



Chronic health trouble

Long-term health conditions in childhood linked to high mental problems

Children with long-term health conditions may be more likely to experience mental illness in early adolescence than healthy kids, warn researchers.

In the study, published in the journal *Development and Psychopathology*, children reported to have chronic health problems showed higher rates of mental illness at 10 years, and those health problems continued to be associated with poor mental health at the ages of 13 and 15.

"This research provides the strongest evidence of it to date in the years of late childhood and early adolescence. The difference chronic conditions make to mental health is concerning, and the first impact can be seen even before adolescence, in late childhood," said study author, Dr Ann Marie Brady from the Queen Mary University of London in the UK.

For the findings, the research team reviewed a sample of approximately 7,000 children to investigate the occurrence of mental health disorders, including anxiety or depression, and chronic illness.

The measure of chronic illness was based on mothers assessing their child's health at 10 and 13. Since chronic conditions are defined as those that cannot be cured but can be controlled by medication and other therapies and may have little disease activity, this

measure included children presenting with minor health problems.

The researchers found that children with chronic health conditions were approximately twice as likely at 10 and 13 to present with a mental health disorder than the control group (children reported by their mothers to be 'healthy, no problems').

At age 15, children with chronic health problems were 60 per cent more likely to present with such disorders.

To investigate this pattern further, the researchers looked at a subset of the children with chronic illness: those who had been diagnosed with asthma.

Asthma symptoms are generally mild and well-controlled. Nevertheless, researchers found that asthmatic children showed a similar pattern, having a higher rate of mental illness at 10, 13 and 15 than healthy children.

The study also reviewed what additional factors might account for the link between chronic conditions and mental illness. The sample was taken from the Children of the 90s study, which also contains information from parents and children about other issues including family functioning, friendships, children's activity levels, bullying and health-related absenteeism from school.

(Source: IANS)

Television schedule grid including Kids (CN, Pogo), Entertainment (Sony SAB, Colors, Rishtey, StarPlus), Infotainment (Nat Geo Wild, National Geographic Channel, Animal Planet, History TV), Regional (News Live, 18, Raing), Sports (Star Sports), and Movies (Utv Movies, HBO, Star Movies, Star Gold).

Know your DAY

By JACQUELINE BIGAR

HAPPY BIRTHDAY for Wednesday, May 6, 2020:

Asstute, sensitive you have already had to overcome a great deal and so are better equipped to deal with the year ahead than most. You make this a year of success, and it will smile on you. If single, many fall in love with you, and you have your choice of suitor. There can be a link to someone considerably older or younger. If attached, you are compulsive in your loving, and your partner reciprocates. PISCES loves to snuggle.

The Stars Show the Kind of Day You'll Have: 5-Dynamic; 4-Positive; 3-Average; 2-So-so; 1-Difficult.

ARIES (March 21-April 19) ***** Absorbed as you are with research work, the pieces of the puzzle fall into place today. The grand mystery is solved. Living arrangements are a source of tension, but you rise above as you are about to enter a whole new phase. Tonight: Bravo.

TAURUS (April 20-May 20) ***** Surprises are in store today - not Taurus' favorite thing. You like stability. But this is ultimately positive. Do not worry if an old relationship ends abruptly. Something better will be waiting in the wings. Patience on your part averts a confrontation. Tonight: Stay cozy.

GEMINI (May 21-June 20) ***** Stay warm enough and do not let inactivity or stress undermine your fitness. You are a little irritable with and critical of a co-worker. Work on tolerance and releasing stress. It is a putting around day, trying to organize things. Tonight: Celebrate yourself.

CANCER (June 21-July 22) ***** There's much excitement today. There will be some deep attraction, with some meaningful romantic interludes. Rather than you taking this as a weather report, do something about it with a loved one - mysterious, unpredictable and talented as they are. Tonight: Add more fun to the moment.

LEO (July 23-Aug. 22) ***** Your future security will be determined by how you cherish and nurture the gifts given to you. Today you get hints about future financial needs and long-term economic conditions. Write them down. They are very valuable. Tonight: Spend priceless time with a child.

VIRGO (Aug. 23-Sept. 22) ***** Strive for clear communication. A neighbor becomes more important. Resist the temptation to try juggling too many projects at once. Today the tension subsides and it will be easier to focus. This brings positive experiences your way. Tonight: Check up on a sibling or old pal.

LIBRA (Sept. 23-Oct. 22) ***** You prefer understated elegance, and you do not want to appear wealthy. However, your natural good taste and appreciation for life's luxuries can make your overhead high. Patience is an important step in developing your long-range financial plan today. Tonight: Early bedtime.

SCORPIO (Oct. 23-Nov. 21) ***** Your winning personality will open doors today. Your curiosity is aroused and you tend to probe. An old mystery is solved as a result. Your energy level increases, making it easier to exercise and express creative ideas. Tonight: Read an Agatha Christie book or watch a film adaptation.

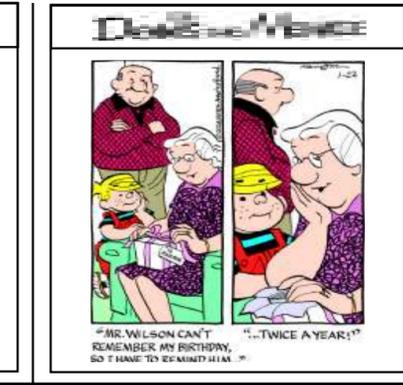
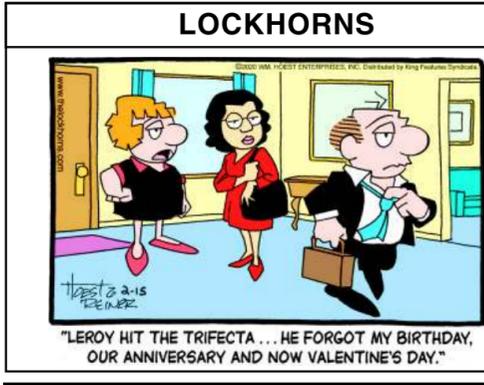
SAGITTARIUS (Nov. 22-Dec. 21) ***** Long-time blockages and phobias are clearing, thanks to the extreme times we are in. A sense of freedom and confidence builds today, and you work well alone. Wrap up in a cozy robe and burn the midnight oil on a work or creative project. Tonight: The results will be truly brilliant.

CAPRICORN (Dec. 22-Jan. 19) ***** Support comes from friends today. Involvement with organizations is rewarding. A friend will boost your confidence with encouraging suggestions. A sense of deja vu is especially vivid and brings insights about future goals. Tonight: Celebrate with a virtual dinner with friends.

AQUARIUS (Jan. 20-Feb. 18) ***** There can be some professional politics at play. You will want to boost your earning power, but you must be patient with finances. Suddenly pressure and anger will resolve. There is a sense of peace about your reputation. Circulate using technology. Tonight: A success.

PISCES (Feb. 19-March 20) ***** Those foreign born might appeal strongly. Such individuals might have a major impact on your thinking. So much so that you can expect deep change within your personal philosophies. A child is excited to tell you something. Tonight: Beware power struggles over beliefs.

Thought for the day: Landlords, like all other men, love to reap where they never sowed. -KARL MARX



- Across: 1 Its capital is Banjul (6), 7 Feign (8), 8 Cut roughly (4), 10 Egyptian deity (6), 11 Entreat earnestly (6), 14 Fishing ____; angler's pole? (3), 16 Seeps (5), 17 Begin bidding (4), 19 Biblical name (5), 21 More certain (5), 22 Ready for immediate use? (2,3), 23 Change (4), 26 City in Nebraska (5), 28 Golfer's standard (3), 29 True skin (6), 30 Kingdom in the Himalayas (6), 31 Greasy (4), 32 Establish firmly (8), 33 Took it easy (6), Down: 1 Male professional escort (6), 2 Be relevant to (4,2), 3 Inquires (4), 4 In the open air (7), 5 Capital of Liechtenstein (5), 6 Bothers (5), 8 Put to work (4), 9 El ____: the Spanish hero? (3), 12 Piece of work (3), 13 Happen, 15 Fundamental unit of capacitance (5), 18 Chief or principal (5), 19 Protrude (3), 20 Brown-capped mushroom (3), 21 Gathered escargots (7), 22 Resistance unit (3), 23 Leaps over (6), 24 Putting on aesthetic airs (4), 25 Gave a strong jerk (6), 26 Stranger (5), 27 Alpine feature (5), 28 21st letter of the Greek alphabet (3), 30 Physician Niels (4), 29 Unforgettable Moments, 2000 Nail-Biting Finishes, 2030 The Blue Revolution, 2130 Turf Wars, 2200 India's Finest, 2230 Nail-Biting Finishes, 2300 Great Centuries, 2330 Unforgettable Moments, 1200 UFC Main Event, 1300 NBA HLs, 1400 FA Cup Classics, 1500 Xplosion, 1600 TNA Greatest Matches, 1700 Dream Team, 1730 Olympic on the Record, 1800 NBA HLs, 1900 UFC Fight Night, 2000 FA Cup Classics, 2100 Dream Team, 2130 UEFA Champions League, 2200 UFC Fight Night, 2300 Dream Team, 2330 FA Cup Classics

SOLUTION TO TRIBUNE CROSSWORD - 6886: Across: 1 Gambria, 7 Simulakra, 8 Hack, 10 Osiris, 11 Adjure, 14 Rod, 17 Lullaby, 28 Pfl, 30 Otm, 29 Banjul, 22 Othm, 23 Othm, 23 Vaulis, 24 Army, 25 Yanked, 26 Oelder, 27 8 Hile, 9 Cld, 12 Job, 13 Rclur, 15 Farad, 18 Prime, 19 Jul, 20 Cpl, Down: 1 Gignlo, 2 Bear on, 3 Askz, 4 Outdoor, 5 Valdz, 6 Vexes, Ometh, 28 Par, 29 Bemmi, 30 Britain, 31 Olly, 32 Entranc, 33 Resled, 16 Ocozes, 17 Open, 19 Jacob, 21 Sure, 22 On lrp, 23 Vary, 26 Azes, 17 Gamba, 17 Simulakra, 8 Hack, 10 Osiris, 11 Adjure, 14 Rod, 17 Lullaby, 28 Pfl, 30 Otm, 29 Banjul, 22 Othm, 23 Othm, 23 Vaulis, 24 Army, 25 Yanked, 26 Oelder, 27

HEALTH CAPSULES® by Bron Smith: WHAT ARE THE BENEFITS OF EATING BLACK SEED? THE MOST POWERFUL DEFENSE AGAINST MRSA INFECTIONS IS OIL OF OREGANO AND BLACK SEED. BLACK SEED, ALSO KNOWN AS BLACK CUMIN, HAS BEEN SHOWN TO BE EFFECTIVE IN TREATING A BROAD RANGE OF HEALTH CONDITIONS, INCLUDING TYPE 2 DIABETES, HIGH BLOOD PRESSURE, ASTHMA, COLON CANCER, MRSA, H. PYLORI, EPILEPSY AND DRUG WITHDRAWAL. JUMBLED WORDS: DEEOR, ENIIS, ACDDLNU, AERFFP. SOLUTION: Perhaps you're watching television. -David Letterman (7,2,4). Perhaps you're watching television. -David Letterman (7,2,4). Health Capsules is not intended to be of a diagnostic nature.

