



Hand in Hand News

A Quarterly Newsletter from Advanced Pediatric Associates

Advancing Pediatric Care for Our Patients!

Volume 23, Summer 2010

Did you know you can find this on our website?

Have a question about your child's health or behavior?

We recommend that you check our website **FIRST** whenever you have a question about pediatric illness or symptoms. **Did you know that over half of the calls that we receive on our Nurse Advice Line can be easily answered on our website?** Our website articles follow the exact same pediatric protocols our

nurses use, so whether you visit our website or speak with one of our nurses you will get the same expert advice! Even better, this convenient information is available **24 hours a day** and can be bookmarked, printed, and referred to later should you have additional questions you might think of.

Is Your Child Sick?

Pediatric Health Library

Expecting a Baby? Congratulations!

How does APA communicate urgent news to patients?

If there is something urgent that we would like to communicate with our patients, we will post it on our home page in the light blue banner. Over the past year we have posted urgent messages regarding H1N1 vaccine availability and snow storm office closures.

Do you have a pediatric health care topic you would like to research?

We recommend our patients use our website as a **"portal"** for any additional research they would like to do on the web regarding pediatric health care topics. In addition to content written by our staff, our website connects you to nationally recommended experts in the field of pediatric medicine. By using our website as a starting point, you will find links to additional resources recommended by our providers and avoid much of the unproven advice that is floating around on the web.

Wish you could pay your bill online?

You can! Simply visit our **"Online Forms / Payments"** page and click on the **Secure Online Payments** link. Enter your credit card or e-check information and payments are deposited safely and securely to your Advanced Pediatrics account!

Wish you could request prescription refills and copies of your child's immunization record online?

You can! Simply visit our **"Online Forms / Payments"** page and create an **Online Account**. Then whenever you wish to refill a prescription or request a copy of your child's immunization record, you can do so easily from your computer—**24 hours a day!**

Want to make sure your family doesn't miss out on important pediatric news and updates from our office?

We are asking **ALL** patients to sign up to receive our quarterly newsletter - **Hand in Hand News** - and occasional important announcements via email. By simply providing us with your name and email address, we can conveniently share important pediatric news with you. For example, this year we emailed patients to let them know that we had received the long awaited H1N1 vaccine during the national H1N1 influenza pandemic.

Make sure your family doesn't miss out on important news from Advanced Pediatrics by visiting our website home page and clicking on the yellow **Hand in Hand News** icon. Simply enter your name and email address and you're all set! And be assured - we will not flood your inbox! (On average we expect to send 6 - 12 emails per year.)



www.AdvancedPediatricAssociates.com

The FIRST stop for all your pediatric health questions—24 hours a day!

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Hand in Hand for Healthier Children



Welcome Samuel S. Schimelpfenig, MD!



Samuel Schimelpfenig

Dr. Schimelpfenig graduated from the University of South Dakota School of Medicine in 2004, where he received the "Award for Excellence in Pediatrics". Following medical school, he completed his residency in pediatrics at University of Arizona,

followed by a fellowship in primary care sports medicine at The State University of New York at Buffalo. Prior to joining Advanced Pediatrics in 2009, Dr. Schimelpfenig worked as a pediatrician for Castle Rock Pediatrics. He is board certified by the American Board of Pediatrics, a Fellow of the American Academy of Pediatrics, and member of the American Medical Society of Sports Medicine. In addition, he is a contributing author and editor for the Wilderness Medical Society and on the Student Advisory Committee at DCS Montes-

sori School. His interests in pediatrics focus on sports medicine, orthopedics and environmental medicine, as well as teaching medical students and residents. His personal interests include outdoor activities such as hiking, skiing, kayaking, cycling and playing with his yellow lab, Denali. Dr. "Sam" sees patients at our Aurora and Smoky Hill offices.

Welcome Deborah Chen-Becker, MD!



Deborah Chen-Becker

Dr. Chen-Becker graduated from the Washington University School of Medicine in St. Louis, Missouri in 2003, studying abroad for two months in England and Australia during medical school. She completed her pediatric residency at The Children's Hospital in

Denver, Colorado, in 2006. During her residency, Dr. Chen-Becker also completed a medical Spanish course in Costa Rica. Prior to joining Advanced Pediatrics in 2010, Dr. Chen-Becker worked as a pediatrician at Rocky Mountain Youth Clinics, where she was a member of a special asthma clinic committee. She is a Fellow of the American Academy of Pediatrics, a Clinical Instructor of Pediatrics at the University of Colorado Health Sciences Center, and speaks Mandarin and Spanish. Her interests in pediatrics focus on asthma management and children with spe-

cial needs. Her personal interests include hiking, camping, scuba diving, skiing, playing the piano and traveling. She is married with two active sons. Dr. Chen Becker sees patients primarily at our Aurora office.

Aurora Office Gets a Facelift!

With new carpet, furniture, paint and artwork the "Imagine a World" décor at our Aurora office is fresh, new and sure to please children and their families!

Does Your Child Need a Supplemental Dose of the New Prevnar 13 Vaccine?

Infection with pneumococcal bacteria can make children very sick, causing blood infections, pneumonia, ear infections and meningitis. There are more than ninety types of pneumococcal bacteria. Because some strains of the bacteria have become resistant to drugs, prevention of pneumococcal infections through vaccination is very important. Recently, the pneumococcal vaccine (Prevnar) has been reformulated to protect

against the 13 most serious types of pneumococcal bacteria. This is an important improvement over the previous formulation which protected against only 7 types of pneumococcal bacteria. The new Prevnar vaccine (Prevnar 13) will be administered to infants in four doses, given at their 2, 4, 6 and 12 month well care appointments. **Because the new Prevnar vaccine (Prevnar 13) is more comprehensive in protecting against serious**

pneumonia infections (as well as some ear infections), children under five years of age who have completed the 4 dose series with the previous formulation (Prevnar 7), should be given one supplemental dose of the New Prevnar vaccine (Prevnar 13).



APA Telephone Policy / Nurse Advice Line



We've recently made some changes to our telephone policy and nurse advice line that help us provide services

to you based on urgency of need. In addition, we've put together a new brochure with some basic information about making appointments, requesting prescription refills, what to do when the practice is closed, and how best to communicate with a provider. We encourage all patients / parents to review this new information on the phone directory page of our website.

Nurse Advice Line

The process for our nurse advice line is changing to ensure that our patient's needs are met based on priority and urgency.

If you are calling with a sick child and would like one of our nurses to help determine if your child needs an appointment, or if you have questions regarding your newborn's health, nothing has changed. Simply call the patient care line at 303-699-6200, choose option 2, and a nurse will assist you. You will still have the option to leave a message for a return call within 2 hours if you prefer.

If you need non-urgent health care advice, we suggest that you visit our website **FIRST** - before calling our nurse advice line - at www.AdvancedPediatricAssociates.com. We think you will be impressed with the information **available to you 24/7**. If you still have questions, need additional information or do not have access to the internet, please choose option 2 and request to leave a message for a call back from one of our nurses. Our nurses will return these non-urgent calls within 24 hours or the next business day.





Nutrition Tip for Summer - First Meal of the Day is Most Important!



Did you know that about ten percent of school age children, and as much as thirty percent of adolescents, regularly skip the most important meal of the day? Why is breakfast so important? Kids' bodies need to refuel for the day ahead after going without food during the night. Without breakfast, mood and energy drop leaving poorer attention span, concentration, memory and coping skills. In addition, eating breakfast kick starts the body's metabolism, burning calories and giving children the energy needed to participate in physical activities. Studies

show that children who eat breakfast consume a healthier diet throughout the day, maintain a healthier weight, have lower cholesterol, perform better in school and activities, and have fewer school absences. Children and adolescents have a variety of reasons for skipping breakfast, but the number one reason is time. Kids want to sleep later, rather than take time for breakfast. How can you get your kids to eat the most important meal of the day?

- ◆ Get kids to bed earlier at night and wake them 15 minutes earlier in the morning.
- ◆ Prepare the night before (set out dishes, plan breakfast, cut up fruit etc.)

- ◆ Stock your kitchen with quick, healthy choices which include a balance of carbohydrates and fiber (whole grain cereals / breads and fruit) and protein (milk, yogurt, cheese, eggs, meat and nuts).
- ◆ If your child needs variety or doesn't like breakfast items, offer dinner leftovers, a sandwich and fruit, peanut butter toast, or English muffin topped with mozzarella and pizza sauce. (Avoid high sugar cereals, toaster pastries or breakfast bars.)
- ◆ Have grab and go alternatives for rushed mornings - individual cereal boxes, fresh fruit, nuts, or a peanut butter sandwich.

Dealing with Seasonal Allergies

Clues that your child may have an allergy:

- ◆ Recurrent red, itchy, dry, or scaly rashes in the creases of the skin, wrists, and ankles.
- ◆ Repeated or chronic cold like symptoms (runny nose, nasal stuffiness, sneezing and throat clearing) that last more than a week or two, or develop at about the same time every year.
- ◆ Nose rubbing, sniffing, snorting, sneezing and itchy, runny eyes.
- ◆ Itching or tingling sensations in the mouth and throat. Itchiness is not usually a complaint with a cold, but it is the hallmark of an allergy problem.
- ◆ Coughing, wheezing, difficulty breathing, and other respiratory symptoms.



Common allergens:

- ◆ Dust (contains dust mites and finely ground particles from other allergens)
- ◆ Pollen (trees, grasses, weeds)
- ◆ Fungi (including molds too small to be seen with the naked eye)
- ◆ Furry animals (cats, dogs, guinea pigs, gerbils, rabbits, and other pets)
- ◆ Latex (rubber gloves and toys, balloons)
- ◆ Foods such as cow's milk, eggs, peanuts, tree nuts, soy, wheat and fish

How to manage allergic nasal symptoms:

- ◆ Use air conditioners, where possible, to reduce exposure to pollen in your home and car.
- ◆ Children with allergies to molds should avoid playing near decaying vegetation or composts.
- ◆ Mattresses, box springs, pillows and cushions should be encased in allergen-proof, zip-up covers.

- ◆ Wash linens weekly, and blankets, every 2 to 3 weeks, in hot water.
- ◆ Pillows should be replaced every 2 to 3 years.

Medications to suppress symptoms:

Antihistamines - Help with itchy watery eyes, runny nose and sneezing, as well as itchy skin and hives (may cause drowsiness).

Nasal Corticosteroids - Highly effective for allergy treatment and are widely used to stop chronic symptoms. Safe to use in children over long periods of time.

Allergy Immunotherapy - Allergy shots may be recommended to reduce your child's sensitivity to airborne allergens. Not every allergy problem can or needs to be treated with allergy shots, but treatment of respiratory allergies to pollen, dust mites, and outdoor molds is often successful.

Dangers of Tanning Beds and New FDA Recommendations

With swimsuit weather around the corner, many teens are looking for a summer tan. UVA radiation from the sun and tanning beds penetrate the lower layers of skin and cause them to produce melanin, the brown pigment that causes tanning. Unfortunately, these same UVA rays can also cause serious damage as they go all the way through the skin's protective layer to the dermis, where blood vessels and nerves are found. Because of this, UVA rays may damage a person's immune system and cause melanoma, the most serious form of skin cancer. If not found and treated, melanoma can quickly spread to other organs and result in death. Cancer isn't the only problem associ-

ated with UVA exposure. UVA damage to the dermis is also the primary cause of premature skin aging. Many teens believe that tanning beds are safe since they use only UVA rays, which are less likely to burn the outer layer of skin than UVB rays. **This is a dangerous misconception, since UVA rays penetrate the skin more deeply damaging the layer that protects against melanoma.** In fact, just 10 tanning sessions in 2 weeks can suppress a person's cancer fighting immune system. **Recently, the FDA recommended the following new restrictions on tanning bed use:**

- ◆ Ban use among persons with pale skin, freckles and red hair.

- ◆ Restrict use to adults age 18 and older.
- ◆ Restrict use among pregnant women and those taking certain medications.



- ◆ Strengthen requirements for protective eyewear.
- ◆ Improve education on dangers of tanning beds.
- ◆ Collect radiation data and implement user registry to monitor effects.



Focus on Wellness



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Time to Schedule Summer Well Care for School, Camp & Sports!

With summer upon us, it is time to schedule well care exams for school, camp and sports. Consistent with guidelines from the American Academy of Pediatrics, we recommend well care exams on an annual basis beginning at age two. For children under two years of age, exams are scheduled at 2 weeks, 2 months, 4 months, 6 months, 9 months, 12 months, 15 months and 18 months. ***If your child is entering kindergarten, 6th or 10th grade, there are vaccine requirements to enter school. In addition, if your child chooses to participate in high school athletics an annual physical is required.***



Routine well child care exams play an important role in keeping your child healthy. We look forward to getting to know you and your child better at these important visits. These exams provide an opportunity for our providers to examine your 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.

In order to best meet patient needs, we open our schedule 3 - 4 months in advance and have added additional well care appointments to our summer schedule. If it has been over a year since your child's last well care exam or you are in need of a sports or camp physical, please call our Patient Care Line as soon as possible, in order to schedule the appointment time that best meets your needs. As always, please check with your insurance company to learn about your well care coverage. Some plans may not cover annual well care exams.

What is the Difference Between a Well Care Exam and a Sports Physical?



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 Prescription 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." Adolescence is a time when important changes take place. "It is important to have your child see the pediatrician during the transition years from later childhood to puberty," Stricker says. 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.

Is Your Teen Getting Enough Sleep?

According to a National Sleep Foundation study, average sleep time among U.S. teens is around 7 hours per night during the school week, compared to the 8.5 to 9.5 hours of sleep that experts recommend for teens. Although most teens sleep longer over weekends, it is a fallacy to believe that they can "catch up" on needed sleep. This chronic sleep deficit among U.S. teens has dangerous consequences, including increased risk of injury and car accidents, increased likelihood of stimulant use, and increased depression / thoughts of suicide. According to a recent study, teens who stay up until midnight or later are 24% more likely to suffer from depression and 20% more likely to have thoughts of suicide compared to those who go to bed by 10 pm or earlier. **What can you do to get your teen to sleep more at night?** Encourage your teen to set a regular sleep and wake time even on weekends. Take a careful look at your teen's extracurricular schedule to make sure that it allows sufficient time for sleep and studying. Finally, have your teen avoid studying, computer games, television, cell phone and internet use for one hour before going to bed. A warm bath or shower and light reading often helps teens best prepare to sleep.

