



Hand in Hand News

A Quarterly Newsletter from Advanced Pediatric Associates

Advancing Pediatric Care for Our Patients!

Lactation Counseling Soon Available for Nursing Mothers!

Advanced Pediatrics recognizes that while breastfeeding is the most natural way to feed young babies, it doesn't always come easy. That is why we believe it is important we offer some solutions for mothers who are having difficulty breastfeeding, or who just need a little help getting started.

We know that new mothers want convenient and trustworthy help when it comes to solving breastfeeding problems. Rather than referring nursing mothers somewhere else for help, Advanced Pediatrics will soon offer patients hands on lactation counseling in the comfort and privacy of our office.

Our new lactation counseling service will begin as a pilot program at our Parker office in early November. Breastfeeding counseling appointments will be made with Nicole Luetjen, RN, and Certified Lactation

Counselor. Nicole has served as a Lactation RN and Family Educator for area hospitals for over four years. In 2005, Nicole joined Advanced Pediatric Associates as Clinical Manager and Lactation Counselor, and has been integral in developing the lactation counseling program at Advanced Pediatrics.

Visits with our lactation counselor are moderately priced at \$50 for a 45 – 60 minute session. Unfortunately, insurance companies do not normally cover breastfeeding counseling sessions and all fees must be paid at time of service. However, when you calculate the cost to formula feed an infant (\$1,200 - \$2,500 per year), one breastfeeding session costs less than two weeks worth of formula.

Advanced Pediatrics encourages breastfeeding as the healthiest way to feed your baby. If you are having difficulty breastfeeding we encourage you to discuss lactation counseling with your provider at your next well baby appointment.

Working to Build a Better Community!



Advanced Pediatrics 2005 Sponsor Kids' Fall Frenzy Triathlon

For the second year in a row, Advanced Pediatric Associates has sponsored the Kids' Fall Frenzy Triathlon in

Parker. The event was held on August 14, 2005, at the Parker Recreation Center and included over 200 children plus their families. The competition was divided into three age groups and included swimming, biking and running events. Each child participant received a t-shirt, goodie bag and award. Lunch and DJ music was provided for all who attended. Proceeds from the event went to benefit The Children's Hospital at Parker Adventist. Advanced Pediatrics is pleased to be able to sponsor children's events which foster healthy exercise habits and support health care for area children.

Advanced Pediatrics Assists Victims of Hurricane Katrina

Along with the rest of our country, the management at Advanced Pediatric Associates is very concerned about the welfare of those impacted by Hurricane Katrina. As such, Advanced Pediatrics has agreed to match employee contributions to the Hurricane Relief Efforts. To date Advanced Pediatrics has raised over \$2000. Additionally, Advanced Pediatrics has registered our office as a health care facility available to assist with health care needs of those evacuated to Lowry. Advanced Pediatrics encourages all patients to consider contributing to hurricane relief funds. For more information please contact the Red Cross at:

<https://give.redcross.org/donation-form.asp>

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Hand in Hand for Healthier Children



Advanced Pediatrics Recommends Flu Shots for all Children Over 6 Months

Influenza is a serious virus which causes fever, sore throat, chills, cough, headache and muscle aches. While most people are ill with influenza for only a few days, some get much sicker and may need to be hospitalized.

The providers at Advanced Pediatrics strongly recommend that all children over 6 months of age receive the flu vaccine in order to be protected from the flu virus this season.

Given the shortage of the flu vaccine the last two years, we encourage families to make their appointments early. While we believe that we have ordered sufficient quantities of the vaccine to meet patient demand, we are not guaranteed to get all the vaccine ordered if a national shortage would occur again this year. Each of our offices has set aside appointments to administer the flu vaccine. In addition, we will be holding Saturday morning flu clinics during the month of

October to help meet demand for this important vaccine.

Please call our Central Appointment Line to schedule a visit for a flu shot at your earliest convenience. Children under 9 years of age receiving the flu vaccine for the first time will require 2 doses, administered one month apart.



Managing the Busy Winter Flu and Cold Season!

Calling Us on the Telephone

Are you aware that our telephone lines are open at 7:30 a.m.? During the busy winter months we recommend calling early if your child is ill and needs a same day appointment. Our phone lines are busiest from 8 - 10 a.m., especially on Monday mornings. If you are calling to make a well-care or consultation appointment, please think about calling us in the afternoon.

Parking at Our Centennial Office

When our parking lot is crowded we would like to remind our Centennial patients that there is additional parking available on the top level of our building. This parking can be located by driving around to the back side of our building and entering the upper level parking lot. Easy access to our office is available by walking through the building and down the stairs or elevator to the first floor.

Welcome Jeanne Oh, MD and Erika B. Rabalais, MD!



Dr. Oh graduated from the University of Cincinnati College of Medicine in 1997, completing her pediatric residency training at the University of Chicago Children's Hospital. Prior to joining Advanced

Pediatrics in September 2005, she worked as a pediatrician at Mercy Children's Hospital in Toledo, Ohio, and at Lakeview Pediatrics in Chicago, Illinois. She is a Fellow of the American Academy of Pediatrics and served as Assistant Clinical Professor of Pediatrics at the Medical University of Ohio and Instructor of Clinical Pediatrics at Northwestern University Medical School in Chicago, Illinois. While living in Illinois, she was involved in urban ministries for youth and the homeless. She is interested in

all aspects of pediatric care, with a special focus on international adoption. Her personal interests include art, music, hiking, travel and spending time with family and friends. She and her husband have an adopted son and are looking forward to becoming involved in the community and taking advantage of all of the wonderful opportunities that Denver has to offer.



Dr. Rabalais graduated from Louisiana State University School of Medicine in 2000, where she was a member of the Alpha Omega Alpha Medical Honor Society and received the Bobbie M. Millet Award for out-

standing female senior medical student. She completed her pediatric residency training at Louisiana State University Health Sciences Center, where she gave a number of clinical conference presentations on topics including child abuse and tuberculosis. Prior to joining Advanced Pediatrics in August 2005, she worked at Children's Medical Center in Covington, Louisiana. She is a Fellow of the American Academy of Pediatrics and was involved in the Children's Hospital Transport

Team, Reach Out and Read, and Docs in Schools in New Orleans. Her special interests in pediatrics focus on childhood obesity and literacy promotion. Her personal interests include hiking, cooking, piano and camping. She will be joining the physician staff at Advanced Pediatrics for the next year while her husband completes a one year fellowship in the sports medicine department of the University of Colorado Health Sciences Center.

Employment Opportunities at Advanced Pediatrics

Come join the APA team! We often have positions open at our offices and invite qualified applicants to apply. Applicants must possess appropriate experience, have great customer service skills, and enjoy working with children and their families. Advanced Pediatrics offers competitive salaries and benefits and is an equal opportunity employer.

Current employment opportunities include:

RN Supervisor - Phone Triage - FT, 32 - 36 hours per week, Centennial office

Care Coordinator - FT/PT, Centennial office

Medical Records Clerk - FT/PT, Centennial office

For more information, visit the employment page of our website at:

www.AdvancedPediatricAssociates.com





Using Antibiotics Wisely

With winter approaching, respiratory and other viruses are just around the corner. When congestion, sore throat, cough and fever arrive, parents, understandably, want to help their children recover as quickly as possible. Looking for a quick solution, parents often ask for antibiotics. If the child's symptoms are due to a virus, however, antibiotics are ineffective. More importantly, frequent and inappropriate antibiotic use leads to the development of antibiotic-resistant bacteria.

When are antibiotics appropriate?

Antibiotics are appropriate to treat bacterial infections, which are responsible for:

- ◆ Most ear infections
- ◆ Some sinus infections
- ◆ Strep throat
- ◆ Urinary tract infections



When are antibiotics NOT appropriate?

Antibiotics are NOT appropriate to treat viral infections, which are responsible for:

- ◆ Colds
- ◆ Influenza
- ◆ Most sore throats
- ◆ Most coughs

How can antibiotics be used wisely to prevent antibiotic resistant bacteria from developing?

- ◆ Understand that antibiotics only work against bacterial illnesses.
- ◆ Be sure your child takes antibiotics **exactly** as prescribed.
- ◆ Be sure your child completes the full course of prescribed antibiotics.
- ◆ Never give your child antibiotics without a prescription.
- ◆ Don't pressure your provider for antibiotics if your child has a virus.

Use Hand Sanitizing Gel to Prevent Spread of Stomach Viruses

According to the Infectious Diseases Society of America, regular use of an alcohol-based hand sanitizer in the home can reduce the spread of gastrointestinal infections among family members by up to 60%. Alcohol-based hand sanitizer is effective at removing surface germs on the skin. It is easier and quicker to use than soap and water and causes less skin irritation as well. According to Dr. Sandora, from the Infectious Diseases Society of America, "One significant advantage of the alcohol-based product is that it can kill organisms without [one] worrying about the whole issue of resistance. Alcohol doesn't contain antibiotics, and you don't develop resistance to it." Dr. Sandora recommends that families place bottles of the sanitizer around the house, including in the bathroom, kitchen, and baby's room, and apply it to their hands after using the restroom, before preparing food, after diaper changes, and at other "key" times.

Holiday Safety Tips

Halloween

- ◆ Never allow children to trick or treat without adult supervision.
- ◆ Be sure to carry a flashlight if streets are not well lit.
- ◆ Make sure costume is fire proof, reflective and easy to walk in without tripping.
- ◆ Masks should have eye holes large enough for good peripheral vision.
- ◆ If using face paint, make sure it is nontoxic and hypoallergenic.
- ◆ Use artificial lights in pumpkins. If jack-o-lantern is candle lit, be sure to place out of children's reach.
- ◆ Make sure any props are flexible and do not have sharp edges.
- ◆ Have an adult carve pumpkins for young children. Older children may be able to carve themselves under adult supervision using specially designed kits that come with tiny saws.
- ◆ Check through your children's candy before allowing them to eat it. Discard anything that looks tampered with or not commercially packaged.

Thanksgiving

- ◆ Never thaw a turkey at room temperature.
- ◆ Frozen turkeys should be thawed in the refrigerator or in cold water.
- ◆ Rinse turkey in cold water before cooking.
- ◆ The safest stuffing is that cooked in a casserole dish. If you choose to stuff your turkey, stuffing should be moist (heat destroys bacteria in moist stuffing better than in dry stuffing) and loosely stuffed.

Christmas, Hanukah and Kwanza

Trees

- ◆ When purchasing an artificial tree, look for the label "Fire Resistant."
- ◆ When purchasing a live tree, check for freshness to prevent risk of fires. A fresh tree is green, moist and has needles that bend instead of break. Be sure to keep a live tree well watered and away from any source of heat.

Decorations

- ◆ Use only non flammable materials to trim a tree. Tinsel should be made of plastic or non leaded metals.

- ◆ Choose electric candles, rather than flame lit.
- ◆ Avoid decorations that are sharp, breakable or with small removable parts which might pose a choking hazard to young children.

Toys

- ◆ Follow recommended age ranges on toy packages. Toys designed for older children can be a safety hazard to younger children.
- ◆ Young children can choke on small parts found in toys and games. Children under the age of three should not be given pieces less than 1 1/4 inches in diameter and 2 1/4 inches long.

Plants

- ◆ Holly and mistletoe berries are very poisonous and should be kept out of the reach of children.
- ◆ While poinsettias are not poisonous, they can cause skin irritation and gastrointestinal distress if eaten.





Focus on Wellness



Newsletter Editor

Elaine Hehemann

Physicians

Michael L. Kurtz, MD
Lee S. Thompson, MD
Mark H. Pearlman, MD
Freeman Ginsburg, MD
Paula R. Levin, MD
Brandon Davison-Tracy, MD
Stephanie Stevens, MD
Bradley D. Kurtz, DO
Jeanne Oh, MD
Erika B. Rabalais, MD

PAs and PNPs

Nancy Barber Starr, PNP
Brigette Denning, PA
Joy Diamond, PNP
Lynda Melton, PA
Ann Petersen-Smith, PNP
Jeff Silverman, PA
Kimberly A. Thomas, PA
Randal E. Williams, PA

Administrator

Denise Hall

Central Appointment Line
303-699-6200

www.AdvancedPediatricAssociates.com

Village Plaza at Smoky Hill
5657 S. Himalaya, #100
Centennial, CO 80015

Aurora Health Plaza
13650 E. Mississippi Ave. #110
Aurora, CO 80012

Parker Adventist
Professional Building
9397 Crown Crest Blvd., #330
Parker, CO 80138



Tips for Back to School Success!



Getting A Good Night's Rest

Not getting enough sleep is an important cause of school performance problems, behavior and attention issues, and anxiety. To ensure plenty of rest, try to maintain regular bedtime and waking hours. The average number of hours needed for a good night's rest is 11 hours for kindergartners, 10 hours for elementary school children and 8 - 9 hours for adolescents.

Eating a Healthy Breakfast

Studies show that children who eat breakfast before school have higher test scores, better attention and improved behavior. In addition, eating a healthy breakfast helps children to maintain a healthy weight and have lower blood cholesterol levels. Unfortunately, reports show that 40% of children do not eat breakfast before school. To encourage eating healthy breakfasts before school, be sure to wake your child up early enough to allow sufficient time and offer a variety of choices. Some healthy recommendations include cereal with fruit and milk, a toasted bagel with cheese, peanut butter on whole wheat toast, and a toasted waffle topped with fruit and yogurt.

Backpack Safety

With increases in the volume of homework in recent years, many students are toting heavy loads to and from school resulting in back and neck pain. Recommendations for safe backpack use for students include:

- ◆ Choose a backpack with wide padded shoulder straps and a padded back.
- ◆ Don't over pack. Weight should not exceed 20% of student's body weight. Often schools have available spare textbooks that students can check out to keep at home, minimizing the need to carry heavy books to and from school.
- ◆ Use both shoulder straps. Slings a backpack over one shoulder can strain muscles and increase curvature of the spine.
- ◆ Consider a rolling backpack if student must tote a heavy load.

Traveling to and from School

On the Bus

- ◆ Wait for the bus to stop completely before approaching it from the curb.
- ◆ Stay seated at all times when riding.
- ◆ Check to see that no traffic is coming before crossing the street.
- ◆ Always remain in clear view of the bus driver.
- ◆ Be sure to walk to and from the bus with a group. Never leave a child alone at the bus stop.

On a Bike

- ◆ Always wear a safety approved bike helmet.
- ◆ Ride on the right, in the same direction as auto traffic.
- ◆ Use appropriate hand signals.
- ◆ Respect traffic lights and stop signs.
- ◆ Wear bright colored clothing to increase visibility.

Walking to School

- ◆ Make sure route is safe with well-trained crossing guards.
- ◆ Because younger children are impulsive and less cautious, they should walk to school with an adult. Older children should walk in groups following an approved route.
- ◆ Bright clothing makes children more visible to drivers.

After School

Children approaching adolescence (11 - 12 years old) should not come home to an empty house. If this is unavoidable, children should have a set time when they are expected to arrive home and should check in with a parent by telephone.

Developing Good Homework and Study Habits

- ◆ Create a permanent work space for doing homework that offers privacy.
- ◆ Set aside ample time for homework.
- ◆ Turn off the TV set during homework time.
- ◆ Be available to answer questions and offer assistance, but allow children to do their own work.
- ◆ Take a 10 minute break each hour to alleviate fatigue while studying.
- ◆ If your child is struggling, talk to your child's teacher to arrange for extra help.

Hand in Hand for Healthier Children