



# Hand in Hand News

A Quarterly Newsletter from Advanced Pediatric Associates

## *A Brand New Name... The Same Trusted Service!*

With the opening of our Centennial and Parker offices, we are no longer just in Aurora. As such, we are ringing in the new Year with a new name - Advanced Pediatric Associates! For over 30 years we have focused on providing the very best in pediatric care. For us, "Advanced Pediatric Associates" is not just a new name, but more a reflection of our dedication to providing the most advanced pediatric care to our patients. Though our name has changed, all of our providers, office locations, business hours and telephone numbers will remain the same. We look forward to continuing to serve you and your family as "Advanced Pediatric Associates"!



## Advancing Pediatric Care for Our Patients!

### **New Diagnostic Tests for Illnesses!**

We now have diagnostic testing available to test for Pertussis (Whooping Cough), A&B Influenza strains and RSV (Respiratory Syncytial Virus).

be making available a new diagnostic test to patients they suspect may be infected with Pertussis. This test cultures a sample of the bacteria (obtained through a nasal wash) and allows for the most accurate diagnosis and treatment.

Pertussis (whooping cough) is a highly contagious bacterial infection of the respiratory system characterized by severe coughing. Although the DTaP vaccine prevents most cases of Pertussis, the incidence of Pertussis has been increasing over the last several years (particularly among adolescents). This winter the providers at Advanced Pediatrics will

In addition, our providers will also be utilizing rapid testing kits to assist with the diagnosis of influenza and differentiate between the A and B strains (which require different treatment protocols). This new test will be especially helpful this year, given the national shortage of the flu vaccine.

Another diagnostic test available to our patients is the new RSV (Respiratory Syncytial Virus) rapid test. This test is especially important as RSV is the most common cause of bronchiolitis and pneumonia among infants and children under 1 year of age.

These new advancements in testing will help provide for more accurate diagnosis and treatment of illnesses this winter. Feel free to ask questions regarding these tests at your next office visit.

## Working to Build a Better Community!

### **Advanced Pediatrics Makes Flu Shots Available to Those at Risk in the Community**



In an effort to provide the flu vaccine to those most at risk for complications of the flu during the current national flu vaccine shortage, Advanced Pediatrics has made the vaccine available, according to CDC guidelines, to expectant mothers and adult caregivers of babies under 6

months of age in our community. In addition, we have sold significant quantities of the vaccine through Flu Central to groups identified as high risk for flu complications.

The providers at Advanced Pediatrics believe strongly in working to support the health and well being of our community at large and consider it our responsibility to provide this important vaccine for those most in need.

Although Advanced Pediatrics ordered sufficient quantities of the flu vaccine, we were unable to make the vaccine available to as many of our patients as we would have liked due to the national flu vaccine shortage. Our physicians continue to believe that all healthy children should receive a flu shot, and we hope that next year supplies will be available to make this possible.

Volume 6, Winter 2005

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*Hand in Hand for Healthier Children*



## Immunization Updates

### Pevnar Vaccine Available!

Pevnar is a pneumococcal vaccine given to children under two years of age. Following a year long national shortage, we now have sufficient quantities of the Pevnar vaccine to administer the recommended four doses at ages 2, 4, 6, and 12 months. If your child missed a dose of the Pevnar vaccine due to the national shortage, please call our central appointment line to schedule an appointment for this important vaccine.



### New Hepatitis A Immunization

Because Colorado is considered a state with intermediate risk for Hepatitis A, the Colorado Department of Health has recommended the Hepatitis A vaccine be considered for all children 2 years of age and older, with the first dose administered at 2 years and the second 6 months later. Accordingly, Advanced Pediatrics will begin administering the Hepatitis A vaccine at all 2 year well care exams. If you have a child older than two years and would now like to have them vaccinated for Hepatitis A, please call our central appointment line to schedule an appointment.

### Synagis Vaccine

Synagis is a vaccine given to prevent RSV (Respiratory Syncytial Virus) in high risk infants. Infants considered high risk for this virus include premature and immunocompromised infants and those with chronic lung disease, congenital heart disease and various neuromuscular and congenital disorders. Due to the high cost of the Synagis vaccine, all insurance companies require preauthorization. Some insurance companies will allow the vaccine to be given in the providers' office, while others require the use of a home health agency. Advanced Pediatrics will administer the Synagis vaccine to those infants that meet the clinical guidelines and have insurance preauthorization for the vaccine to be given at our office.

## Website, Telephones and Parking

### New Website Address

Our website has a new address – [www.AdvancedPediatricAssociates.com](http://www.AdvancedPediatricAssociates.com)! Our newly updated website provides you with general information about our providers and practice, as well as valuable health care advice. We believe you will find the “Is Your Child Sick?” page especially helpful for information on common childhood illnesses and injuries. Now you can have physician reviewed advice from a trusted resource 24 hours a day!

### Calling Us on the Telephone

Are you aware that our telephone lines are open at 7:30 a.m. on weekdays and 8 a.m. on Saturdays? During the busy winter months we recommend calling early if your child is ill and needs a same day appointment. Our phones 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

During these busy winter months 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 Randy Williams, PA-C!



Randy Williams graduated from the University of Colorado Health Sciences Center Physician Assistant/Child Health Associate Program in 2000. He received a bachelor of science degree in biology from

Kansas Wesleyan University in 1994, graduating Cum Laude.

Prior to joining Advanced Pediatrics in October 2004, he practiced as a pediatric physician assistant at the Salina Clinic in Salina, Kansas, as well as at Peak Pediatrics in Wheat Ridge, Colorado. He is certified by the National Commission of Certification of Physician Assistants and is a member of the American Academy of Physician Assistants.

His interests in medicine focus on diabetes, orthopedics and sports medicine. His personal interests include football, outdoor activities, exercising and spending time with his golden retriever, Bayou.

Randy is excited to be part of the Advanced Pediatrics team and is now seeing patients at our Aurora and Centennial offices.

## 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 Triage Nurse** - PT (15 hours/week), Centennial office

**Medical Assistant** - PT/FT, Office location to be determined

**Medical Receptionist** - PT/FT, Office location to be determined

**Care Coordinator** - FT, Centennial office

For more information, visit the employment page of our website at: [www.AdvancedPediatricAssociates.com](http://www.AdvancedPediatricAssociates.com)





## Tips to Prevent Winter Viruses

Winter is here and along with snow and cold weather come the flu and other viruses. Advanced Pediatrics recommends the following common sense approach to preventing winter viruses:

- ◆ Eat well balanced meals and get plenty of rest.
- ◆ Wash hands frequently after being in public or after contact with anyone with a cold or flu.
- ◆ Teach your children to turn their heads and cough or sneeze into a disposable tissue or the inside of their elbow if a tissue is unavailable. Do not sneeze or cough into your hands.
- ◆ Limit exposure to large crowds such as shopping malls, grocery stores, etc.
- ◆ Avoid close contact with others who may have a cold, flu or other respiratory infection, and do not share anything that goes into the mouth.



## Be Smart About Antibiotics

### Facts About Antibiotics

- ◆ Antibiotics kill *bacteria*. They don't work for *viruses* that are the usual cause of colds and the flu.
- ◆ Incorrect use of antibiotics can lead to superbugs that are resistant to (and not killed by) antibiotics.
- ◆ Infections caused by antibiotic-resistant bacteria are hard to treat and can be serious.

### Is it a Virus or Bacterial Infection?

Viruses are responsible for:

- ◆ Colds
- ◆ Influenza

- ◆ Most sore throats
  - ◆ Most coughs
- Bacterial infections are responsible for:

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

### What You Can Do

- ◆ Get extra sleep and drink plenty of fluids.
- ◆ Take acetaminophen or ibuprofen as needed for fever or pain.

- ◆ Use a vaporizer or saline nose drops as needed for congestion.
- ◆ See your provider if symptoms are severe or if symptoms do not improve after 1 to 2 weeks.
- ◆ If you seek medical attention, be clear about what symptoms are bothering you most. Let your provider decide if you need an antibiotic.
- ◆ If you are given a prescription for antibiotics, be sure to take the **entire** prescription.

A portion of this article has been reprinted from the CDC "Be SMART About Antibiotics" brochure. For more information please visit: [www.getsmartcolorado.com](http://www.getsmartcolorado.com)

## Winter Safety Tips



Advanced Pediatrics offers the following tips for winter safety:

### Frostbite

- ◆ Remember to dress children warmly in layers when playing outside, paying special attention to keep hands, feet and ears warm.
- ◆ If you suspect frostbite, place affected

parts in warm (not hot) water or apply warm washcloths to frostbitten nose, ears and lips. Do not rub frozen areas.

- ◆ If numbness continues for more than a few minutes, call our office.

### Sledding

- ◆ Make sure terrain is free of obstacles and far from traffic.
- ◆ Check to be sure handholds are secure.
- ◆ Review steering devices with child.

### Skiing/Snowboarding

- ◆ Enroll in a lesson to learn safe control of speed, turning and stopping.
- ◆ Use caution when entering and exiting ski lifts.
- ◆ Be aware of other people on the slope.
- ◆ Wear a ski helmet, eye protection and sunscreen.
- ◆ Never ski/snowboard alone. Children should always be supervised by an adult.

## Remember National Child Passenger Safety Week! February 7 - 13

- ◆ Infants must ride in a rear-facing car seat until they are at least 1 year old and weigh at least 20 lbs.
- ◆ Children ages 1 to 4 years who weigh 20 to 40 lbs. must be restrained in a forward-facing car seat.
- ◆ Children over 40 lbs who are less than 6 years old must continue to ride in a child restraint (unless they are 55" tall). Typically, this is a booster seat.
- ◆ Children over 6 years old (as well as adults) must be restrained in a seat belt.
- ◆ All children are safest in the back seat.





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## Tips for a Healthier New Year

### Prevent violence by setting good examples

Hitting, slapping and spanking teaches children that it is acceptable to hit other people to solve problems. Non-physical forms of discipline work better in the long run. Remember that words can hurt too.

### Asking saves lives

ASK your neighbor if they have a gun before sending your kids over to play. If the answer is NO, that's one less thing you have to worry about. If the answer is YES...you have to determine if your child's safety is at risk. Guns should be kept in a gun safe with the ammunition locked separately or they pose a real risk to your child. If you have any doubts about the safety of someone's home, you should politely invite the children to play at your house instead.

### Make sure immunizations are up to date

Review your child's immunization record with your pediatrician. Make sure your child is current on recommended immunizations.

### Provide your child with a tobacco-free environment

Indoor air pollution from tobacco increases ear infections, chest infections, and even Sudden Infant Death Syndrome. If you smoke, consider quitting. Remember, the most important predictor of whether your children will grow up to be smokers is whether you smoke. Make your home a smoke-free zone.

### Read to your child every day

Start by the age of 6 months. Reading to children shows them the importance of communication and motivates them to become readers. It also provides a context to discuss issues and learn what is on your child's mind.

### Practice "safety on wheels"

Make sure everyone in the car is buckled up for every ride, with children in the back seat in age-appropriate child safety seats. All bikers, skaters and skateboarders should wear helmets and other appropriate sports gear.

### Do a "childproofing" survey of your home

A child's-eye view home survey should systematically go from room to room, removing all the "booby traps" that await the curious toddler or preschooler. Think of poisons, small objects, sharp edges, knives and firearms, and places to fall.

### Monitor your children's "media"

Monitor what your children see and hear on television, in movies, and in music. Children are affected by what they see and hear (particularly by violent images). Talk to your children about "content." If you feel that certain media is inappropriate, redirect your child to more suitable programming.

### Help kids understand tobacco, alcohol, and the media

Help your teenager understand the difference between the misleading messages in advertising and the truth about the dangers of using alcohol and tobacco products. Talk about ads with your child. Help your child understand the real messages being conveyed. Help direct your child toward TV shows and movies that do not glamorize the use of tobacco, alcohol, and other drugs.

### Pay attention to nutrition

Nutrition makes a big difference in how kids grow, develop and learn. Good nutrition is a matter of balance. Provide foods from several food groups at each meal. Emphasize foods that are less processed, such as whole grain breads and cereals and fresh fruits and vegetables. Review your child's diet with your pediatrician for suggestions.

### Become more involved in your child's school and your child's education

Visit your child's school. Become active in the parent-teacher organization. Volunteer in the classroom or for special projects. Be available to help with homework. If your child's education is important to you, it will be important to him.

### Make your children feel loved and important

Kids develop a sense of self-worth early in life. Listen to what your children have to say. Assure them that they are loved and safe. Celebrate their individuality, and tell them what makes them special and what you admire about them.

Reprinted from the American  
Academy of Pediatrics