



Hand in Hand News

A Quarterly Newsletter from Advanced Pediatric Associates

Visit Our New Website - www.AdvancedPediatricAssociates.com!

Volume 22, Fall 2009

A Totally New Design, Online Services, and Twice the Pediatric Health Content!

Our website has a new look and now offers patients and their families more pediatric health related information and convenient online services. **We recommend patients check our website first when they have questions regarding our practice or would like information regarding pediatric health concerns.**



When your child is sick, we recommend you check the **"Is Your Child Sick?"**

page first before calling our office. Patients find that this section provides quick and convenient access to information regarding common illness and injuries. Available 24 hours a day, these guidelines may answer most of your questions and can be conveniently printed for later reference.



Is there a pediatric health topic that you would like to learn more about? Our

"Pediatric Health Library" contains a comprehensive list of pediatric health concerns including:

- ◆ Well Care / Immunizations
- ◆ Child Development
- ◆ Adolescent Health
- ◆ Healthy Weight
- ◆ Asthma
- ◆ ADHD
- ◆ Mental Health
- ◆ Behavior / Parenting
- ◆ Emergency / Urgent Care
- ◆ Much More!



If you are expecting a new baby or would like information regarding newborn

and baby care, then our **"Newborn / Baby Care"** page is perfect for you! On this page you will find information regarding a wide range of newborn / baby care topics including:

- ◆ Hospital / First Office Visits
- ◆ Adding Baby to Insurance
- ◆ Well Baby Visits
- ◆ Newborn Care
- ◆ Breastfeeding
- ◆ Illness in Infants
- ◆ Car Seat Inspections
- ◆ Much More!

New Online Services on Our Website!

In addition to a much broader selection of pediatric health information, our new website offers the following online benefits to families:

- ◆ Pay your APA bill online
- ◆ Create an online account so that you may:
 - ◆ Request prescription refills online
 - ◆ Request immunization records online
- ◆ Sign up to receive our quarterly newsletter - Hand in Hand News - via Email
- ◆ Download and print diagnostic forms

What's New?

To learn about the latest news regarding pediatric health care or our office, visit the **"What's New?"** page of our website. On this page you can read **Hand in Hand News** - our quarterly newsletter, as well as a list of important announcements from our practice. **We recommend that all patients visit this page and click on the yellow icon to sign up to receive Hand in Hand News and important announcements via email!**



Learn More About Us

To learn more about Advanced Pediatrics, we recommend that you visit the **"About Us Quick Links"**. These links provide an excellent resource for patients wanting to learn more about our practice, with information including:

- ◆ Provider Staff
- ◆ Locations
- ◆ Photo Tour
- ◆ Appointments
- ◆ Services
- ◆ Phone Directory
- ◆ Financial Policies / Insurance
- ◆ Customer Service
- ◆ Privacy Policy
- ◆ Human Resources
- ◆ Much More!

We encourage all patient families to visit our new website frequently!

It's just another way that APA is "Advancing Pediatric Care for Our Patients!!!"

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Hand in Hand for Healthier Children



Both Seasonal and H1N1 Flu Vaccines are Recommended This Year!



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.

Seasonal Flu Vaccine

The American Academy of Pediatrics and the Centers for Disease Control recommend that all children over 6 months of age receive the annual seasonal flu vaccine to be protected from the flu virus. In addition, the AAP/CDC also recommend parents of babies under 6 months of age and

expectant mothers receive this vaccine. Children under 9 years of age may require 2 doses, administered one month apart. The seasonal flu vaccine is covered by most insurance companies, but not all. Please consult with your insurance provider if you have questions concerning your coverage.

H1N1 Flu Vaccine

The H1N1 vaccine is recommended by the CDC for all children over 6 months of age, as well as for young adults ages 19 - 24. Initial testing indicates that one dose will be sufficient to provide immunity for children 10 years of age and older, while children under 10 years will need two doses. The CDC also recommends that pregnant women and household contacts / caregivers for children younger than 6 months of age receive the H1N1 vaccine. Because H1N1

is a "new" influenza virus, development of the vaccine was started after manufacturing had already begun for the seasonal flu vaccine. **This means children will need to receive BOTH vaccines, as we expect both forms of influenza to circulate this flu season.**

Vaccine Availability

Due to national delays in production, shipments of both the seasonal flu vaccine and the H1N1 vaccine have been sporadic. Please check our website frequently regarding when vaccines will be available to make appointments. As quantities of both vaccines may be limited, we recommended getting your children vaccinated as soon as vaccines become available.

Well Care Schedules Now Open 3 - 4 Months in Advance!

To provide better customer service, we now open our well care schedule three to four months in advance. This makes it convenient for parents of children 15 months of age and younger to schedule their next well care visit while in the office for their current well care visit. This advance scheduling will also make it easier for parents of older children to

plan ahead and schedule a visit that most conveniently meets their needs.

New 15 Month Well Care Visits

Consistent with recommendations from the American Academy of Pediatrics, Advanced Pediatrics is now recommending 15 month

well care visits. Our providers believe this is an extremely beneficial visit to discuss all of the important developmental activity that occurs at this age. Our well care and immunization schedule is available on our website for easy access to information about what to expect at each well care visit.

Stephanie Stevens, MD and Kimberly Thomas, PA-C Win Awards!

Two of our providers, Dr. Stephanie Stevens and Kim Thomas, have recently been recognized for outstanding contributions to pediatric health care within our communities. **Dr. Stevens was awarded the 2009 "Unsung Hero" Volunteer Award by Warren Village.** She began volunteering at Warren Village as a medical student in 1996, helping to found

the "Healthy Beginnings Clinic". For the past 13 years, Dr. Stevens has served as a member of the Steering Committee, as an attending physician, and is now the faculty advisor and liaison with the University of Colorado School of Medicine. **Kim Thomas, PA-C, was awarded the "Outstanding Physician Assistant Teaching Award" by The Chil-**

dren's Hospital Department of Pediatrics. This award recognizes Kim's contributions as an Assistant Clinical Professor, going above and beyond in dedicating time and resources to assist in the training of physician assistant students. Congratulations to both Dr. Stevens and Kim Thomas, PA-C!

Dr. Michael Kurtz is Interviewed by NPR "All Things Considered"

Having co-founded Advanced Pediatrics over 35 years ago, Dr. Michael Kurtz has long been recognized as a leader in the pediatric community. Because of his experi-

ence and leadership in pediatrics, Dr. Michael Kurtz was selected by National Public Radio to do an interview on their program - "All Things Considered" - regarding how the H1N1 virus is

affecting the pediatric community. This interview was aired on September, 22, 2009, and copies of the transcript may be found on the NPR website.

Dr. Lee Thompson Retires



After a lifetime of devotion to providing high quality and compassionate pediatric care to two generations of children, Dr. Lee Thompson has retired. Dr. Thompson founded Advanced Pediatric Associates with Dr.

Michael Kurtz in 1972, and was instrumental in laying the foundation for the success of the practice. In addition to caring for patients and contributing to the growth and development of the practice, Dr. Thompson has been a Fellow of the American Board of Pediatrics, a member of the Colorado Medical Society, and has served on various committees for the American Academy of Pediatrics at the state and national level. Dr. Thompson helped train countless new pediatricians in the Denver area, as a Clinical Professor of Pediatrics at the University

of Colorado Health Sciences Center, and received the "Career Teaching Scholar Award" in 2005. Dr. Thompson plans to enjoy his retirement living close to family in his new home in the beautiful state of Washington, where he will have plenty of time for his family of six children and nine grandchildren, as well as his hobbies of model trains, hiking, fishing and gardening. Our patients and staff will miss him and wish him all the best!





Preparing for Seasonal Flu and H1N1 (Swine Flu)

Since early last spring, the news has been full of information regarding a world pandemic of the novel H1N1 virus (also known as Swine Flu). This has caused much concern and confusion among parents worried about this new virus and how it might affect the health of their family.

What is the difference between H1N1 and Seasonal Flu?

There are no real differences in the symptoms from either seasonal influenza or H1N1 (Swine Flu). They are both viral infections of the nose, throat, windpipe, and bronchi. H1N1 has received media attention because it is a novel (new) virus which has never been seen before - so most people do not have immunity. H1N1 was declared a pandemic because of its rapid spread around the globe, not because of its severity.

If H1N1 is no more severe than the Seasonal Flu, then why all the media hype?

Due to the fact that few people have immunity and, unlike seasonal flu, H1N1 continues to spread even in the summer, some health experts are concerned that as the virus circulates the globe it will mutate into a more virulent strain.

What are the symptoms of H1N1 and the Seasonal Flu?

The symptoms of flu caused by H1N1 and the seasonal flu are the same and include sudden onset of:

- ◆ Headache
- ◆ Chills
- ◆ Sore throat
- ◆ Runny Nose
- ◆ Fever
- ◆ Body Aches
- ◆ Non-Productive Cough

Some people have also reported vomiting and/or diarrhea with the H1N1 flu.

How do I know if my child has the flu?

If influenza (either seasonal or H1N1 flu) is widespread in your community and your child has flu symptoms, then he or she probably has flu. You don't need to call or see your child's doctor, unless your child is HIGH-RISK or develops a possible complication of the flu. Your child does not need any special tests unless your provider recommends them.

Why isn't everyone tested who has flu symptoms?

Rapid flu tests available in most doctor's offices aren't always accurate and can only determine if a patient has the flu, not if he or she has the H1N1 strain. More sophisticated testing must be sent to the State Health Department and takes too long to be practical. The State Health Department and CDC do limited testing primarily to track the spread of the virus across the country.

What is the treatment for seasonal flu/H1N1?

The treatment of both the seasonal flu and the H1N1 flu depends on your child's main symptoms. It's no different from treating symptoms of the common cold. Bed rest is not necessary and antibiotics are not helpful (unless your child develops a secondary bacterial infection).

Fever or aches - Give acetaminophen (Tylenol) or ibuprofen (Advil) for fever over 102°F (39°C) or for any pain. **Children and adolescents who have influenza should never take aspirin.**

Cough - For children over age 6, give cough drops. If your child is over 1 year of age, give honey (1/2 to 1 teaspoon as needed). **Never give honey to babies.** If honey is not available, you can use corn syrup. Drugstore cough medicines are not as helpful as honey and are not approved for children under 4 years old.

Sore throat - Tylenol or ibuprofen is very helpful for throat pain. Children over 6 years old can suck on hard candy. Children over 1 year old can sip warm chicken broth or other warm fluids.

Stuffy or blocked nose - Saline (or warm-water) nose drops followed by suction (or nose blowing) will open most blocked noses. Use these "nasal washes" whenever your child can't breathe through the nose. You can buy saline spray without a prescription. Saline nose drops can also be made by adding 1/2 teaspoon (2 ml) of table salt to 1 cup (8 oz or 240 ml) of warm water. Use 2 or 3 drops at a time.

What about antiviral medicines?

The American Academy of Pediatrics and the CDC recommend antiviral medicines be prescribed only for HIGH-RISK children (see below) who come down with either seasonal or H1N1 flu. Most children with influenza do not need antiviral medicine unless they develop serious symptoms (such as pneumonia). Antiviral medicines must be started within 48 hours of onset of symptoms to be effective and usually reduce the time your child is sick by 1 or 2 days.

How do I know if my child is HIGH-RISK ?

The following children are at higher risk for complications from flu:

- ◆ Young children less than 2 years old
- ◆ Pregnant teens
- ◆ Children with chronic diseases including:
 - Lung disease (such as asthma)
 - Heart disease (such as a congenital heart disease)
 - Weak immune system (such as cancer)
 - Diabetes
 - Sickle cell disease
 - Kidney disease
 - Diseases requiring long-term aspirin therapy

How long does influenza last?

For both seasonal and H1N1 flu the fever lasts 2 to 3 days, the runny or stuffy nose 1 to 2 weeks, and the cough 2 to 3 weeks. **Your child may return to child care or school after the fever is gone for at least 24 hours without the use of fever-reducing medications.**



How can I prevent my child from getting the flu?

Vaccines: Annual flu shots are the best way to prevent influenza and **both the seasonal flu vaccine and the H1N1 vaccine are recommended for all children over 6 months of age.** Please check our website frequently regarding availability of both the seasonal and H1N1 flu vaccines.

Preventing Spread to Others: The virus is spread by sneezing, coughing, and hand contact.

- ◆ Cover your nose and mouth with a tissue when coughing or sneezing.
- ◆ Wash hands frequently or use an alcohol based hand sanitizer.
- ◆ Keep hands away from eyes, nose and mouth.
- ◆ Eat healthy and get plenty of rest.
- ◆ **Stay home when sick.**

Why couldn't both vaccines be put into one shot?

Manufacturers had already begun manufacturing the seasonal flu vaccine before development of the H1N1 vaccine.

I think my child may have already had H1N1, does he/she still need the vaccine?

Yes - Most experts believe patients should be vaccinated even if they think they have already had H1N1.

When should I call Advanced Pediatrics?

Call us (night or day) if:

- ◆ Your child looks or acts very sick
- ◆ Breathing becomes difficult or fast
- ◆ Dehydration occurs (no urine in 12 hours, dry mouth, no tears)

Call us during the day if:

- ◆ Your think your child needs to be seen
- ◆ Your child is in the HIGH RISK group and has symptoms of the flu
- ◆ Earache or sinus pain occurs
- ◆ Fever lasts more than 3 days
- ◆ Cough lasts more than 3 weeks
- ◆ Your child becomes worse



Focus on Wellness



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Fitness for Kids Who Don't Like Sports

With organized sports for kids becoming increasingly competitive, many kids are throwing in the towel on sports altogether - putting them at risk for childhood obesity. Chances are that many of these children just haven't found the right activity or right venue. Not every child is a gifted athlete, but even children with little natural athletic ability can learn to find some form of physical activity that they enjoy. Rather than trying to steer children into a particular sport, parents should give children the opportunity to try a wide variety of physical activities. Often children who shy away



from the more competitive team sports, will blossom in a more individual sport like swimming, dance or martial arts. **The key is to focus not on being a super athlete, but on being with other kids, getting exercise, and having fun!** Local park and recreation centers are the perfect place for kids to experiment in finding an activity that best suits them. **Here are a few tips for getting started:**

- ◆ Always start a new sport or activity at a very introductory level that emphasizes instructive play, not winning.
- ◆ Check out the coach or instructor ahead of time to make sure he or she will emphasize fun, positive encouragement, and fundamental skills.
- ◆ Make a pact with your child to give the activity a fair chance by completing the season or a block of 8 - 10 lessons. Remind your child that it takes time, practice, and a positive attitude to feel "successful".
- ◆ Prepare your child in advance for the likelihood that some children will catch on more quickly than others - point out other examples in life that do the same (I.e. some children learn to walk / talk / read more quickly than others, but eventually most children can do all well.)
- ◆ Agree with your child that you are just exploring a new activity. After giving it a fair chance, move onto something else if it doesn't seem to be the best fit. Praise your child for having tried something new and help him / her look forward to another new activity!

Finally, don't forget the importance of free play and family activities in helping keep children fit and healthy.

- ◆ Give children plenty of opportunity for free outdoor play with other children. Establish a neighborhood "outdoor playgroup" with children your child enjoys being with.
- ◆ Make an effort to take advantage of local parks and playgrounds.
- ◆ Go biking, rollerblading, hiking, and swimming as a family.
- ◆ Go for an evening walk after dinner - the perfect opportunity to catch up on the day's activities, look for fall leaves and wildlife, and play "I Spy".
- ◆ Participate in local fitness events.

Nutrition Tip for Fall - Plan Snack Time!

The best way to get your child to eat at mealtime - and snack on healthy items in-between - is to plan ahead of time! Think of snacks as a mini-meal rather than a treat. Snacks should be planned to re-fuel a child between meals, but not sabotage the next meal. Healthy snacks immediately after school are especially helpful to give kids the energy they need for after school activities. Consider the following tips for healthy snacking:

- ◆ Plan snack times - mid morning, after school, evening - leaving enough time before the next meal.
- ◆ Have children sit at table for snacks, as children are more likely to overeat or "graze" on the run.
- ◆ Plan snacks that will provide sustainable energy - include several food groups (protein and carbohydrates).
- ◆ Snacks provide the perfect opportunity to work more fruits and vegetables into a child's diet!