



Frostbite

Frostbite is a dangerous health condition in which your skin and tissues around it become damaged because of exposure to freezing cold temperatures. When you are exposed to extreme cold or any amount of cold for long periods of time, blood flow to the affected areas will start to become lower and lower. This causes the skin to turn red and eventually purple and frozen. However, there are various ways to keep this from happening. Wear gloves, sweaters and coats to keep warm in winter weather, and don't expose your skin to cold temperatures for too long. Frostbite harms your skin and may require surgery in extreme cases. Staying warm is the key to preventing frostbite.

Fun Medical Facts

- You get a new stomach lining every three to four days.
- The surface area of a human lung is equal to a tennis court.
- Women's hearts beat faster than men's.
- Your left lung is smaller than your right lung to make room for your heart.
- You could remove a large part of your internal organs and survive. The human body may appear fragile but it's possible to survive even with the removal of the stomach, the spleen, 75 percent of the liver, 80 percent of the intestines, one kidney, one lung, and virtually every organ from the pelvic and groin area. You might not feel too great, but the missing organs wouldn't kill you.

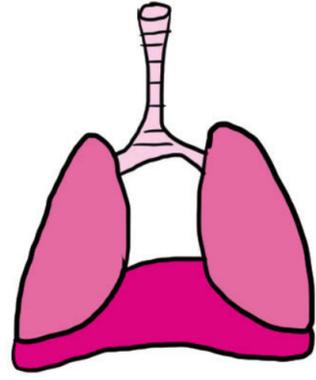
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*Little Medical School
Word of the Month*
"Lungs"

L is for Lungs

Ok. Let's take a deep breath and think about your lungs. They are moving air in and out, all day long, even when you are sound asleep. Their job is simple. They take oxygen from the air we breathe and release it into the blood stream. The lungs then get rid of carbon dioxide waste when we breathe out.



The Flexner Report is a study of medical education in the United States and Canada, written by Abraham Flexner and published in 1910. Many things in present-day American medical professions come from the Flexner Report.

The Report, also called Carnegie Foundation Bulletin Number Four, called on American medical schools to have higher admission and graduation standards, and to adhere strictly to the rules of mainstream science in their teaching and research. Many American medical schools didn't measure up and nearly half of such schools merged or were closed outright.

This report has helped to shape the medical field we know it today and is responsible for helping to insure that we are all in good hands.

I Will Try That!

Pomegranates are one of the oldest known fruits. They have been found in writings and artifacts of many religions and cultures. They were called Punica Granatum and were originally in Persia. Under the bright red thick skin of the fruit, is the seeds which are very sweet and juicy. Pomegranate juice has many health benefits to the heart and blood vessels and can lower cholesterol. It can nat-



Pomegranates

urally lower blood pressure and can also prevent both heart attacks and strokes. Pomegranates have also shown the ability to fight against many cancer types and tumors. It has shown this anti-cancer effect in many studies. Basically, pomegranates shouldn't be taken for granted, because they are very healthy and full of nutrients.

Interested in being a student at Little Medical School?

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