

BACK TO SCHOOL – SCHOOL PHYSICAL EXAMS
DR. LAURA IRVIN, PRIMARY CARE, BAYLOR SCOTT & WHITE HEALTH

{**ON CAM**}

IT'S BACK TO SCHOOL SEASON- AND IF YOUR CHILD IS LOOKING FORWARD TO GETTING BACK TO EXTRACURRICULARS LIKE BAND OR FOOTBALL- THIS IS A REMINDER TO GET THEIR PHYSICAL EXAM SCHEDULED.

{**TAKE VO**}

TRT: 18

BAYLOR SCOTT AND WHITE PRIMARY CARE SPORTS MEDICINE PHYSICIAN LAURA IRVIN SAYS IT'S IMPORTANT TO TALK TO YOUR CHILD ABOUT STAYING HYDRATED AND WEARING SUNSCREEN- BOTH ARE TIPS THAT CAN PREVENT HEAT RELATED INJURY WHILE ON THE FIELD.

BUT IF YOUR CHILD IS PLANNING ON PARTICIPATING IN CERTAIN EXTRACURRICULARS... NOT ONLY IS A DOCTOR'S VISIT A GOOD IDEA- IT MAY BE REQUIRED BY LAW.

{**TAKE SOT**}

TRT: 20

DR. LAURA IRVIN

BAYLOR SCOTT & WHITE

Mostly it's going to be middle school and above, and that's for band, for cheer, for anyone that's going to be very active, outside is going to need that exam done. And it's a great thing. It dives into their history, it looks at their vitals, it looks at their eyesight to make sure that their eyes are where they need to be.

{**ON CAM**}

REST IS ALSO AN IMPORTANT PART OF KEEPING KIDS HEALTHY AS THEY HEAD BACK TO SCHOOL- IRVIN SAYS IF KIDS DON'T GET ENOUGH SLEEP IN BETWEEN PRACTICES... THEY BECOME MORE INJURY-PRONE.