

Welcome BACK TO SCHOOL 2011



Student athletes' health starts off field with pre-season physical examinations

HOUSTON – Even though it is students who will be taking the field as extracurricular school activities begin, doctors at Baylor College of Medicine say parents play an important role in keeping their kids safe.

Family health history, especially heart illnesses, is important information for doctors to know during an exam, said Dr. John Rogers, professor of family and community medicine at the college.

A certain type of heart murmur and rapid

heart beats can be detected during a physical, but the exam can't determine if past family members have heart problems or if anyone has died suddenly due to a cardiac problem. Being armed with that information helps doctors know whether the student-athlete should undergo an echocardiogram or ultrasound for a more in-depth examination.

Parents' knowledge of their child's previous injuries can also be helpful. Teens may downplay an injury, because they don't want it to

prevent them from taking part in their favorite sport. However, a parent might remember lasting effects that will help doctors determine the severity of the injury.

Rogers said other issues that cannot be detected during a physical are light-headedness or shortness of breath that is not proportionate to the exertion level of the activity. Parents should keep an eye out for these issues and let their doctor know at the time of the physical exam.

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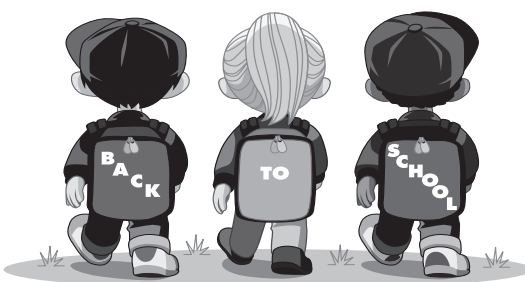
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