



Chronic Inflammation

As kids head back to school and the weather starts to get colder, illnesses will start to pop up all around you. If you or your family is not feeling your best, sometimes inflammation is to blame. Inflammation is a natural process in the body where inflammatory cells act as first responders against viruses, bacteria, or toxic chemicals. The process helps the body heal from acute distress, like disease or injury. However, inflammation can become chronic, which makes the body perform suboptimally and can lead to other illnesses.

What is chronic inflammation - Chronic inflammation occurs when the body continues to send inflammatory cells to various parts of the body where there is no injury. Certain autoimmune diseases will cause the body to send inflammatory cells to healthy parts of the body, like joints, tissue, or the intestines. However, chronic inflammation can occur outside of these conditions as well. Exposure to pollution or toxins, chronic stress, or lifestyle factors like excessive alcohol consumption, obesity, or an unbalanced amount of exercise can all lead to chronic inflammation

How can you spot chronic inflammation - Unlike acute inflammation which is shown by redness and swelling at the site of the injury, chronic inflammation signs and symptoms are more internal. People suffering from chronic inflammation may have stomach or chest pain, fatigue, or joint pain or stiffness. In children, chronic inflammation can look like bumps on the back of their arms or cheeks or dark circles under their eyes. Children

can also get stomach pain or headaches from chronic inflammation.

How do you treat chronic inflammation - The first thing to do when you suspect that you or your family is experiencing chronic inflammation is to take a look at your diet. If you're eating a lot of processed food, fried food, sugar, or simple carbs, try to replace these foods with whole foods - fruits, vegetables, nuts, and lean proteins. You could also focus on adding specific anti-inflammatory foods to your diet. Leafy greens, tomatoes, fruit, and fatty fish are all excellent inflammation blockers. Even the way you prepare your food can be anti-inflammatory - using olive oil as your main cooking oil and adding ginger, garlic, and turmeric to your dishes are all great ways to make your diet anti-inflammatory.

The next step is to look at your exercise. If you have a sedentary lifestyle, try adding a little exercise to your life. Even as little as a 20 minute walk can reduce inflammation in the body. But don't overdo it, too much exercise can backfire and increase the inflammatory response. If you're working out hard for more than 150 minutes a week, your best bet would be to pull it back some and don't skimp on rest days.

Finally, if you want to go the extra mile to fight inflammation, try cold therapy. Just as you would ice an injury, a cold shower or immersion can have anti-inflammatory effects. Start slowly, with a few seconds of cold at the end of a hot shower, and build up.

News & Events

• Light Up Lockwood – Richardson

Free for all ages. The City of Richardson invites you this year's Light Up Lockwood event on Saturday, September 16 from 6 to 10 p.m. The free, family-friendly event takes place from 6-10 p.m. and will feature a variety of food, drinks, shopping, entertainment and, of course, a one-of-a-kind light show. For more information visit www.richardsoncoredistrict.com/light-up-lockwood-2023

• Second Sunday Funday, Art for All Ages - Irving

Grab a paintbrush & go with the flow to create colorful compositions inspired by nature and your own imagination! Drop in September 10th from 1:00pm to 4:00pm. 3333 North MacArthur Blvd, Irving, Texas 75062. For more information visit www.irvingartscenter.com/second-sunday-fundays/

• Second Sundays at Mueller: Fun Activities for Kids – Austin

Free for all ages. Every Second Sunday, enjoy fun activities for kids at TFM at Mueller! Bring the whole family and stop by the activity booth in front of the pavilion. September 10, 10:00am to 2:00pm. Texas Farmer's Market at Mueller, 2006 Philomena St at the Branch Park Pavilion, Austin, TX. For more information visit <https://texasfarmersmarket.org/event/second-saturday-september/>

Resources

• **VIVA Pediatrics Resources**

In an effort to help our families, we constantly strive to provide them with relevant and helpful resources and information. Visit our resources page online at: www.vivaped.com/resources

For current events visit us on Facebook. www.facebook.com/VIVAPeds

• **Care Starter App**

The Connections App is a complete resource guide for families of kids, teens and adults with special needs. Their goal is to help you find providers, organizations and other resources in your community to help you along your path of care. Download the CareStarter App now! www.carestarter.co/connectionsapp



• **The Parker Lee Project**

The Parker Lee Project is a non-profit organization dedicated to helping families of children with medical needs obtain the necessary supplies & equipment, education, and support they need. While most supplies are covered by insurance, some are not, or not enough supplies are provided. If you have a need for medical supplies or have supplies to donate, please visit their website at www.theparkerleeproject.org

• **Texas Star Kids**

The Texas' Star Kids mandate threatens the lives of our weakest and most vulnerable little citizens. Join us in standing up for those who have no voice. Click this link to sign up: www.facebook.com/ProtectTXFragileKids
For more info visit: www.protecttxfragilekids.org

• **Thrive Magazine**

Need Resources for your child with special needs? Thrive Magazine shares resources and stories of other families in the DFW area who are living and thriving with special needs. www.dfwchild.com/thrive/directory

• **Recognize a VIVA Star**

Viva Pediatrics has an Employee Rewards and Recognition Program to thank and recognize employees that go "above and beyond". Both employees and patient families are welcome to recognize a VIVA employee! Call one of our offices and let us know if a VIVA employee has gone above and beyond!



Get Healthy with Giggles

Nourishing Back-to-School Snacks

As school rings in the new academic year, it's essential to arm your kids with snacks that provide the energy they need for their busy days. Healthy snacks not only fuel their growing bodies with essential nutrients but also contribute to improved concentration, sustained energy levels, and optimal cognitive function. Here's a roundup of nutritious back-to-school snack ideas.

Fruit Kabobs: Thread colorful chunks of watermelon, pineapple, and berries onto skewers for a vibrant and vitamin-rich snack that appeals to both taste buds and imagination.

Popcorn Mix: Air-pop plain popcorn and mix in a handful of nuts, dried fruits, and a sprinkle of grated Parmesan for a satisfying combination of fiber and protein.

Mini Cheese Platter: Create a mini cheese platter with cubes of cheese, whole grain crackers, and sliced veggies. This well-rounded snack provides protein, calcium, and a variety of textures.

Veggie Wraps: Roll up hummus, shredded veggies, and lean turkey or chicken slices in a whole wheat tortilla for a balanced and portable snack.

Homemade Trail Mix: Blend together whole grain cereal, dried cranberries, mini pretzels, and sunflower seeds for a DIY trail mix that's customizable and delightful.

Frozen Banana Pops: Insert popsicle sticks into banana halves, dip them in Greek yogurt, roll in crushed nuts or granola, then freeze for a cool and nutritious treat.

By offering these wholesome snack options, you're ensuring your kids have the energy they need to conquer the school day and encouraging them to develop healthy eating habits.

Food for Thought



Kid-Approved Veggie Wrap

Ingredients

½ cup plain Greek yogurt or sour cream

Ranch

2 ounces cream cheese softened

1 cup shredded cheddar cheese

2 large bell peppers diced

1 cup fresh broccoli florets

1 large English cucumber seeded and diced

1 cup shredded carrots

8 small soft wraps or 4 large

Directions:

- Mix together the yogurt, cream cheese, and ranch.
- Spread a layer evenly over each wrap
- Sprinkle cheddar cheese and vegetables over the wrap.
- Roll up the veggie wrap and serve immediately.

Enjoy!

* <https://amindfullmom.com/ranch-veggie-wraps/>

Why did the scarecrow win an award?



Because he was outstanding in his field!

Just for Giggles!

