



Hand in Hand News

A Quarterly Newsletter from Advanced Pediatric Associates

Advanced Pediatrics Celebrates 40 Years!

Forty years ago Dr. Michael Kurtz and Dr. Lee Thompson opened a small pediatric office in Aurora, Colorado. Through a dedication to providing the very best in pediatric care, Advanced Pediatrics has grown to a three location team of more than 20 pediatric health care providers who work "hand in hand" with families to provide a "medical home" to their patients.

Generations of Patients Trust APA!

Dr. Michael Kurtz attributes our patient loyalty to the clinical staff's commitment to remaining highly trained in pediatric medicine while maintaining the small-office atmosphere of caring, accessible and personalized care. He values our close and longtime relationships with Children's Hospital Colorado and University of Colorado Hospital as important resources for clinical education and training for our staff. "We are continually striving to be better than we were the year before," says Dr. Paula Levin, who has been with APA for almost 23 years. "Parents who were themselves once patients here as children remember how much our staff truly cared about them and see the same care occurring for their own children now."

Patients Tell Their APA Story!

Meet the Aldridge family! Christina Aldridge and her brother began seeing Dr. Michael Kurtz at APA when they were infants. As adults they now bring their own children to Advanced Pediatrics! A two generation patient of Dr. Kurtz, Mrs. Aldridge appreciates the quality of care that APA providers give patients.: "I know that Dr. Kurtz is involved in hiring all new providers, and I would trust anyone that he hires. His opinion says a lot." Read more about what our patients say about Advanced Pediatrics on our new "Patient Stories" page of our website. If you would like to share a story about your relationship with Advanced Pediatrics or provide a testimonial of the care your children have received, please email:



Patient.Stories@Advanced-Pediatrics.com

We will post many of the stories we receive on our "Patient Stories" page, as well as on our Facebook. We look forward to hearing from you!

Have You "Liked" Us on Facebook?



Are you on Facebook?

Advanced Pediatrics has recently launched a Facebook page! If you are on Facebook, we encourage you

to "Like Us" to get the latest pediatric news and be included in fun "Fan Only" activities and contests. **If we have important news to share we will post it to Facebook first, so don't miss out!** Visit our Facebook page at:

www.facebook.com/advancedpediatricassociates

You can also find our Facebook by visiting our website and clicking the "Find Us On Facebook" icon. **Be sure to click the "thumbs up" like button!**

LEARN MORE ABOUT APA HISTORY BY VISITING OUR MILESTONES ON FACEBOOK! See historic photos of our offices & providers!

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Congratulations APA!

Advanced Pediatrics Voted Colorado Parent "Family Favorite" Four Years in a Row!!

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Key Milestones in Advanced Pediatrics History

- 1972** Doctors Kurtz and Thompson open first office in Aurora.
- 1984** APA opens second office in Centennial.
- 1989** APA hires first Pediatric Nurse Practitioner.
- 1991** Dr. Kurtz awarded "Outstanding Service Award" by Children's Hospital Colorado.
- 1995** APA introduces Nurse Advice Line.
- 2003** APA launches website and quarterly newsletter.
- 2004** APA opens third office in Parker.
- 2007** Dr. Kurtz awarded "Career Teaching Scholar Award" by University of Colorado Health Sciences Center.
APA implements new Electronic Medical Records system.
- 2008** APA honored as "Success Story" by Medical Group Management Association (MGMA).
- 2009** APA awarded "Better Performing Practice" by MGMA in all four performance areas.
- 2012** APA launches Facebook page for patients.

Hand in Hand for Healthier Children



Have You Scheduled Summer Well Care for Your Children?

It's time to schedule well-care exams for school, sports and camp! 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 As-

sociates 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.

If your child will need a well-care exam this summer, please schedule an appointment as soon as possible, as our summer schedule fills up quickly!



A Special Treat for Kids Entering Kindergarten!



Do you have a child that will be starting kindergarten this summer or fall? If so, he or she will need an up to date well care exam and immunizations. Before a child starts kinder-

garten, he or she must receive the following booster vaccines:

**Diphtheria / Tetanus / Pertussis (DTap)
Polio (IPV)
Measles / Mumps / Rubella (MMR)
Varicella (Varivax)**

Be sure to request a copy of your child's immunization record at your well-care visit for kindergarten registration.

Our staff understands that immunizations are not fun for kids, but they are critical to keeping children and their classmates healthy. **As a special treat, all children entering kindergarten will receive a coupon for a free ice cream from Chick-Fil-A or Cold Stone Creamery at their well care appointment!**

We wish our kindergarten patients a fun and healthy start to elementary school!

Does Your Adolescent 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 an exam that helps determine if it is safe for the athlete to participate in a particular sport. When a sports physical is completed at an urgent care or retail based clinic, the examiner has no access to a patient's medical history and, therefore, may miss important clues to the safety of sport participation and overall health concerns. According to Paul Stricker, MD, FAAP, and author of *Sports Success RX! Your Child's Prescrip-*

tion for the Best Experience, an annual well care exam "gives the pediatrician a chance to give the child a thorough exam. It's also a good chance to address important questions, especially with teenagers, including adolescent issues of drinking, smoking, drugs, sexual activity and depression." Stricker 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 kindergarten 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 papillomavirus (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 (Meningitis)** - 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.



Health and Safety Tips



Nutrition Tip for Summer - Less Sugar... More Vegetables!



Do your kids only like "kid's" cereals? Cereals marketed to children have improved in nutritional value over the last four years, with less sugar and sodium and more fiber per serving, but on average they are still made up of a third sugar and less nutritional than those marketed to adults. What should a

parent do? **Read nutritional labels and look for cereals low in sugar.** Did you know that regular unsweetened Cheerios has only 1 gram of sugar per serving, compared to 12 grams of sugar in Froot Loops? Worried your kids won't like low sugar cereals? **Try topping with their favorite fresh fruits — bananas, blueberries or raspberries!** Not only will this provide the "sweet" taste your child is looking for, you will sneak in needed fiber and vitamin C too!

Smile! Your kids will eat more vegetables!

According to a recent study by the British Journal of Psychology, children eat more vegetables when they see an adult smiling while eating them!



Pregnancy and Babies

Folic Acid Intake During Early Pregnancy Associated with Reduced Autism Risk

Taking supplemental folic acid before and during early pregnancy has been recommended for decades, after studies demonstrated its potential to prevent up to 70 percent of neural tube (embryonic brain and spinal cord) defects. A recent study by researchers at the UC Davis MIND Institute suggests that women who consume the recommended daily dosage of folic acid during the first month of pregnancy may have a reduced risk of having a child with autism. This study builds upon earlier inves-

tigations, which found that women who take prenatal vitamins around the time of conception have a reduced risk of having a child with autism. It is recommended that all women of childbearing age consume 0.4 mg (400 micrograms) of folic acid daily to prevent neural tube defects, which occur very early in pregnancy (3 – 4 weeks after conception) before most women know they are pregnant. (600 micrograms is often recommended when women are trying to get pregnant and during pregnancy.)

Benzocaine for Teething can be Harmful

The FDA recently issued a warning against the use of benzocaine for teething children younger

than age 2 unless under a family doctor's supervision. "Benzocaine is a local anesthetic and can be found in such over-the-counter products as Anbesol, Hurricaine, Orajel, Baby Orajel and Orabase," the agency stated. "But the use of benzocaine gels and liquids for mouth and gum pain can lead to a rare but serious — and sometimes fatal — condition called methemoglobinemia, a disorder in which the amount of oxygen carried through the blood stream is greatly reduced."



Toddlers through Teens



Small Magnets Cause Injuries and Death

Shiny magnetic balls (about the size of a BB) that can be fashioned into endless shapes and patterns have been sold in sets

of 200+ over the past 10 years. While they are labeled "for adult use," they have been associated with significant intestinal damage among children who swallow them. If more than one piece is swallowed, the powerful magnetic ball bearings can attach to each other across intestinal walls, causing obstructions, perforations and even death. Even teens have been reported swallowing these magnets while attempting to separate pieces with their teeth or place them on their braces. The AAP recommends keeping all small magnets away from children younger

than 14, and to regularly check toys and play areas for dislodged or lost magnets. **If you think your child has swallowed a magnet, please seek immediate medical attention. Do not assume it will pass normally.**

Rise in Child Poisonings from Laundry Detergent Pods

The American Association of Poison Centers has reported a surge in childhood poisonings among children who have bitten or swallowed single-dose laundry detergent packets, with the total climbing to more than 1,200. A number of companies introduced these new detergent packets last winter as a convenience that can easily be dropped into a washing machine. Due to their bite-size shape and candy like colors, many toddlers and small children have been eating them. Symptoms from poisoning due to these detergent

Pods come on rapidly and include severe nausea and vomiting, respiratory distress and metabolic abnormalities. At least 11 children have been placed on ventilators, and 10 have been intubated. **Advanced Pediatrics recommends that parents of young children avoid purchasing these new pods or put them up very high in a locked cabinet.**

Are Your Child's Eyes Protected?

Ultraviolet rays are not only damaging to the skin, they can be dangerous for the eyes too. Choose wrap-around **sunglasses that block 100% of UVA and UVB rays** and wear a hat, especially between 10 am and 2 pm.



Adolescent Safety Concerns



1 in 3 High School Students Text while Driving

A recent CDC study showed that one-third of high school students said they had texted or e-mailed while driving in the previous 30 days. And upper classmen are the worse offenders, with almost 60% of 12th graders saying they text and email while driving. **Auto accidents are the lead-**

ing cause of teen deaths, and Colorado law specifically prohibits drivers under the age of 18 from talking or texting on a cell phone while driving.

Rise in Attempted Teen Suicides

According to the CDC, the rate of attempted suicides among U.S. high school students increased to almost 8% in 2011, with girls more likely to make a suicide attempt than boys.

Family and friends should take any threat of suicide or injury to self very seriously and seek immediate medical attention at an emergency facility or call 911.

For more information on emotional / mental health, please see the article on page 4 about ways that Advanced Pediatrics can help.



Focus on Wellness



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Emotional Health & Wellness

As children pass through childhood and adolescence they may experience a few bumps along the way. Sometimes children experience feelings or display behaviors that cause problems in their lives and the lives of those around them. Families often worry when their child or teenager has difficulty coping with things, feels depressed, can't sleep, shows signs of an eating disorder, gets involved with drugs and/or alcohol, or can't get along with family or friends. If your child is experiencing any of these or other emotional problems, the providers at Advanced Pediatrics would like to help.



If you are concerned about your child's emotional or mental health, please call our Patient Care Line and speak with one of our registered nurses. Our registered nurses will ask you a number of questions regarding the issues your child is facing and make a recommendation for the best type of appointment for your child. In most cases, our nurses will schedule an **"Initial Behavioral Assessment"** with one of our providers. However, based upon their assessment of your child's situation, they may instead schedule one of the following appointments:

- ◆ **Anxiety Consultation**
- ◆ **ADHD Evaluation**
- ◆ **Depression Consultation**
- ◆ **Physical Exam**

What is an Initial Behavioral Assessment?

The **"Initial Behavioral Assessment"** appointment is a first visit to discuss the issue(s) that concern you about your child. Before this visit you will be asked to fill out a one-page questionnaire to give us some basic information about your concerns. During the visit your provider will review this information with you to help determine if these concerns are everyday challenges, a passing phase, or a more serious issue. A recommendation will then be made to either treat your child within our practice, or refer him or her to an appropriate mental health provider for further assessment, counseling and treatment.

Our mental health task force committee regularly reviews the latest developments in treating pediatric emotional and mental health issues within the primary care setting and establishes protocols for our providers to follow so that care is consistent. For more information, please visit the **Emotional / Mental Health** page of our website at: www.AdvancedPediatricAssociates.com



Need Parenting Advice?

Being a parent is not an easy job and there may be times when you need the advice of an expert. The **Behavior / Parenting Tips** page of our website provides tips and lists a wide array of recommended books and websites with information for dealing with some of the more common childhood behavior and parenting issues.

If you need additional assistance, please call our Patient Care Line to schedule an appointment or speak with one of our registered nurses. Our nurses can often provide advice for common behavior issues, as well as suggest a variety of appointment options, depending on the nature of your behavior concerns.

Could My Child have ADHD?

Attention Deficit Hyperactivity Disorder is one of the most common behavioral disorders that develop in children. It is estimated that between 3 - 7 percent of children have ADHD. The primary characteristics of ADHD are inattention, hyperactivity, and impulsivity. These symptoms appear early in a child's life. Symptoms of ADHD usually appear over the course of many months, often with the symptoms of impulsiveness and hyperactivity preceding those of inattention. Different symptoms of ADHD may appear in different settings. All children are occasionally restless, act without thinking, and don't pay attention. When the child's hyperactivity, distractibility, poor concentration, or impulsivity begin to affect performance in school, social relationships with other children, or behavior at home, ADHD may be suspected. Because many normal children may have these symptoms to some degree, it is important that the child receive a thorough examination and appropriate diagnosis by a qualified professional in order to diagnose and treat ADHD. For more information, please visit the **ADHD** page of our website.

If you are concerned that your child is exhibiting symptoms of hyperactivity, impulsivity or inattention, please contact one of our referral/ADHD specialists at 720-974-7188 to request an evaluation with one of our providers.