



Hand in Hand News

A Quarterly Newsletter from Advanced Pediatric Associates

Advancing Pediatric Care for Our Patients!

Volume 32, Summer 2013

Exciting News Everywhere At APA!



Our Aurora Office has Moved!!

Just one block south of our previous Mississippi & Potomac address, our new office is located on the east side of Potomac in the **I-225 Medical & Business Plaza**.

1300 S. Potomac St., #156

Patients will love the fresh new décor and convenient parking at our new office!

Expansion at Centennial Office!!

Our Centennial office at Smoky Hill & Himalaya is under construction to make room for four additional exam rooms and a new consultation room. Renovations should be completed by the fall!

Stapleton Office Coming Soon!

APA is pleased to announce that we will be opening an office in the Stapleton neighborhood later this year. **If you have friends or family living in the Stapleton community, please let them know that we will be opening an office in their neighborhood.**

New EMR at APA!

In May, all of our offices joined the PedsConnect network affiliated with Colorado Children's Hospital and transitioned to the EPIC electronic medical record system.

tem. EPIC will provide electronic communication capabilities with our labs, specialists, and with Colorado Children's Hospital, which means better continuity of care for our patients. **Thank you for your patience as we make the transition from our old system to the "new system!"**

The EPIC system will also allow us to offer MyChart to our patients. MyChart will provide patients more on-line access and communication with our offices. Look for a link to **"MyChart"** on our website **"Home"** page later this year.

Welcome New Physicians to APA!

We have two new pediatricians joining our provider staff this summer / fall. **Dr. Bird Gilmartin** will be joining us in August and **Dr. Bethany Carvajal** in October. Read more about Dr. Gilmartin and Dr. Carvajal on the **"Provider Staff"** page of our website.



Dr. Gilmartin



Dr. Carvajal

APA Wins Colorado Parent "Family Favorite" Pediatric Practice!

Advanced Pediatrics would like to give special thanks to all of our patients who voted for APA in the Colorado Parent Magazine Family Favorites Contest!

Advanced Pediatrics is proud to have been selected as a **"Family Favorite"** by Colorado Parent Magazine readers for **5 years in a row!!** Our providers and staff are especially pleased to be **named the top overall WINNER in the pediatric care category for 2013!** We are dedicated to our customer service slogan - **Big enough to meet your needs...Small enough to show we care!!** Our goal is to provide a **"Medical Home"** to our patients, where families can expect compassionate and comprehensive care within our offices, convenient access to quality after hours advice, and professional coordination of care between our providers and community specialists and services.



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Hand in Hand for Healthier Children



It's Not too Late for Summer Well-Care!



Have your children had their summer well-care exams? If it has been a year or more since your child's last well-care visit, he or she will need an up to date physical exam.

Recent health care reform laws require most insurance plans to cover 100% of well care and immunizations for children. We recommend you check with your insurance company to be aware of coverage for your specific plan. Advanced Pediatric Associates believes that routine well child care exams play an important role in keeping children healthy. Our providers look forward to getting to know children and their families better at these important visits. Well child care

exams provide an opportunity for our providers to examine a child's growth and development and discuss age specific health, behavior and safety issues. These visits often include a vision screening, important lab work and routine immunizations.



AAP Recommends Annual Well-Care Exams Each Year Beginning at Age 2

Does Your Teen Need a "Sports Physical" or a "Well-Care Exam?"

Local high schools require athletes to provide proof of an annual physical exam in order to participate in high school sports. **Unfortunately, patients may not realize that a "sports physical" is not as comprehensive as a "well care exam".** A "sports physical" is simply a physical exam that helps determine if it is safe for the athlete to participate in a particular sport. On the other hand, a "well care exam" is a more complete physical exam with attention to the overall health of the adolescent, and includes an important teen screening for risky behaviors such as drinking, smoking, drugs, sexual activity and depression. Paul Stricker, MD, FAAP, and author of Sports Success RX! Your Child's Prescription for the Best Experience, points out that **sports physicals alone tend not to address the adolescent's overall health and should not be a substitute for an in-depth well care exam by the family pediatrician.** "The continuity of regular physical exams is invaluable," Stricker says. "Having a long-term history with a child or adolescent gives the doctor

the awareness of the child's progress and development over time. This helps the doctor detect emerging problems, as well as being informed by the detail of the patient's history, such as important past illnesses or injuries the child may forget to mention on the sports physical questionnaire." **By visiting your pediatrician for an annual well care exam, you are ensuring that important developmental and emotional issues are addressed and a thorough review of his or her medical history is performed.**

What Vaccines Does Your Teen Need?

Most parents know that their infant, toddler or kindergartener needs to be vaccinated against childhood illnesses, but sometimes parents don't realize how important it is for teens to get vaccinated too. Adolescent vaccines are key to preventing serious, sometimes life-threatening diseases. Because immunity from some childhood vaccines can decrease over time, adolescents need to get another dose of the tetanus,

diphtheria and pertussis vaccine during their pre-teen years. Also, as children move into adolescence, they are at greater risk of catching certain diseases, like meningitis and human papilloma-virus (the leading cause of cervical cancer). Consistent with recommendations from the AAP and CDC, Advanced Pediatrics recommends the following immunizations for adolescents:



- ◆ **Annual Influenza Vaccine**
- ◆ **Tdap (Tetanus, Diphtheria, Pertussis)** - Given at age 11 and required for 6th and 10th grade.
- ◆ **Meningococcal (Menengitis)** - Given at age 11 - 12 years, with a booster at 16 years.
- ◆ **Gardasil (HPV)** - Series of three doses given to both girls and boys at age 11 or older .

Please Bring Updated Patient Information Form to Next Visit



Have you completed an updated **"Patient Information Form"** for each of your children? In May, Ad-

vanced Pediatrics transitioned to a new Electronic Medical Records System which is affiliated with Colorado Children's Hospital. As part of this transition, we need **ALL patients** to complete an updated "Patient Information

Form" and bring it to their next visit. **This form is available to be downloaded from the bright blue banner at the top of our website "Home" page.**

APA Patients Win Great Prizes on Facebook! - www.facebook.com/AdvancedPediatricAssociates

If you are on Facebook, we encourage you to **"Like Us"** to get the latest pediatric news and be included in our fun **"Fan Only" APA History Trivia Contests.** Find out the most recent pediatric news, be among



the first to know when we open our schedule or hire a new provider, or take an APA History Trivia Quiz with a **chance to win great prizes.** **If we have important news to share we will post it to Facebook first, so don't miss out!** Visit our Facebook page at:

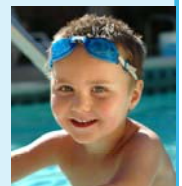
facebook.com/AdvancedPediatricAssociates

Be sure to click the "thumbs up" like icon on our Facebook page!

Have you been participating in our **"Fan-Only" Contests on Facebook?** Recent prizes have included:

- ◆ Kindle Touch
- ◆ Zoo Membership
- ◆ Water World Passes

Don't miss out on your chance to win!!





Nutrition Tip for Summer - Offer Flavored Dips with Fresh Veggies!



Do you have trouble getting your kids to eat vegetables? A recent study in the Journal of the Academy of Nu-

trition and Dietetics showed that 64% of preschoolers say they like vegetables that are served with a low-fat dip, while only 31% say they like the vegetable when served alone. This was especially true for vegetables that kids don't typically like, such as squash and celery. On average, most preschoolers should eat 1 1/2

cups of vegetables a day. Need an easy vegetable dip recipe? Try mixing Hidden Valley Ranch dip mix with plain low-fat yogurt. Not only will you get kids to eat more vegetables, you will be sneaking in some healthy protein and calcium too!

Infants & Toddlers

Pregnant Moms Should be Vaccinated Against Pertussis to Protect Infants

A recent study in the journal Pediatrics showed that one-third of the cases of whooping cough among 1 - 2 month olds could be prevented by vaccinating expectant moms with the Tdap vaccine in their 2nd or 3rd trimester of pregnancy. In addition, prenatal vaccination lowered rates of infant hospitalization by 38% and death by 49%. Researcher also found that vaccinating mothers after they give birth, as well as other family members, reduces risk of pertussis.

Postponing Vaccines May Increase Risk of Febrile Seizures

According to a recent study funded by America's Health Insurance Plans and the Centers for Disease Control, a delayed schedule for the MMR (measles, mumps & rubella) vaccine and the MMRV (measles, mumps, rubella & varicella) is linked to a higher risk of experiencing febrile seizures than with the recommended vaccine schedule. **The providers at Advanced Pediatrics recommend that ALL infants, toddlers, children and teens be vaccinated according to the recommended vaccine schedule.**

Parents Feeding Habits May Raise Risk of Obesity Risk in Babies



A study in Pediatric Obesity has shown that formula-fed babies were more than twice as likely to become obese than those who were breast-fed for the first six months. Researchers found that certain common habits often result in overfeeding of formula-fed infants. For example, putting a baby to bed with a bottle was shown to increase obesity risk by 36%, and introducing solid food before four months, increased the risk by 40%.

Infant/Toddler vaccines recommended at: 2, 4, 6, 12, 15, 18 & 24 month well-care visits

Children



Skipping Well-Care Increases Risk of Hospitalization

A study in the American Journal of Managed Care showed that children without regular well-care visits had a significantly higher incidence of hospitalization than those who did not miss recommended well-care. Risk of hospitalization was highest for children with chronic health conditions.

Recovery from Repeat Concussions Takes Longer in Children & Teens

A recent study from Boston Children's Hospital confirms that children, teens and young adults take longer to recover from a concus-

sion if they've suffered previous blows to the head. On average, the study found that patients without a prior concussion took 12 days to recover, while those with several previous concussions took 28 days. For patients with a 2nd concussion within a year, the average recovery took 35 days. Children or adolescents with a suspected concussion should always be evaluated by a medical provider. Final clearance to return to full activity should also be at the direction your child's health care provider – and NOT based upon the needs of the team. Prematurely returning to play after a concussion can lead to another concussion or even death. Retirement from contact sports should be considered for an athlete who has sustained multiple concussions, or has suffered post-concussive symptoms for more than three months.

Say "NO" to Backyard Trampolines

Advanced Pediatric Associates joins the American Academy of Pediatrics in recommending against backyard trampolines. **Studies show that safety features such as netting enclosures and padding DO NOT significantly reduce injury risk and catastrophic injuries DO occur. Somersaults and flips are among the most common causes of permanent and devastating cervical spine injuries.** Other injuries, including fractures, sprains and concussions, occur due to kids bumping into each other, rebound energy, and falling off the trampoline. Many insurance policies have exclusions for trampolines, resulting in uncovered liability risk for homeowners.

Adolescents

Texting While Driving Linked to Other Risky Behaviors

According to a study in the journal Pediatrics, approximately 45% of high school students say they have texted while driving at least once in the past month, and almost 12% report doing it on a daily basis. Research shows that teens who regularly text also have a greater incidence of engaging in other risky behaviors such as drinking and driving and not wearing seat belts.

Few High-School Football Players Would Report Concussion Symptoms

According to a recent study by Cincinnati Children's Medical Center, an alarming 91% of high school football players reported that they felt it was acceptable for an athlete to play with a concussion, and only 40% said they would report concussion symptoms immediately to their coach. These results are especially concerning given that 90% of players noted that they were aware of the risks of returning to play to quickly.

FDA Proposes Skin Cancer Warnings on Tanning Beds



According to the FDA, research shows that 58% of teens who use tanning beds get sunburned. The FDA states that tanning lamps expose people to 10 times as much ultraviolet light as the sun, and just one session in a tanning booth increases the risk of melanoma by 74%.



Focus on Wellness



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Making Sleep a Priority!

Sleep is food for the brain. A good night's sleep helps children and adolescents stay healthy, avoid injuries, manage stress, and do better in school and activities. It even helps them maintain a healthy weight.



Signs Your Child or Adolescent Isn't Getting Enough Sleep:

- ◆ Difficult to awaken – doesn't feel refreshed in morning.
- ◆ Lacks energy, yawns, falls asleep during class.
- ◆ Difficulty concentrating, forgetfulness.
- ◆ Irritability late in the day.
- ◆ Difficulty getting to sleep / overstimulated at bedtime.
- ◆ Wakes frequently at night / difficulty getting back to sleep.
- ◆ Sleeps for extra-long periods on weekends.

How much sleep does the average child need?

Infants: 14 – 15 hours
 Toddlers: 12 – 14 hours
 Preschoolers: 11 – 13 hours
 School-age children: 10 – 11 hours
 Pre-teens/teens: 9 – 10 hours

Suggestions for Establishing Healthy Sleep Habits:

- ◆ Make sleep a family priority. Set a good example by getting enough sleep yourself.
- ◆ **Maintain a reasonable level of daily activities. If homework and activities are interfering with your child or adolescent getting enough sleep, he or she is overscheduled.**
- ◆ Make the hour before bed a quiet time. Avoid stimulating activities, such as rough play, exercise, arguments, homework, watching television or playing computer games.
- ◆ Establish a soothing bedtime routine which includes friendly interaction between parent and child. Bathroom, brush teeth, read together etc. Remind your child to stay quiet and in bed, then say goodnight. Don't let your child fall asleep while being held or rocked. **Leave the room before your child falls asleep. Children need to learn to fall asleep on their own.**
- ◆ **Have set bed and wake-up time -- this should be about the same time on school nights and weekends.** There should not be more than about an hour difference from one day to another.
- ◆ Don't send your child to bed hungry. A light snack (such as milk and crackers) before bed is a good idea. Heavy meals within an hour or two of bedtime, however, may interfere with sleep.
- ◆ Avoid products containing caffeine after 4 pm. These include caffeinated sodas, coffee, tea, and chocolate.
- ◆ Make sure your child or adolescent spends time outside every day whenever possible and is involved in regular exercise (at least 2 hours before bedtime).
- ◆ Use your child's bed for sleeping only, not as a place to play or do homework.
- ◆ Keep your child's bedroom cool (<75°), quiet and dark. A low-level night light is acceptable for children who find completely dark rooms frightening.
- ◆ Don't use your child's bedroom for time-out or punishment.
- ◆ **Keep the television, computer and cell phones out of your child's bedroom.**
- ◆ Talk to your child's provider if you are concerned about your child's sleep, or if he or she has trouble breathing or snores while sleeping.

Consequences of Inadequate Sleep:

- ◆ Greater susceptibility to illness and injuries.
- ◆ Poor performance in school and activities.
- ◆ Decreased ability to control moods – anger, sadness, fear.
- ◆ Weight gain – children / teens who consistently get less than the recommended amount of sleep have a three-fold increased risk of being overweight. Metabolic processes like glucose control, hormone levels, and appetite can be negatively impacted by repeated sleep loss.
- ◆ **Depression / Suicide -- Teens who stay up till midnight are 24% more likely to suffer from depression and 20% more likely to have thoughts of suicide than those who go to bed at 10 pm or earlier.** For those who sleep five hours or less the risk jumps to 71% and 48% respectively.
- ◆ Increased likelihood of stimulant use – caffeine, nicotine, energy drinks. Illegal use of ADHD stimulant medications is becoming common among high school / college students pulling "all-nighters."
- ◆ **Dangerous driving** – lapse in attention, delayed responses and falling asleep (55% of fall-asleep crashes involve teens/young adults).

80% of Teens are Sleep Deprived!

Read more about helping adolescents get better sleep on the "**Adolescent Health**" page of our website! Late night texting, social media use and web surfing interfere with sleep. **Consider a "Technology Curfew" for teens!**