

# ScienceSnapshots

## Sports concussions linger

*For 36 percent, effects last a month or more*

Concussion symptoms, such as slowed reaction time and reduced blood flow in the brain, can last longer than many people think, a new study reveals.

The study, led by Todd Maugans, MD, was published online Nov. 30 in the journal *Pediatrics*.

Testing revealed concussion symptoms lasting up to 14 days for 73 percent of the children studied and longer than a month for 36 percent of injured athletes.

“During recovery, rest and avoidance of a second head injury are imperative,” Maugans says. “In some children, two seemingly minor concussions within a few weeks can lead to serious brain damage or death.”

## Battling childhood obesity

*Home visits will reach more than 150 families*

A lifetime of obesity-related health problems can start as soon as preschool for some children – but initial research indicates that intense, early intervention can make a difference.

After reporting encouraging results from a small pilot project, Lori Stark, PhD, is leading an expanded study of a six-month intervention program aimed at 2- to 5-year-olds that includes a mix of office-based parent counseling and home visits for more than 150 families.

The goal: to teach families healthier living methods, from how to introduce healthy foods to fussy eaters to encouraging physical activity even when kids are stuck inside.

## Day care kids need time outside

*Many centers lack enough outdoor activity*

Chalk it up to fear of injury, concerns about school readiness, or boring playground equipment – but whatever the cause, many children in day care settings are not getting enough outdoor activity, researchers say.

A team led by Kristen Copeland, MD, examined 34 child care centers in Cincinnati to better understand the barriers to outdoor physical activity. Their findings were published online Jan. 4 in *Pediatrics*.

“We were surprised to find such a strong focus on academics for children as young as 3,” Copeland says. “In ensuring that young children are smart and safe, we may also be keeping them sedentary.”

# NewsBriefs

## Text to find out Urgent Care wait times

Want to find out the wait time at our Urgent Care centers? Urgent Care wait times for Cincinnati Children's neighborhood locations in Anderson, Fairfield and Mason are now available through a text messaging feature. Parents can find out estimated Urgent Care wait times by texting **curgent** to 437411 from their mobile phone. Text messaging rates may apply.

## Expert discusses ADHD

Russell Barkley, PhD, an internationally recognized authority on attention deficit hyperactivity disorder (ADHD), will speak April 16 and 17 at the Springer School in O'Bryonville about “Executive Function, ADHD and the Struggling Child.”

Families of ADHD patients at Cincinnati Children's are welcome to attend. To guarantee your place, register at [www.springer-ld.org](http://www.springer-ld.org) or call 513-871-6080. The first night will be an overview of what ADHD is all about. The second night will focus on strategies for managing at home and school.

## Special Needs Directory

If you have a child with special needs, find resources at [www.cincinnatichildrens.org/special-needs](http://www.cincinnatichildrens.org/special-needs)

# ResearchStudies

Research studies help us learn more about medical conditions, come up with better treatments and ultimately find cures for diseases. Learn how you and your child can help our scientists by joining a research study at Cincinnati Children's.

## Heart screening for teen athletes

**What:** This study will help determine the best way to screen teen athletes for potentially dangerous heart conditions.

**Who:** Healthy 14- to 18-year-olds who participate in organized sports and have no known heart problems or risk factors for having or developing heart disease.

**When:** Saturday, April 14, and Saturday, July 21.

**Details:** Families will get results of the screening. For more information, call 513-803-0366.

## Researching mood and appetite

**What:** This is a research study to learn more about hormones, thoughts and behaviors related to eating and weight among teen girls.

**Who:** Girls ages 13 to 17 who are depressed but not currently taking antidepressant medication may be eligible to participate.

**Pay:** Families will receive \$35 for the screening visit and up to \$210 for study participation.

**Details:** Contact Emily Verkamp at [igame@cchmc.org](mailto:igame@cchmc.org) or 513-636-1169.



A heart study is recruiting teen athletes to determine the best way to screen for potentially dangerous heart conditions.

## Learning more about language

**What:** This study is to evaluate children's language and functional skills.

**Who:** Children ages 3 to 6 with normal hearing who have been diagnosed with a cognitive disability may be eligible to participate.

**Pay:** Families will be compensated \$50 and a meal ticket for the time and expenses related to participation.

**Details:** Contact Sandra Bechtol at [Sandra.bechtol@cchmc.org](mailto:Sandra.bechtol@cchmc.org) or 513-803-0073.