



# News

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## **Enlarged Heart is Serious Health Risk for Overweight Children**

### ***Healthy Living Academies Programs Help Children Return to a Healthy Weight***

(CERRITOS, CA – April 30, 2007) – A recent study completed by the Cincinnati Children's Hospital Medical Center found that some children with enlarged hearts went undiagnosed because parents and medical staff did not recognize that the children were overweight. One potential reason for the missed diagnosis, the study suggested, is that with the large number of overweight children, these kids are now viewed by most as quite normal.

“With over 24 million American kids overweight or obese, medical professionals might no longer focus on the weight status of overweight children as a primary point of concern. This desensitization may result in less than aggressive evaluations of some overweight children who have potentially serious medical conditions, such as enlarged hearts,” stated Dr Daniel Kirschenbaum, Clinical Director for Healthy Living Academies, and recognized researcher on childhood obesity affiliated with Northwestern University Medical School.

An enlarged heart, a condition known as left ventricular hypertrophy, or LVH, is a leading indicator of increased risk for cardiovascular disease in adults. Medical professionals are concerned that children with enlarged hearts will experience early onset of heart attacks and coronary artery disease.

“The first step is for everyone—medical professionals included—to recognize that the children are overweight,” continued Dr Kirschenbaum, “The next step in reducing the risk of children having an enlarged heart and other potentially serious medical conditions is for the child to return to a healthy weight. Healthy Living Academies’ year-round boarding schools and summer camps offer one of the most prominent ways for children to

lose a remarkable amount of weight during the program, and continue to lose weight once the program concludes.”

Wellspring Camps are part of Healthy Living Academies, the leading organization of treatment programs for pediatric and adolescent obesity. Healthy Living Academies programs include Academy of the Sierras California, Academy of the Sierras North Carolina, Wellspring New York, Wellspring Adventure Camp, Wellspring Adventure Camp California, Wellspring Texas, Wellspring Hawaii, Wellspring Family Camp in Michigan, and Wellspring UK. To learn more about Academy of the Sierras, Wellspring Camps or Healthy Living Academies, visit [www.healthylivingacademies.com](http://www.healthylivingacademies.com) or call 866-364-0808.

Healthy Living Academies is a division of Aspen Education Group, the nation's leading provider of education programs for struggling or underachieving young people. With over 30 programs in 12 states and the United Kingdom, Aspen provides a comprehensive range of therapeutic interventions, including boarding schools, residential treatment and wilderness therapy. Aspen Education Group is a division of CRC Health Group, the nation's largest chemical dependency and related behavioral health organization. For more information, visit [www.aspeneducation.com](http://www.aspeneducation.com) or call 888-972-7736.

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