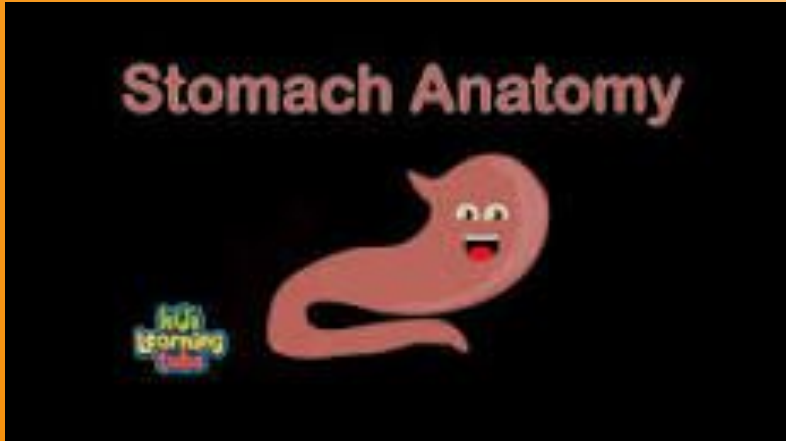
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What is the Digestive System?

The digestive system, also known as the Gastrointestinal (GI) System, consists of the parts of the body that work together to turn food and liquids into the building blocks and fuel that the body needs. Click to watch both videos to learn more.



Read the Kids Health article:

<https://kidshealth.org/en/kids/digestive-system.html#catdigestive>

and then take the quiz:

<https://kidshealth.org/en/kids/dsquiz.html#catdigestive>

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RIGHT		LEFT
Gallstones Stomach Ulcer Pancreatitis	Stomach Ulcer Heartburn/Indigestion Pancreatitis, Gallstones Epigastric Hernia	Stomach Ulcer Duodenal Ulcer Biliary Colic Pancreatitis
Kidney Stones Urine Infection Constipation Lumbar Hernia	Pancreatitis Early Appendicitis Stomach Ulcer Inflammatory Bowel Small bowel Umbilical hernia	Kidney Stones Diverticular Disease Constipation Inflammatory Bowel
Appendicitis Constipation Pelvic Pain Groin Pain (Inguinal Hernia)	Urine Infection Appendicitis Diverticular Disease Inflammatory Bowel Pelvic Pain	Diverticular Disease Pelvic Pain Groin Pain (Inguinal Hernia)

What's a Stomachache?

- Pain is the body's way of signaling that something is going on.
- Stomach pain alerts us to something that's happening inside us that we might not know about otherwise.
- The pain can be crampy, achy, dull, intermittent or sharp.

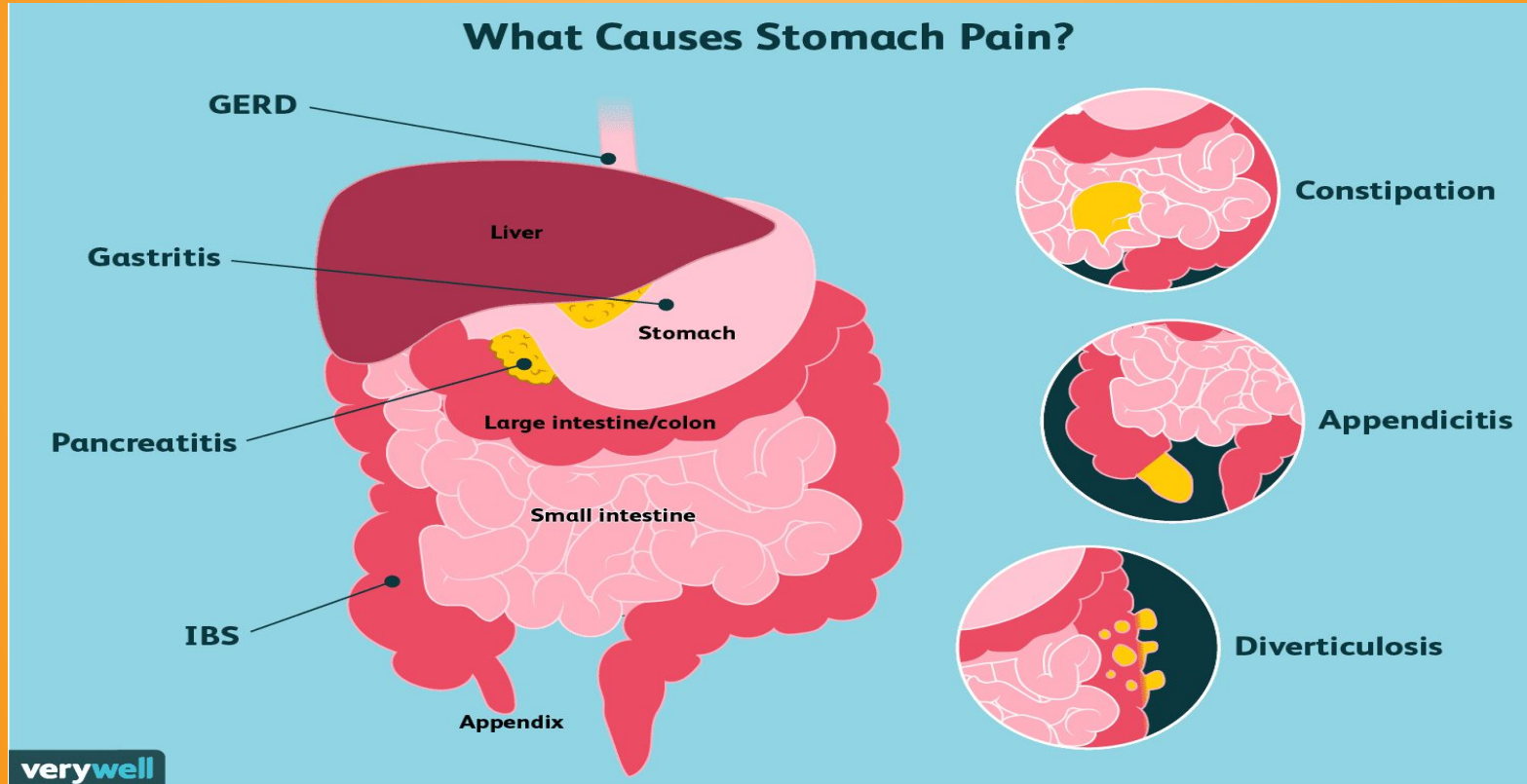
What Causes Belly Pain?

- Some reasons for belly pain are obvious, like when someone gets hit in the gut or eats spoiled macaroni salad. Other times, it might be hard to figure out.
- With so many organs in the abdomen, different problems can have similar symptoms.
- The main causes are infection, abnormal growths, inflammation, obstruction (blockage), and intestinal disorders.

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Click on the 3 bubbles below to learn about 3 causes of GI pain.

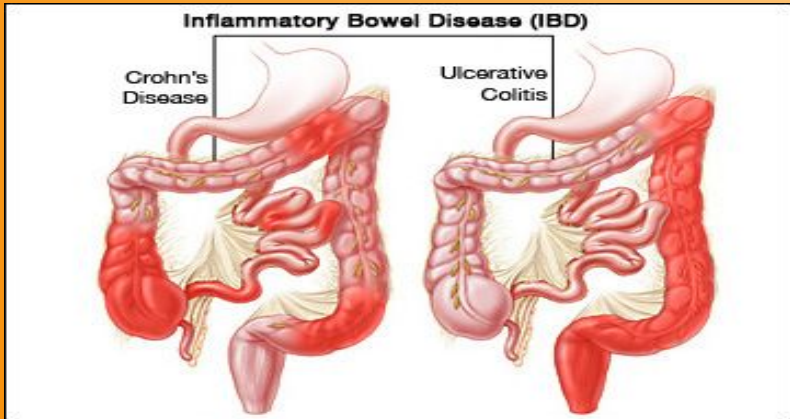


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Watch these two videos.



When the body's internal organs are irritated or inflamed, that can bring on belly pain.



Irritable Bowel Syndrome (IBS)

<https://kidshealth.org/en/teens/ibd.html?WT.ac=t-ra#catdigestive>

Inflammatory Bowel Disease (IBD)

<https://kidshealth.org/en/kids/ibd.html?WT.ac=ctg#catstomach>



Positive Body Image with IBD

<https://www.youtube.com/watch?v=6nPSNJgKts0&feature=youtu.be>

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What are **Stomach Ulcers**?



What Is a Stomach Ulcer?

An ulcer is a sore (an open, painful wound).

Peptic ulcers are ulcers that form in the stomach or the upper part of the small intestine. Read this article.

<https://kidshealth.org/en/teens/ulcers.html#catdigestive>

Click all
the faces.

Emotional Distress

When people get stressed, anxious, or depressed, their emotions can trigger physical symptoms, such as stomach pain.



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Click on both faces and watch the videos.



Food reactions can be more than eating too much or basic indigestion. When people can't digest certain foods, doctors say they have a food intolerance.



Lactose intolerance causes belly pain when someone eats milk products. If you notice pain or other symptoms like gas, bloating, or diarrhea after eating certain foods, call your doctor.

<https://kidshealth.org/en/kids/lactose.html?WT.ac=k-ra#catstomach>

Girl Chat

Menstrual cramps are a common cause of stomach/pelvic pain. They can be mildly annoying to extremely painful, and they usually last for a few days. Cramps may worry some girls at first if they don't know they're often a normal part of having a monthly period.

What Can Help?

Exercise! Being physically active can ease cramps, probably because exercise releases endorphins, chemicals in the body that make you feel good. Eating right and getting enough sleep also can keep you feeling your best.

<https://kidshealth.org/en/kids/period-cramps.html?WT.ac=ctg#catgirlstuff>



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If you want to feel better, click the dancing emoji !

Can Stomachaches Be Prevented?

Not all belly pain can be prevented. To help avoid common types of stomachaches:

- Wash your hands before eating or preparing food, and after using the bathroom.
- Drink plenty of water and eat fiber-rich foods, such as fruits and vegetables, to keep food moving through your digestive system.
- Don't overeat, and try not to eat right before going to sleep.
- Avoid foods that have passed their expiration date or weren't stored properly.
- If you have a food allergy or intolerance, avoid eating foods that make you sick.

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Why are teddy bears never hungry? They 're always stuffed! Why did the cookie go to the doctor's office? He was feeling crummy! Okay, we will stop with the bad jokes after all we don't want to give you a tummy ache!

Summer is almost upon us and try not to cry but next week will be our last health slide! Summer safety will be discussed and wearing a mask may be an unfortunate must !



"Eat some grass, and call me in the morning."



"What kind of homework did you eat?"