

# Youth Health Bulletin



JUNE 2013

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## THIS MONTH'S TOPIC: BROKEN BONES

**H**ave you ever broken a bone or had a friend who wanted you to sign their cast? Another word for a broken bone is a fracture. Breaking a bone feels different for everyone. Many people say it feels like the pain of a really bad stomach or head ache. Other people describe a sharp pain or even no pain at all. It is also normal for people to react differently. If you break a bone you may feel dizzy or woozy and want to cry or pass out.

### What should you do if you see someone with a broken bone?

If you think someone around you has broken a bone, stay calm. Make sure they are in a comfortable position, but do not move the hurt area. Moving a broken bone can make the injury worse. Tell the closest adult. If there are no adults around, call 911. If you broke a bone and there are no adults around, you should call 911 for yourself.

Continued on the back →



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## What does the doctor do?

First, the doctor will do an X-ray to find out what kind of fracture you have. Then, they will set the bones back into their normal position. A cast will be applied to keep your bone from moving while it heals.

A cast is a big bandage with a soft cotton layer against your skin and a hard layer to keep your bone from moving. This is important because moving the bone, while it is healing, might make it heal wrong or hurt. Most casts are not waterproof so you will have to keep the cast dry. This includes bathing and you should not participate in swimming.

Most kids have to wear their cast for at least a month. Your friends can sign your cast or put stickers on it to make it look cool!



To take off the cast, the doctor uses a saw to cut through the outer layer. The saw is loud, but it does not hurt your skin.

The good news is that bones are natural healers. If you follow the doctor's instructions you will be able to participate in your normal activities in no time. To prevent broken bones use helmets and protective gear and build strong bones by staying active and eating and drinking calcium rich foods and beverages.

### SOURCES:

- [http://kidshealth.org/kid/ill\\_injure/aches/broken\\_bones.html#cat113](http://kidshealth.org/kid/ill_injure/aches/broken_bones.html#cat113)
- [http://kidshealth.org/kid/feel\\_better/things/casts.html#cat112](http://kidshealth.org/kid/feel_better/things/casts.html#cat112)

## Word Scramble

OENB: \_\_\_\_\_  
UEARRCTF: \_\_\_\_\_  
YRX-A: \_\_\_\_\_  
EMEHTL: \_\_\_\_\_  
ICLMAUC: \_\_\_\_\_

ANSWERS: Bone, Fracture, X-ray, Helmet, Calcium



Youth  
Health Bulletin

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