



Hand in Hand News

A Quarterly Newsletter from Advanced Pediatric Associates

Advancing Pediatric Care for Our Patients!

This fall Advanced Pediatrics will begin offering gynecological services for female teens!

The providers at Advanced Pediatrics care for patients from birth through college. As a practice, we are dedicated to addressing the changing health care needs of our patients as they grow and mature. Accordingly, we feel it is important to offer gynecological health care to meet the needs of female teens as they pass through puberty and approach adulthood. Many of these adolescents have been patients at Advanced Pediatrics since birth or early childhood and have established a comfortable relationship with our providers. We feel that this relationship will make it easier for teenage girls to discuss gynecological concerns in our office than at a more "adult" gynecological practice.

The providers at Advanced Pediatrics strongly support the practice of abstinence as the best way to promote healthy adolescent physical and emotional growth, as well as prevent sexually transmitted diseases and unwanted pregnancy. However, we live in a world where many adolescent girls are making adult choices at an earlier age than in generations past. Our goal is to provide guidance when possible, and provide access to quality gynecological care for our adolescent patients.

We will begin offering the following gynecological services this fall:

- ◆ Annual pelvic exams
- ◆ Diagnosis and treatment for delayed onset of, irregular or painful menstrual cycles
- ◆ Testing and treatment for sexually transmitted diseases
- ◆ Pregnancy testing
- ◆ Birth control and emergency contraception



Dr. Stephanie Stevens is heading up a committee to finalize details for our gynecological program. Many of our female providers will be completing special training for gynecological care, and all of our providers will receive training regarding testing for pregnancy and sexually transmitted diseases (females and males). In addition, our practice will begin offering the new Gardasil (HPV) vaccine to girls at their 11 – 12 year old well care visit. This vaccine has recently been approved by the FDA to protect against HPV (Human Papillomavirus), the leading cause of cervical cancer.

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Advanced Pediatrics participates in Parker Country Festival parade!

On June 10, 2006, Advanced Pediatrics' employees and their children took part in the annual Parker Country

Festival parade down Main street and Victorian Drive in Parker. The parade is the kick off activity for the festival on Saturday morning and was well attended by local families and children. The theme for this year's parade entry was the new food pyramid, which encourages healthy food choices and daily physical activity. Advanced Pediatrics' parade entry featured Elaine Hehemann, Director of Communications, wearing a food pyramid costume and additional staff and their children carrying a banner and wearing "Healthy Kids" t-shirts. Advanced Pediatrics is committed to helping prevent childhood obesity in our community and participates in a number of local activities and publications aimed at promoting proper nutrition and daily exercise for children.



Hand in Hand for Healthier Children



What to Expect at Your Child's Annual Well Care Exam

Summer is the perfect time to schedule well care exams, sports and camp physicals!

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 and 18 months.

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. While each well care exam is tailored to a child's specific age, we would like to highlight a few key aspects of various well care exams:

6 month - 5 year exams: Parents will be asked to download and fill out a developmental screening questionnaire from our website which will be evaluated and discussed at the visit.

Adolescent (14+ years) exams: Parents will be asked to leave the room for a portion of the exam, so that adolescents may freely discuss confidential health issues with their provider.

This practice is consistent with recommendations from the American Academy of Pediatrics, and helps to ensure that important adolescent health concerns will not be overlooked due to a teen's concern for privacy.

High School Sports: If your child chooses to participate in high school sports, an annual physical will be required. We recommend calling to schedule this exam 4 - 6 weeks prior to when the exam is needed. Please be sure to bring required forms to your child's appointment to be filled out by our provider.

New Appointment and Prescription Refill Guidelines for Asthma Patients

Asthma is an ongoing medical condition that requires regular follow up and management to ensure a child's optimal health. In order to best meet the medical needs of patients with asthma, Advanced Pediatrics has developed the following guidelines regarding asthma appointments and prescription refills:

◆ If your child has asthma, he or she should be seen every six months for an asthma

maintenance visit. If the asthma is well-controlled, one of these visits can be part of the annual well care exam. (If your child is under the care of a specialist for asthma, the six month maintenance visit is not required, but the specialist should send regular reports to our office.)

◆ If prescribed medications are not managing your child's symptoms, please call our nurse

advice line to discuss symptoms and determine whether an appointment is needed.

◆ Refill requests should be called into our central prescription refill line. If your child is due for a well care or asthma maintenance visit, an asthma coordinator will contact you and ask you to schedule that appointment.

Spotlight on Janice Ashby - Aurora Office Manager!



Janice Ashby, LPN, CHN

Janice Ashby is a licensed practical nurse and has been the manager of our Aurora office for over 5 years. Prior to joining Advanced Pediatrics, Janice worked as a hospital

nurse in the labor and delivery nursery and on medical/surgical floors. She also has prior

experience in an office setting for OBGYN and pediatrics. Janice enjoys the multiple aspects and challenges that go along with being a manager and working along side the providers and staff in meeting the patients' needs. "Nothing is better than seeing an infant or child smile, to have a parent say thank you, or to help a little one feel better." Outside of work, Janice enjoys getting together with family, baking, gardening and reading. She is a proud mother of

two and grandmother of nine!

The office managers at Advanced Pediatrics play a very important role in helping our offices to run smoothly and provide optimal patient care. They are responsible for hiring and managing office staff and responding to patient concerns. Our office managers enjoy helping people and making patients and parents feel welcome.

Vaccine Shortages - What Causes Them?

Over the past few years there have been a number of national vaccine shortages in the United States. The reasons for these shortages are varied. Occasionally an established manufacturer has left the market, other times there have been manufacturing or production problems, and/or insufficient stockpiles. Whenever there is a national vaccine shortage, the Centers for Disease Control makes temporary changes in recommendations for the vaccine's use to ensure the maximum protection for those most at risk. Like other local pediatric practices, Advanced Pediatrics follows these temporary changes in vaccine recommendations whenever there is a national shortage. As a result, it is always a good idea to check with your child's provider during office visits to see if he or she has been affected by any vaccine shortages and ensure that your child is up to date on his or her immunizations.

Currently the United States is experiencing a shortage of the Meningococcal vaccine (Menactra), which is typically given at a child's 11 or 12 year old well care visit. Due to the national shortage, however, the Centers for Disease Control is requesting that available doses be saved for those most at risk - students entering college. Once national stockpiles have returned to an acceptable level, we will be able to begin vaccinating younger children according to the recommended vaccine schedule. If you have a child 11 years old or older, be sure to check periodically with us to see when the shortage is over and your child may be vaccinated.

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. For information on job opportunities at Advanced Pediatrics, visit the employment page of our website at www.AdvancedPediatricAssociates.com or call our Human Resources department at 720-886-9408 for more information.



Health and Safety Tips



Nutrition Tip for Summer - Is Your Child Drinking Too Much Juice?



Did you know that over consumption of juice can contribute to childhood obesity? A recent study found that young children that consume more than 12 ounces of juice per day were more overweight than other children. While juice can be a refreshing drink, the American Academy of Pediatrics recommends that parents follow these guidelines when offering juice to children:

- ◆ Juice should not be offered to infants under 6 months old.
- ◆ Children under 6 years old should not drink more than 4 - 6 ounces of juice per day.
- ◆ Older children should drink no more than 8 - 12 ounces of juice per day.
- ◆ Parents should read labels to be sure that juices are 100% juice and that they have been pasteurized.

◆ Calcium fortified juices offer additional nutritional value.

What should thirsty children drink on a hot summer day? **Water** is still the preferred drink of choice. Every system in your child's body depends on water. Water is needed for hydration, to flush toxins out of vital organs and carry nutrients to cells. Rather than offering children juice, or other sweetened beverages, help your child build a lifelong healthy habit to choose water instead!

Protecting Your Child From West Nile Virus

Last summer 106 cases of West Nile Virus were diagnosed in Colorado. This virus is spread to humans through bites from infected mosquitoes. Most West Nile Virus infections produce no symptoms at all. Approximately 20% of infected people will develop a fever, headache, body aches, nausea, vomiting, and sometimes swollen lymph glands or a skin rash on the chest, stomach and back. These symptoms generally resolve on their own within a week. Serious symptoms from the virus affect less than 1% of infected people and can result in meningitis or encephalitis. Indications of serious symptoms include high fever, headache, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, vision loss, numbness and paralysis. Anyone experiencing any of these symptoms should seek medical attention immediately.



The best way to prevent West Nile Virus is to apply insect repellent to the skin and clothing when exposed to mosquitoes. The most effective repellents contain DEET, which is safe to use on infants **older than 2 months of age**. Advanced Pediatrics recommends a concentration of 10% DEET, which will last approximately 2 hours. This may be reapplied if needed according to package directions.

- ◆ **Do not use on infants less than 2 months.**
- ◆ Do not use combination DEET/sunscreen products, as sunscreen should be reapplied often.
- ◆ Don't apply on hands, eyes, mouth or open wounds, sunburn or skin with rashes. Use sparingly around ears.
- ◆ Always have an adult apply to child. Do not allow child to handle the product.
- ◆ When using sprays, do not spray directly on

face - spray on hands first and then apply to face. Some brands offer repellent wipes, which may be more convenient to use on the face.

◆ Apply DEET to exposed skin only (not under clothes). Use just enough repellent to cover skin (as directed on product label). Heavy application is unnecessary for effectiveness. DEET can also be applied to clothing.

◆ Wash off DEET thoroughly with soap and water after coming indoors. Also, wash treated clothing before wearing again.

◆ DEET is not water soluble, so does not need to be reapplied if skin gets wet.

◆ **If a child develops a rash or other apparent allergic reaction from an insect repellent, stop using the repellent, wash it off with mild soap and water and call a local poison control center for further guidance.**

Safety in the Sun



Protecting Your Child's Skin

Babies under 6 months:

◆ Avoiding sun exposure and dressing infants in lightweight long pants, long-sleeved shirts, and brimmed hats are still the best recommendation to prevent sunburn. However when adequate clothing and shade are not available, parents can apply a minimal amount of sunscreen to small areas, such as the infant's face and the back of the hands.

For Young Children:

- ◆ Apply sunscreen at least 30 minutes before

going outside and use even on cloudy days. The SPF should be at least 15.

For Older Children:

◆ The best line of defense against the sun is covering up. Wear a wide brimmed hat, sunglasses (that block 99-100% of ultraviolet rays), and cotton clothing with a tight weave.

◆ Stay in shade whenever possible, and avoid sun exposure during the peak intensity hours - between 10 a.m. and 4 p.m.

◆ Use a sunscreen with an SPF (sun protection factor) of 15 or greater. Be sure to apply enough sunscreen - about one ounce per sitting for a young adult.

◆ Reapply sunscreen every two hours, or after swimming or sweating.

Preventing Heat Stress During Sports

- ◆ The intensity of activities lasting 15 min-

utes or more should be reduced whenever heat and humidity reach critical levels.

◆ At the beginning of a strenuous exercise program or after traveling to a warmer climate, the intensity and duration of exercise should be limited initially and then gradually increased during a period of 10 to 14 days to accomplish acclimatization to the heat.

◆ Before prolonged physical activity, a child should be well-hydrated. During activity, periodic drinking should be enforced (each 20 minutes, 5 oz of cold tap water or a flavored sports drink for a child weighing 88 lbs, and 9 oz for an adolescent weighing 132 lbs) even if the child does not feel thirsty.

◆ Clothing should be light-colored and lightweight and limited to one layer of absorbent material to facilitate evaporation of sweat. Sweat-saturated garments should be replaced by dry garments.



Focus on Wellness



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Making Sports Fun!



The manner in which children today participate in sports is quite different from the experiences their parents and grandparents had as children. Prior to high school, young children traditionally used free play and sports to satisfy their primary need for fun. Beginning in elementary school, today's youth are exposed to a much more competitive sports environment, many playing one or more sports year round. By 5th grade, many young athletes are pressured by competitive coaches to give up other interests and pursue a single sport exclusively. Unfortunately, this level of pressure on young children at such an early age often backfires, as many children eventually "burnout" on sports altogether. In fact, according to the Institute for the Study of Youth Sports at Michigan State University, 70% of children will quite playing sports by age 13.

While many young children dream of becoming a famous athlete someday, very few will eventually pursue a career in sports. Despite competitive pressures in today's society, children's primary need in sports is the same as that of previous generations - to have fun. When considering participation in sports for young children, parents should keep the following goals in mind:

- ◆ Provide a positive experience where children can have fun with peers and learn the value of teamwork.
- ◆ Provide exercise needed for healthy growth and physical development.
- ◆ Provide the opportunity to improve coordination and motor skills.
- ◆ Provide introduction to sports rules and skills in an environment where individual improvement is valued over winning.
- ◆ Provide the opportunity to identify with new adult models and varied peer groups.
- ◆ Provide an opportunity to sample different sports, both individual and team, to determine what a child finds most enjoyable.

When are children ready for more competitive sports?

What children need from sports changes as they grow. While younger children primarily need to have fun and an opportunity to interact with other children, adolescents look to sports to provide opportunities to test their skills, enhance their self image, belong to a peer group, and provide opportunities for goal setting and leadership. At what age a child is ready for more competitive sports can vary depending on his or her rate of physical and emotional growth and maturity. Some children may be ready for more competitive sports by 5th grade, while others may not be until they enter high school. Some children may never be suited for competitive sports, but this should not prevent them from enjoying lifelong physical activity. There are plenty of opportunities for recreational sports through local park and recreation districts. Often middle schools offer after school sports that are less competitive, and many local sports clubs offer recreational leagues. Most high schools also offer a few sports that are less competitive, particularly at the freshman level.

Children need parents help and guidance in finding the most appropriate team or league to play on.

While the decision of what sports to participate in should ultimately be the child's decision, parents should offer children the opportunity to sample various sports and leagues to identify what they enjoy best. Children should never be forced to participate in something that they do not enjoy. Once a particular sport is selected, parents can help to find a league or coach that best matches the skills and temperament of their child. Parents should look for coaches that stress developing fundamentals, teamwork and a love for the game. Here are some tell tale signs that a coach is more interested in the final score, than helping your child to become a better player:

- ◆ Players don't get to try playing different positions.
- ◆ Players receive unequal playing time.
- ◆ The coach argues frequently with the referee.
- ◆ The coach threatens harder practices and drills for poor play.
- ◆ Team instruction and strategies relate more to the score than developing players' skills.
- ◆ The coach belittles players.
- ◆ The coach is visibly unhappy after a loss.
- ◆ Your child doesn't want to play anymore.

Daily physical activity is important for all children and adolescents. Help your child to find activities that he or she enjoys, so that it will lead to a lifelong commitment to physical fitness and a healthy lifestyle!

Hand in Hand for Healthier Children