

# Health Screening For Children

Health screening benefits the overall health of the child. It is through checkups and tests that physicians can identify potential health problems. Many childhood health problems can be corrected before they become a health problem that the child carries into adulthood. Through health screening, healthy eating and regular physical activity you can help your child learn healthy living habits which can last a lifetime.

## Blood Pressure

Your child should have blood pressure measurements regularly, starting at around 3 years of age. High blood pressure in children needs medical attention. It may be a sign of underlying disease. If not treated it may lead to serious illness. Check with your child's physician care about blood pressure measurements.

## Lead

Lead can harm your child, slowing physical and mental growth and damaging many parts of the body. The most common way children get lead poisoning is by being around old house paint that is chipping or peeling. Some authorities recommend lead tests at 1 and 2 years of age. If you can answer "yes" to any of the questions below, your child may need lead tests earlier and more often than other children. Has your child:

- Lived in or regularly visited a house built before 1950? (This could include a day care center, preschool, the home of a babysitter or relative, etc.)
- Lived in or regularly visited a house built before 1978 (the year lead-based paint was banned for residential use) with recent, ongoing, or planned renovation or remodeling?
- Had a brother or sister, housemate, or playmate followed or treated for lead poisoning?

## Vision and Hearing

Your child's vision should be tested before starting school, at about 3 or 4 years of age. Your child may need vision tests as he or she grows. Some authorities recommend hearing testing beginning at 3 to 4 years of age. If at any age your child has any of the vision or hearing warning signs listed below, be sure to talk with your health care provider.

### Vision Warning Signs

- Eyes turning inward (crossing) or outward
- Squinting
- Headaches
- Not doing as well in school work as before
- Blurred or double vision

### Hearing Warning Signs

- Poor response to noise or voice
- Slow language and speech development
- Abnormal sounding speech

Special Warning: Listening to very loud music, especially with earphones, can permanently damage your child's hearing.

## Additional Tests

Your child may need other tests to prevent health problems. Some common tests are:

- **Anemia (Blood) Test-** Anemia is having less than the normal number of red blood cells or less hemoglobin than normal in the blood. Your child may need to be tested for anemia when he or she is still a baby (usually around the first birthday). Children may need this test as they get older.
- **Cholesterol (Blood) Test-** Children (2 years and older) may need this test especially if they have a parent with high cholesterol or a parent or grandparent with heart disease before age 55. If a family history is not available, testing may be needed if your child is obese or has high blood pressure.

## ...and a little more on childhood screenings

From the moment your child is born, he or she will have a series of tests to make sure everything is healthy and developing normally. Sure, height and weight are no-brainers, but what about all the other health screenings? Find out which ones are really important and what you need to know about them.

### 1. Newborn screens

The Apgar score, the first test your baby will ever have immediately after birth, evaluates your baby's color, heart rate, activity, muscle tone and response to stimulation. Named after American pediatric anesthesiologist Dr. Virginia Apgar, this test helps to determine if the baby is depressed, under stress or lacking oxygen—and if intervention is needed.

The metabolic screen—a heel prick test—is another important test that is done within 48 hours after birth. Your baby's blood will be screened for a host of metabolic and genetic disorders like hypothyroidism and sickle cell disease. "Although these conditions are rare, they can be devastating," said Dr. J.J. Levenstein, a board certified pediatrician and founder of MDMoms.com, who says picking them up early is key.

A brainstem auditory evoked response (BAER) test, also done in the hospital, evaluates your baby's hearing from the brain stem level, is non-invasive and can detect congenital deafness early on.

### 2. Head circumference

Measured at every well visit from birth to 2 years old, your baby's head circumference is one of the most important tools available to the pediatrician. If your baby's growth slows, it could mean that the seams of the skull are fusing too early or that he has a congenital infection or a developmental delay.

Rapid head growth, on the other hand, could indicate a serious condition like Hydrocephalus. "That's why those regular, frequent visits and us charting those numbers meticulously—despite the baby's protests – are so important," Levenstein said.

### 3. Developmental

During infancy and toddlerhood, your pediatrician will ask about key developmental milestones, like eye contact, social interaction and play. At 18 and 24 months old, a questionnaire called the M-CHAT (Modified Checklist for Autism in Toddlers) will screen for autism. As your child gets older, his behavioral and social development will constantly be evaluated as well.

### 4. Height and Weight

At every well visit, these two measurements will be charted to determine BMI (body mass index), which is the best way to identify a child's risk for being overweight or obese. On the flip side, BMI can also point to a potential eating

disorder. Your doctor will also ask about your child's diet, eating habits, and exercise. "It's non-invasive but lets us have a visual representation of how a kid is doing," Levenstein said.

## **5. Hemoglobin**

At 1 year and 2 years old, your child's hemoglobin will be tested to make sure he's not deficient in iron. "If you are anemic, your brain doesn't work well and you can lose IQ points over time," said Levenstein, who added that anemia can also affect your child's activity. "It's a big stressor on the heart, the brain, the cardiovascular system and even on growth."

## **6. Lead**

Approximately four million homes house kids who are being exposed to lead, according to the CDC. Lead exposure can affect your child's IQ and high levels can be toxic. At 1 year and 2 years old, your child's pediatrician will ask about your home environment, toys your child plays with and what your baby puts in his or her mouth. A blood test to determine lead exposure may also be ordered.

## **7. Vision**

The American Academy of Pediatrics recommends children see an eye doctor every year between the ages of 3 and 6 – and then every other year. Starting at 9 months old, your pediatrician might suggest your child be screened with the Visual Evoked Potential machine, which presents a series of images. "It can measure the electrical activity of the brain in the vision center and see if there is equal activity on both sides," Levenstein said. "It can be a very nice early screening tool to see if a child needs an ophthalmology visit sooner rather than later."

## **8. Scoliosis**

Scoliosis, an abnormal curvature of the spine, affects approximately five to seven million people in the U.S., according to the American Chiropractic Association. The condition usually shows up between the ages of 10 and 15. As soon as your child can touch her toes, she should be screened for the condition, because it could become more severe later on in life, Levenstein advised.

## **9. Safety**

Questions about your child's safety are just as important as other health screenings and should be asked at every visit, Levenstein said. Your child's doctor may ask about pets in the home, medications used by other family members, where your baby's crib is placed, if you have a pool, and if there are guns in the home.

Your pediatrician may also talk to you about bullying, your child's sexual behavior, and if you have concerns about drug use and academic performance. "The screening never stops," Levenstein said.

## **10. Diabetes**

Screening for diabetes is not routine, but it's definitely on the minds of physicians, since obese adults are more likely to be pre-diabetic. In fact, kids with both type 1 and type 2 diabetes have increased more than 20 percent since 2001, according to the SEARCH for Diabetes in Youth study.

If your child is losing weight or has excessive urination, your pediatrician may test him or her for type 1 diabetes. Kids with type 2 diabetes usually gain weight, are sluggish and are not active. If your child has acanthosis nigricans – or a darkening and velvety texture of the skin around the neck or under the armpits – he or she should be screened for high levels of insulin, lipids and cortisone.

## **Resources for Health Screenings**

### **Children's Medical Center Health Clinic**

730-C Valley Street  
Dayton, OH 45404-1815  
937-641-3500

[http://www.childrensdayton.org/cms/dayton\\_childrens\\_services/2cc7a5d9984703af/index.html](http://www.childrensdayton.org/cms/dayton_childrens_services/2cc7a5d9984703af/index.html)

### **Community Health Centers Of Greater Dayton - Alex Central Health Center**

**Location:** Miamisburg, OH - 45342

**Contact Phone:** 937-247-0304

**Services:** Care of Acute and Chronic Health Conditions, Prenatal Care, Physical Exams, Immunizations, Well-Child Checkups, Blood Pressure Screenings, Diabetes Screenings, Hearing Screenings, Vision Screenings, EKG's, Laboratory Services (Compunet Clinical Lab)

[http://freeclinicdirectory.org/ohio\\_care/montgomery\\_oh\\_county.html](http://freeclinicdirectory.org/ohio_care/montgomery_oh_county.html)

### **Ohio Department of Health**

Hearing Screening Assistance: (614) 466-1995

Vision Screening Assistance: (614) 644-0139

Fax: (614) 728-6793

E-mail: [BCFHS@odh.ohio.gov](mailto:BCFHS@odh.ohio.gov) Vision and Hearing Screenings for Children

<http://www.odh.ohio.gov/odhPrograms/cfhs/hvscr/hvscr1.aspx>

## **The Greene County Combined Health District offers immunizations for adults and children.**

Walk-in Clinics for adults and children are held Tuesday 8:00 A.M - 11:00 A.M & 12:30 P.M - 3:00 P.M and the Second & Fourth Thursday of every month 4:00 P.M - 6:00 P.M at the Greene County Health District office: 360 Wilson Dr Xenia Oh, 45385.

### **Adult Immunizations, 19 years of age and older**

- No appointment is needed
- Bring shot record
- There is a fee per immunization
- Cash, check, credit or debit cards
- Medicaid accepted for some vaccines

### **Adult Immunizations Available:**

Gardasil (HPV- Human Papillomavirus)

Hepatitis A

Hepatitis B

Hepatitis A & B

Pneumonia

Polio

Meningococcal Meningitis (MEV4 Only)

MMR (Measles, Mumps, Rubella)

Td (Diphtheria, Tetanus)

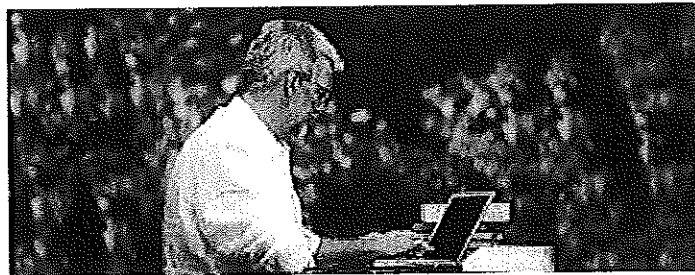
Tdap (Tetanus, Diphtheria, Pertusis- Whooping Cough)

Varicella (Chicken Pox)

Shingles

Flu

**Recommended Schedules for Adult Immunizations from the Center for Disease Control and Prevention (CDC) - [Click Here](#)**



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**Child Immunizations, 0 through 18 years of age**

Walk-in clinics are offered at our Xenia office Located at 360 Wilson Dr Xenia Oh, 45385.

- Fees may vary; no eligible child will be denied immunizations due to the inability to pay
- Children **must** be accompanied by a **parent or legal guardian**
- Parents must bring the child's immunization record with them.
- No appointment is needed.

It is recommended that you take your child to be vaccinated at the following times:  
2 months | 4 months | 6 months | 12-15 months | 15-18 months | 4-6 years | 12-16 years

### **Child Immunizations Available:**

Diphtheria, Tetanus, Pertusis- Whooping Cough, Polio, Hepatitis B  
DTap (Diphtheria, Tetanus, Pertusis/Whooping Cough)  
Gardasil (HPV- Human Papillomavirus)  
Hepatitis A  
Hepatitis B  
Hib (Haemophilus Influenzae Type B)  
Pneumonia  
Polio  
Meningococcal Meningitis  
MMR (Measles, Mumps, Rubella)  
Rotavirus  
Td (Diphtheria, Tetanus)  
Varicella (Chicken Pox)  
TDAP  
FLU



*No child is denied due to an inability to pay.*

# Family Dental Service

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## IMPORTANT INFORMATION:

- Sliding fee scale. Fees based on family size and household income.
- Proof of household income, residency, and ID must be shown at appointment time to receive the discounted rate starting at \$20.
- Services are offered by appointment only.

## TO BECOME A PATIENT, YOU MUST:

- Be a Greene County resident (proof required).
- Come into the clinic with proof of income, residency and identity (see below) to schedule.
- Tuesday - Wednesday - Friday 8:00am – 4:00pm.

## PROOF OF HOUSEHOLD INCOME (YOU MUST BRING ONE OF THE FOLLOWING):

• 2 current pay stubs (within 30 days)	• Unemployment benefit statement
• Workman's comp income	• Letter from employer if paid in cash
• Social Security income	• Current Care Source or Medicaid

## PROOF OF GREENE COUNTY RESIDENCY (YOU MUST BRING ONE OF THE FOLLOWING):

- Current gas bill (within 30 days)
- Current electric bill (within 30 days)
- Current home phone bill (within 30 days)

If no utilities are in your name, bring a letter stating you live there along with a current gas, phone, or electric bill for the household.

## PROOF OF IDENTITY (YOU MUST BRING ONE OF THE FOLLOWING):

Driver's license	Social security card
State ID card	Birth certificate
Passport	