



**CABINET FOR HEALTH AND FAMILY SERVICES
OFFICE OF THE SECRETARY**

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June is Scoliosis Awareness Month

52 Weeks of Public Health Campaign Spotlight: Scoliosis

FRANKFORT, Ky. (June 20, 2017) – As part of the 52 Weeks of Public Health (DPH) campaign, the Kentucky Department of Public Health within the Cabinet of Health and Family Services (CHFS) is working to raise awareness of Scoliosis, a musculoskeletal disorder involving curvature of the spine or back.

People of all ages can have scoliosis, but adolescent idiopathic scoliosis (scoliosis of unknown cause) is the most common type and typically occurs after the age of 10. Girls are more likely than boys to have this type of scoliosis. Because scoliosis can run in families, a child who has a parent, brother, or sister with idiopathic scoliosis should be checked regularly for scoliosis by the family doctor. An x-ray of the spine can confirm the diagnosis of scoliosis.

Many children diagnosed with scoliosis have very mild spinal curves that do not need treatment. Observation, bracing, or surgery are recommended when treatment is necessary.

Exercise is encouraged in patients with scoliosis to minimize any potential decrease in functional ability over time.

Throughout the planned 52 Weeks of Public Health promotion, DPH will spotlight a specific public health issue. Additional information about the campaign is available on the DPH website: <http://chfs.ky.gov/dph/default.htm> and will be posted on the CHFS Facebook page: <http://www.facebook.com/kychfs> where Kentuckians are encouraged to like and share posts among their networks of friends.

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The Cabinet for Health and Family Services is home to most of the state's human services and healthcare programs, including the Department for Medicaid Services, the Department for Community Based Services, the Department for Public Health, and the Department for Behavioral Health, Developmental and Intellectual Disabilities. CHFS is one of the largest agencies in state government, with nearly 8,000 full- and part-time employees located across the Commonwealth focused on improving the lives and health of Kentuckians.

