



Diego and Transformer dolls help children learn about bones

No bones about it, an early education is key to a life of good health and safety. That is exactly what Alan Nasar, M.D., brought to the first-grade class of Mrs. Devorah Grosz and the pre-K class of Mrs. Karen Shapiro at Hillel Yeshiva Elementary School, Ocean, during recent presentations for Health and Safety Week.

Wearing bicycle helmets, using car safety seats, and avoiding broken bones were central to



Dr. Alan Nasar, of Advanced Orthopedics and Sports Medicine Institute, Freehold, discusses the importance of bicycle helmets with students at Hillel Yeshiva Elementary School in Ocean.

Dr. Nasar's interactive discussion with the children about what they can do to prevent accidents.

Dr. Nasar, an orthopedic surgeon at the Advanced Orthopedics and Sports Medicine Institute, Freehold, said, "Most childhood broken bones occur in everyday activities like riding a bicycle or playing on the playground. Simple preventative measures, such as wearing a bicycle helmet, can ensure accidents do not result in something much more serious," said Dr. Nasar, displaying a helmet that was dented when his own daughter fell off her bike.

What happens when a bone is broken? How does it feel? How do you manage the pain and how does a doctor determine what kind of fracture you have? Dr. Nasar tackled all these questions and many more, walking the students from the first moments

of a bone break to having a cast removed.

"Fractures are common in childhood, and it is not always easy to tell that there is a broken bone," said Dr. Nasar, who showed the children a diagram of a skeleton to help students identify some of the bones.

Dr. Nasar explained, "A broken bone in a child differs from that in an adult and usually takes half the time to heal, rarely requiring surgery. Children usually need just the molded cast. Although kids heal so quickly, some activities should be avoided for a time. No hanging from the monkey bars!"

Using Diego and Transformers dolls generously donated by Jack Franco of Kid City in Ocean, Dr. Nasar showed the young children how broken bones are set using real plaster casts. The children were then encouraged to test the wet plaster. When it dried, they signed their names to the casts. Prizes of yo-yos and Frisbees were awarded for participation.

Dr. Nasar's presentation was just another part of Advanced Orthopedics' ongoing efforts to improve the lives of the children in the community. "Accidents will happen, but it's smart for both the child and the parent to know how to react as well as what safety preventative measures they can take," Dr. Nasar said. "I welcomed this opportunity to play a part in this very important promotion of children's awareness."

Rabbi Avi Bodlander, assistant principal at the school, said Dr. Nasar's presentation was an important part of the education Hillel Yeshiva School provides. "We welcomed the opportunity to have Dr. Nasar return," Rabbi Bodlander said. "The safety of our students is paramount, and his interactive presentations both entertain and educate the students on good bone health."

For more information or to schedule an elementary classroom visit from Dr. Nasar, call 732-720-2555.

