



CEO UPDATE

A monthly e-publication from Promises2Kids



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New Studies Reveal Damaging Effects of Child Abuse

Message from CEO/President Susan Golding

New studies are confirming the damaging and long lasting effects of child abuse. A study published by Canadian Researchers suggests that child abuse may be linked to heart attacks later in life. The study's lead author, Dr. Esme Fuller-Thomson, professor of family and community medicine at the University of Toronto, stated "Individuals who reported they had been physically abused as children had 45 percent higher odds of heart disease than their peers who had not been abused, despite the fact that we had adjusted for most of the known risk factors for heart disease."

"Children who always have to be vigilant that a parent is not going to come home and beat them - kids who can never relax and are always scanning the environment - may grow into adults who react to almost any stressors," she said.

Another study suggests that child abuse may cause lifelong changes to DNA expression and the brain. Led by Canadian researchers, the study analyzed post mortem brain samples of suicide victims with a history of child abuse and found changes in DNA expression that were not present in suicide victims with no history of child abuse.

Earlier this year yet another study revealed that children who were abused or neglected had a greater risk of suffering from migraines later in life. The study also found that stress on the child's brain caused by abuse made them more likely to develop chronic pain from conditions such as arthritis.

Child abuse affects children and families at all socioeconomic levels, across all ethnic and cultural lines, and at all educational levels. We know the immediate effects of child abuse and resulting costs to the community. But what are the real costs throughout a victim's lifetime? What are the costs to the community? What are the costs to the health care system?

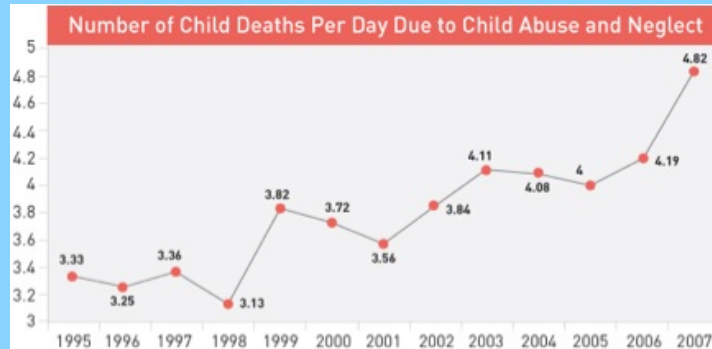
These costs are difficult to quantify, but one thing is for certain. The magnitude of this problem cannot be ignored.

Child abuse is a pervasive and heartbreaking violation of the human soul. Please join us in our efforts to break the cycle of child abuse. Small efforts make big differences.

Thank you for your support.

With Gratitude,

Susan Golding



Source:Childhelp.org



HOW YOU CAN HELP

1. [Donate here](#) to help an abused or neglected child.
2. Request a banner ad from Promises2Kids to place on your website (Contact Promises2Kids' Communications Manager Carol Kennedy at carol@promises2kids.org).
3. Volunteer at a special event, at the Polinsky Children's Center or at the Promises2Kids administrative offices (see below).

Read the full article regarding child abuse and heart attacks [here](#).

Read the full article on child abuse and DNA [here](#).

Read the full article on child abuse and migraines [here](#).

CALLING ALL SERVICE ORIENTED PEOPLE!

If you are interested in volunteering at either Promises2Kids or the Polinsky Children's Center, please contact our Volunteer Hotline at 858-427-1105

Promises2Kids will now be handling all requests to volunteer at the Polinsky

Children's Center. There are only 2 volunteer orientations during the year, so be sure to get your name on the list soon!

Many great volunteer opportunities are available! You may also contact Promises2Kids Special Events & Volunteer Manager Laurie Spears at laurie@promises2kids.org. [Click here for more on volunteering.](#)

Promises Program Updates

Camp Connect

Camp is coming! More than 200 brothers and sisters separated in foster care have already taken part in several fun events where they were able to reconnect. Now the big event - Camp is coming! The kids will enjoy a 4-day camp excursion to include horseback riding, swimming and much more! We'll post photos in our next newsletter.

[Donate to Camp Connect & Help Brothers and Sisters Reconnect.](#)

Guardian Scholars

Our hard working scholars had a blast at the Guardian Scholars Award Dinner at the Bahia Resort Hotel. 100% of Promises2Kids Guardian Scholars graduated this year! During the celebration, each Guardian Scholar took the podium and talked about their exciting future plans. Did we mention that 100% of our eligible seniors graduated this year? We are so proud of them all!

[Click here and Sponsor a Guardian Scholar!](#)

Polinsky Children's Center

We really enjoyed the DSEP Open House at Polinsky Children's Center. DSEP stands for Developmental Screening and Enhancement Program. Children ages birth to 5 who enter the Polinsky Children's Center are screened for developmental delays by DSEP staff. If a delay is discovered, they are referred for services, which will help prepare them for entry into school. Thanks to all of the Polinsky Children's Center DSEP staff for putting together this very informative event.

[Donate and help an abused child at The Polinsky Children's Center](#)