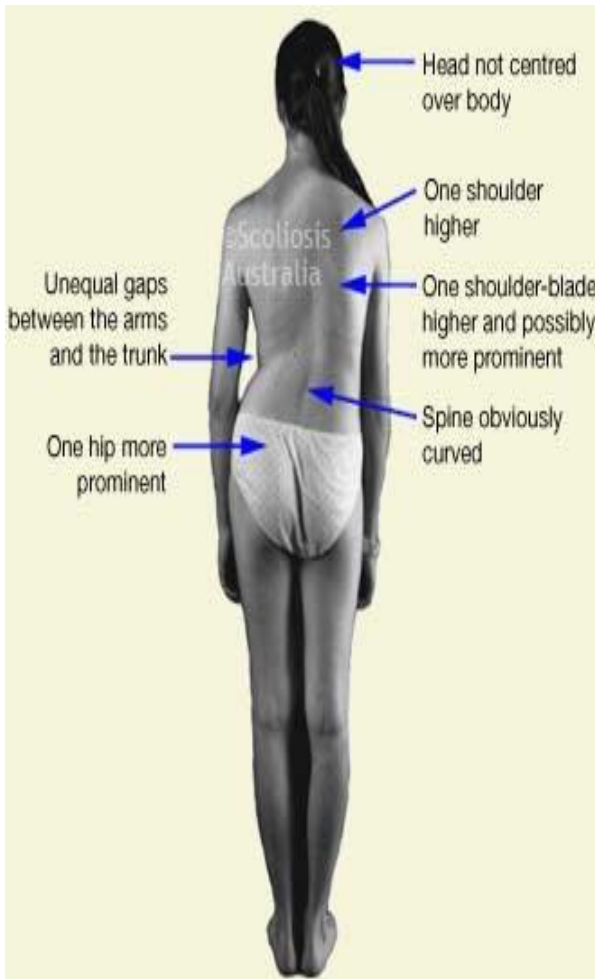


HEALTH CHATTER

Recently year 6 students have been given handouts on scoliosis and colour blindness. Please take the time to read these and follow up with your Doctor, Physiotherapists or Optometrist if you have any concerns.

Facts about Scoliosis

Parents/guardians of girls in Year 7, 8 and 9 are reminded about the importance of looking after our spine, as this is the general age for scoliosis checks.



- Scoliosis is a lateral or sideways curve of the spine.
- Approximately 4% of the general population is affected by Scoliosis.
- 90% of people affected are female.
- The most common time for scoliosis to develop is in pre to early teens when hormones are changing.
- The cause of Scoliosis is unknown however; contributing factors can be poor posture and habits.
- One in 10 people will have scoliosis.
- One of the most common signs of scoliosis is a prominent shoulder blade, frequently the right one. One shoulder might also be higher, and the person seems to tilt to one side. One hip might seem higher than another.
- Eighty percent of cases have unknown causes.
- Scoliosis can either be hereditary or developed.

You can visit the national website for further information on www.scoliosis-australia.org

If you have concerns re scoliosis PLEASE see your GP or local Physiotherapist for further assessment.

What is Colour-Blindness?

Colour-blindness is the inability to distinguish the differences between certain colours. This condition results from an absence of colour-sensitive pigment in the cone cells of the retina, the nerve layer at the back of the eye.

Things to remember

- People who are colour blind usually have difficulty with the colours green, yellow, orange and red.
- Colour blindness is usually inherited and affects more boys than girls. Approximately 1 out of 12 males and 1 out of 20 females.

Where to get help

- Your doctor
- Ophthalmologist
- Optometrist

Community Health Nurse.