

# The BEAR Necessities

Spring 2010

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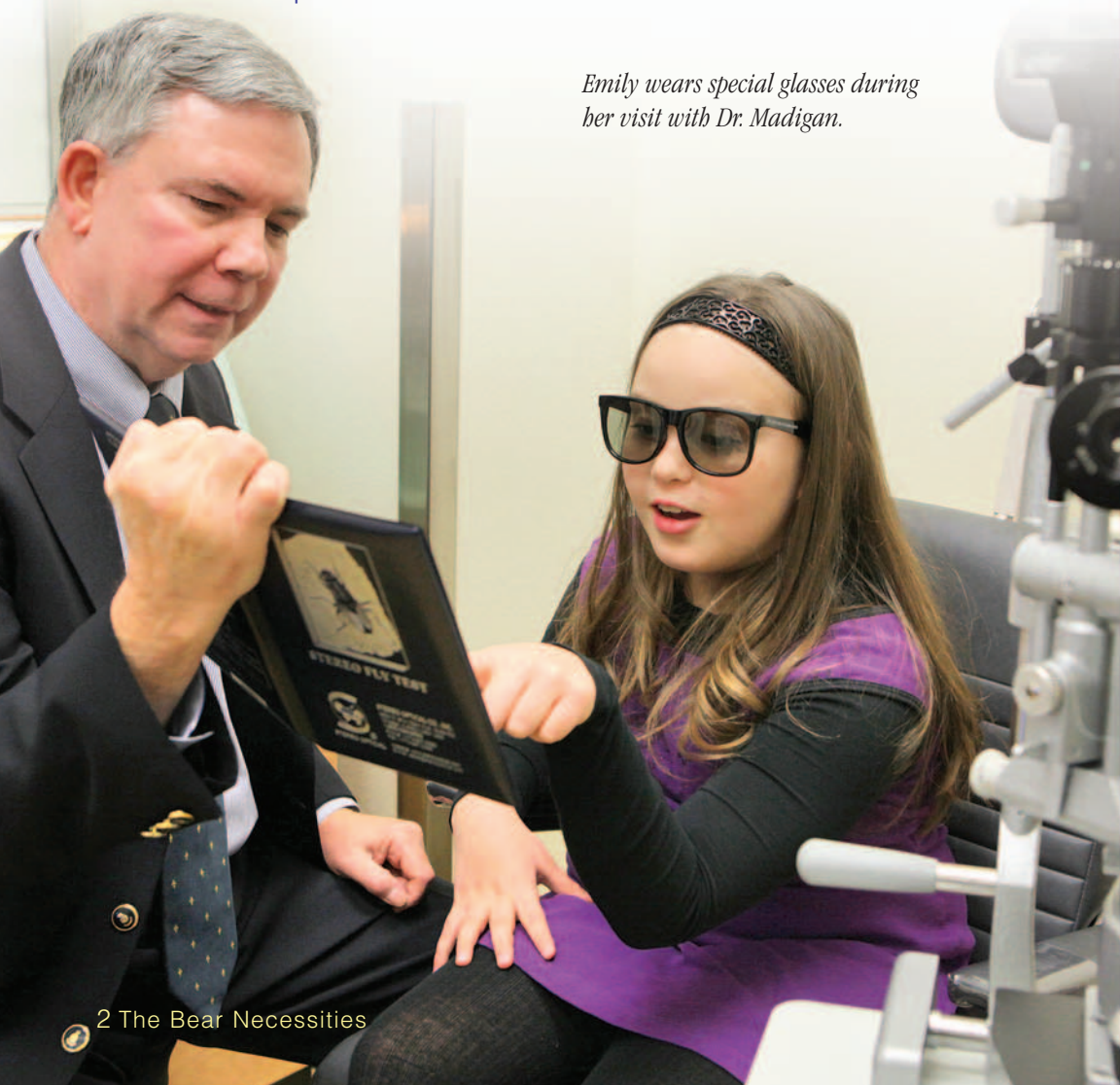


**Children's National**  
Medical Center

# Meet Emily

Children's National Medical Center has many locations so kids from all around the Washington, DC, area have a shorter distance to travel to get the best care. Dr. Bear sat down with Emily Chapman, a patient at Children's newest affiliated office, Children's National Specialists of Virginia, LLC, which is a private physician practice, to find out more about her procedure.

*Emily wears special glasses during her visit with Dr. Madigan.*



**Learn more** about  
**this private practice**  
at [www.cnsva.org](http://www.cnsva.org)

Meet Emily, a typical 9-year-old with beautiful blue eyes and long brown hair. She's a cheerleader for the local youth football and basketball teams and recently began taking singing lessons. She enjoys hanging out with friends and going to the movies. But, there is more to her than meets the eye. Emily was the first patient to have a procedure at **Children's National Specialists of Virginia**.

Emily first noticed there was something wrong with her eyes when her classmates said her eyes looked different. Although Emily did not complain of vision troubles, her mom knew something was not right. Both of her eyes would not focus on the same thing at the same time. They made an appointment to see Dr. Madigan, an **ophthalmologist** (op- thall- mall- oh- jist). Ophthalmologists are doctors who focus on fixing eye problems.

Emily had what is called **strabismus** (struh- biz- muss). Strabismus means that both eyes do not stay straight at the same time. "My eyes wouldn't work together. They weren't going the same way," said Emily. Her eye **muscles** (muh- sols) were not working together properly. Muscles move parts of your body, like your eyes, around.

Think of your eyes as the front two wheels of a car. For a car to move forward, both wheels must be facing the same direction. It would be impossible to go anywhere if one wheel went to the left and the other went to the right! The same idea works for your eyes. Both eyes need to move together to see correctly.

Emily marked the day of her procedure with a snowflake on her calendar. She was nervous and felt like running away. And even



though Emily went to bed early the night before, she wasn't sleepy. "I kept trying to think of good stuff and nothing bad."

With the support of her family and Dr. Madigan, she found courage. Patients who have procedures wear special clothes to keep germs out of the procedure room. She wore a hospital gown, blue socks, and a funny hat that looked like a shower cap. When she was ready, she laid in her bed as "sleepy medicine" was given to her.

Dr. Madigan fixed two of the six muscles that control each eye's movement. The procedure was two hours long. Emily's eyes were just a little sore and she had trouble opening them, but after a few days of rest, and eating popsicles and jell-o, she was ready to go back to school. She wore sunglasses to school while her eyes got used to working together, even though there's a no sunglasses rule at her school. Now Emily is able to read music, do homework, and watch sports better than before. "My eyes feel great!"

# FUN WITH WORDS

## Dr. Bear's Word Search

M V O N W F G R E Z V S M E  
I O P H T H A L M O L O G Y  
A O C N T A E F A R C W M O  
B S H F O M M E M A C I O P  
S T E L G Y S E L T O N M L  
P R O C E D U R E R O O M M  
I A M E T B S Y S O E M O A  
E B I N H E C T I N U S V T  
S I E Z E E E A N R Y N E I  
G S R A R T Y S C O S E M S  
F M U S C L E S P T R E E S  
E U A Q D L O C A T I O N U  
A S I S E A S E I O L E T E  
D T F S U N G L A S S E S A

**FIND THESE WORDS:**

Ophthalmology  
Strabismus  
Muscles  
Procedure Room  
Together  
Movement  
Eye  
Location  
Wheel  
Sunglasses

Answers on page 6

## Match the definitions...

Can you match the words to their definitions?

**A) Ophthalmologist**

A medical term that means both eyes do not stay straight at the same time.

**B) Strabismus**

Things that move parts of your body around.

**C) Muscles**

Doctors who fix eye problems.



## GRAMMAR REFRESHER

**Noun:** Person, place, or thing  
*Example:* Bob, Washington, DC, computer

**Verb:** Action, something you do  
*Example:* Run, cry, eat

**Adjective:** A descriptive word  
*Example:* Huge, purple, bumpy

**Exclamation:**  
A word or phrase expressing emotion  
*Example:* Cool!, Oh my!, Hooray!

*Finish the story with the kinds of words noted underneath the blanks. You can try to figure out the actual story, or you can make it as silly as you want – there's no wrong way to play!*



## Team Success

Dr. Bear \_\_\_\_\_ through the forest where he came upon a group of \_\_\_\_\_ playing \_\_\_\_\_.

(verb - past tense) (noun, plural)

“ \_\_\_\_\_, Dr. Bear! What are you doing here?” said one of the \_\_\_\_\_.

(sport) (exclamation)

“I was on a walk, but I’m glad I bumped into you,” said Dr. Bear. “My friends \_\_\_\_\_ and I are in the middle of a \_\_\_\_\_ game. Want to watch?” “Sure!” said Dr. Bear.

(noun, plural) (sport)

“I’ll be on the sidelines \_\_\_\_\_.” The game continued and Dr. Bear noticed that the \_\_\_\_\_ weren’t passing the ball to their teammates who were wide open.

(verb + ing) (noun, plural)

Dr. Bear waved to his friend and he/she came over. “I noticed that no one is \_\_\_\_\_ the \_\_\_\_\_.

(circle one) (verb) (noun)

There are two \_\_\_\_\_ by the \_\_\_\_\_ ready to score. Only part of the \_\_\_\_\_ is being used. If everyone plays together, the chance of scoring is much better.

(noun) (noun, plural) (noun)

Every player is a(n) \_\_\_\_\_ member of the \_\_\_\_\_.” “I understand what you mean,” said \_\_\_\_\_ as he/she ran back onto the field. After a quick \_\_\_\_\_ the players began their offense and passed the ball up the \_\_\_\_\_.

(adjective) (noun) (noun) (noun)

Faster and faster they gained on the opposing team. Every teammate had a chance to move the ball towards the goal. And with the swiftness of a(n) \_\_\_\_\_ the ball hit the net. “ \_\_\_\_\_!”

(animal) (exclamation)

shouted Dr. Bear. The team celebrated their success and realized that to win, they needed to work together.

**Hey Kids!** Tell your friends about Dr. Bear's Club!  
Go to [www.ChildrensNational.org/Publications](http://www.ChildrensNational.org/Publications) to sign up.



Answers to Word Search from page 4

**Dr. Bear's Word Search**

M	V	O	N	W	F	G	R	E	Z	V	S	M	E
I	O	P	H	T	H	A	L	M	O	L	O	G	Y
A	O	C	N	T	A	E	F	A	R	C	W	M	O
B	S	H	F	O	M	M	E	M	A	C	I	O	P
S	T	E	L	G	Y	S	E	L	T	O	N	M	L
P	R	O	C	E	D	U	R	E	R	O	O	M	M
I	A	M	E	T	B	S	Y	S	O	E	M	O	A
E	B	I	N	H	E	E	C	T	I	N	U	S	V
S	I	E	Z	E	E	A	N	C	R	O	S	E	M
G	S	R	A	R	T	Y	S	C	O	S	E	M	S
F	M	U	S	C	L	E	S	P	T	R	E	E	S
E	U	A	Q	D	L	O	C	A	T	I	O	N	U
A	S	I	S	E	A	S	E	I	O	L	E	T	E
D	T	F	S	U	N	G	L	A	S	S	E	S	A

**Tongue Twisters**

Try saying these tongue twisters 10 times fast!

- I saw a saw that could out saw any other saw I ever saw.
- Red bulb, blue bulb, red bulb, blue bulb.
- If two witches were watching two watches, which witch would watch which watch?
- Freshly fried fat flying fish.
- Willy's real rear wheel.

**Dr. Bear's Club Poll**

Do you like going to the doctor?

Circle one or write your own answer!

- A. Yes, I don't mind at all.
- B. Only if I get out of school early.
- C. No, I don't like seeing the doctor.

Let Dr. Bear know what you think. Send this in with your drawing contest entry!

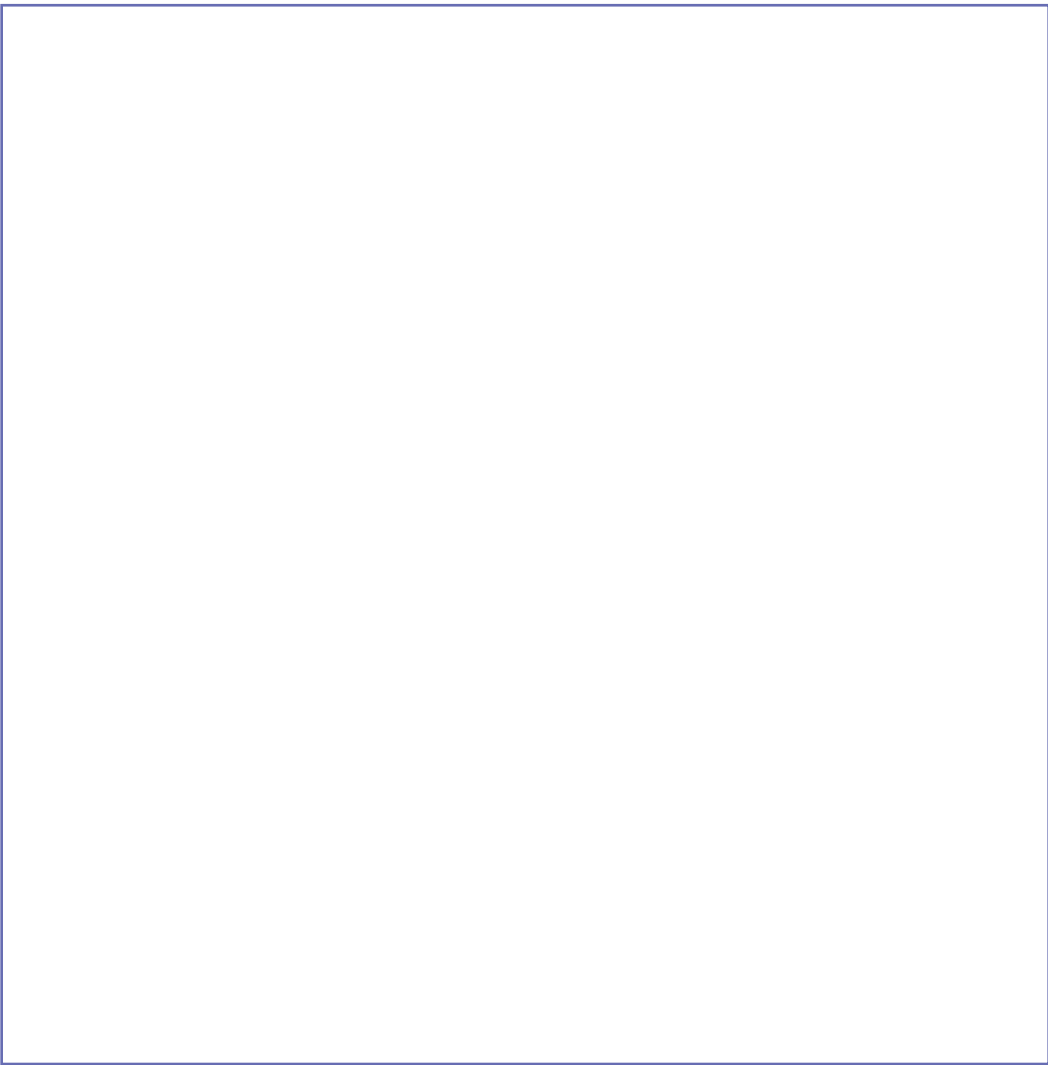
Dr. Bear's Club Poll Results:

**What do you do when you're home sick?**

Sleep: 50%                      Cartoons, definitely: 25%  
Read: 25%                        Other: 0%

**Answers to the definitions from page 4**

- Ophthalmologist      Doctors who fix eye problems.
- Strabismus              A medical term that means both eyes do not stay straight at the same time.
- Muscles                      Things that move parts of your body around.



## ENTER THE DR. BEAR'S CLUB DRAWING CONTEST!

Dr. Bear enjoys the spring and wears sunglasses to protect his eyes from the sun. What do you enjoy about spring? Draw a spring scene. Send your drawing entry, your Dr. Bear's Club Poll response, and the information at the bottom back to us. Dr. Bear will choose one person from each age group to receive a prize and have their drawing and name in the next issue of *Bear Necessities*. **The first 20 entries will receive a free *Operation*® game.**

**Name:** \_\_\_\_\_

**Age:** \_\_\_\_\_

**Address:** \_\_\_\_\_

\_\_\_\_\_

*Parent signature (for possible use of art in future publications and projects of Children's National Medical Center)*

**Send entries to:**

The Dr. Bear's Club Drawing Contest  
PR & Marketing  
111 Michigan Ave, NW  
Washington, DC 20010-2970

# Winners!

of the Coloring Contest



#### 4 TO 6-YEAR-OLDS

Shamla Nezeel  
Age 6, Gathersburg, MD



#### 7 TO 9-YEAR-OLDS

Janice Kang  
Age 8, Arlington, VA



#### 10 TO 12-YEAR-OLDS

Mason Hopkins  
Age 10, Henrico, VA



**Children's National**  
*Medical Center*

111 Michigan Avenue, NW  
Washington, DC 20010-2970

*The nation's children deserve nothing less.*

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