



Hand in Hand News

A Quarterly Newsletter from Advanced Pediatric Associates

Dr. Paula Levin Announces Her Retirement from APA

Volume 35, Fall 2014



Dr. Paula Levin - 2003

Doctor Paula Levin has seen many changes at APA over the past 25 years. When she joined APA in 1989, the practice was named **“Aurora Pediatric Associates”** and had two small offices locations — on Potomac St. in Aurora and in Centennial Medical Plaza. At that time the APA provider staff consisted of five pediatricians and one pediatric nurse practitioner.

their concerns more directly with fewer distractions.

What do you see as the greatest advancements in pediatric care over your career?

#1. Vaccines—When I was in medical school, meningitis and whooping cough were common and pneumonia always required an admission to the hospital. Many of these diseases were devastating.

#2. Medications—Antibiotics allow recovery from what might have been fatal infections in the past.

#3. Technology—Computers, non-invasive surgery, special implantable monitors to stop seizures and help with diabetes control, ultrasounds, MRIs, ECHOs and so much more...

What will you miss most about at APA?

Again it is the people... I will miss seeing my patients and their parents and watching their children grow and mature. I will miss our staff and all of our providers who have made my life so much richer. And I will miss all the other partners at APA. They have helped me be a better pediatrician and made Advanced Pediatrics the exceptional pediatric practice I have been proud to call home these past 25 years.

What advice do you have for parents?

Spend time with your children. Read to them when they are very young, as well as when they are older. Play with them, feed them healthy meals and lead by example. Eat together as a family to have time to talk to each other. Make sure they are active and limit screen time. Most importantly, sit back and just enjoy watching them grow and be available to listen when they need your advice.

What are your plans for retirement?

Spending time with family and friends, volunteering, traveling abroad, learning Spanish, playing the piano, singing, reading, museums, concerts, movies...

Do you have a parting message for your patients and their families?

I have loved caring for your infants and children. Watching them develop into wonderful adolescents and adults has been an amazing privilege. I leave you in the very capable hands of my fellow providers at APA, and with my best wishes for the future.

In 1992, Dr. Levin became one of the managing partners at APA and has made significant contributions to the success and growth of the practice.

In addition to caring for patients at APA, Dr. Levin has been a Fellow of the American Academy of Pediatrics, helped train pediatric residents as an Assistant Clinical Professor of Pediatrics at the University of Colorado Health Sciences Center, and been involved in the Colorado Chapter of the American Academy of Pediatrics.

As Dr. Levin reminisces over the past 25 years at APA, it is the children and their families that have brought her the greatest satisfaction as a pediatrician. Here are some thoughts from Dr. Levin as she looks back over her career:

What are your fondest memories at APA?

My fondest memories are centered on the many wonderful people I have had the opportunity to meet. Getting to know the APA staff and their families at my first APA picnic and holiday party. Meeting my first patients — many of whom I still see now as parents of children who are patients at APA.

What has been most rewarding as a pediatrician?

Getting to know my patients and their families over time and watching their families grow. Helping solve their health issues, so that they can be their best, is the most rewarding aspect of being a pediatrician.

How has pediatric care changed since you graduated medical school in 1978?

With the addition of hospitalists, pediatric ER physicians and neonatal nurse practitioners, pediatrics has become mostly ambulatory care, meaning centered in the office. I have enjoyed this change as it has allowed me more time to be with my patients in the office and address

Inside This Issue

Practice News page 2

Scheduling Flu Vaccines

Some Important Appointment Reminders

Dr. Brad Kurtz 5280 Top Doctor!

Dr. Alison Auster — Parenting Book Club

APA Voted Colorado Parent Family Favorite!

MyChart Patient Portal

APA Holiday Hours

Health & Safety page 3

Nutrition Tip

Preventing Flu & Other Viruses

It is a Cold or the Flu?

National Health Observances

Focus on Wellness page 4

Preparing for Your New Baby



Please join us in thanking Dr. Paula Levin for her many years of dedication to patients and their families and in wishing her all the best as she retires at the end of 2014.

Hand in Hand for Healthier Infants, Children & Adolescents



Scheduling Flu Vaccines



Are you prepared for flu season?

Influenza (flu) can cause children to miss a week of

school and have a cough for three weeks. Complications from the flu can be serious. The Centers for Disease Control and the American Academy of Pediatrics recommend a seasonal flu vaccine for **EVERYONE over 6 months of age**. Children younger than 9 years of age may need two doses.

Delay in Flu Vaccine Shipments

Vaccine manufacturers are reporting a delay in flu vaccine shipments for 2014. We are working diligently with our vaccine vendor to have vaccine available as soon as possible.

Check our **Facebook** and **"What's New?"** page of our website regularly for updates on flu vaccine availability and clinic dates, as well as other relevant influenza information.

Is Your Family at HIGH RISK for Serious Flu Complications?

The flu vaccine is especially important for those at high risk of serious flu-related complications -- including pregnant women, children under 5 years of age, and those with certain **chronic health conditions** — including asthma. **Family members and caregivers of children under 5 years of age -- especially those under 6 months -- should also get vaccinated.**

Some Important Appointment Reminders

Making Appointments

Are you aware that our telephone lines open at 7:30 a.m. and stay open over the lunch hour? 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.

Help Us Stay on Time

The staff at Advanced Pediatrics values your time and makes every effort to stay on

schedule throughout the day. Our schedule is specifically tailored to minimize wait times for our patients. During the busy fall and winter months it is especially important that patients help us to stay on time by following these simple requests:

- ◆ **Please thoroughly describe your medical concerns when making an appointment for your child, so that our staff can schedule the appropriate length for the visit.** This will ensure that you do not feel rushed, and we do not get behind in our schedule for the next patient.
- ◆ **Walk in appointments are not available.**

In order to stay on time and provide the most comprehensive care to our patients, we require all appointments be scheduled.



- ◆ **Please arrive 5 - 10 minutes early for your appointment to allow time for check-in.** This is especially important for early morning appointments!
- ◆ **Bring your insurance card to every visit to ensure an efficient check-in.**

Leading the Way at APA!!

Dr. Brad Kurtz — 5280 Top Doc!

Congratulations Dr. Brad Kurtz!! For more than two decades, 5280 Magazine has asked Denver-area physicians whom they would trust to treat their family. **Dr. Brad Kurtz was one of the few pediatric primary care pediatricians in the Denver area to be named a "2014 Top Doctor" by 5280.**



Dr. Alison Auster's Parenting Book Club

Join Dr. Alison Auster, from our Stapleton office, and Lauren Ross, a licensed clinical social worker and behavior interventionist, at a **"Parenting Book Club"** held at the **Stapleton Sam Gary Branch Library.**



Sun. Oct. 26, 3:45 - 4:45 pm

Behavior & Discipline: Early Childhood Years (Babies, Toddlers & Preschoolers)

Sun. Nov. 23, 3:45 - 4:45 pm

Behavior & Discipline: Elementary & Middle School Years

APA Colorado Parent Family Favorite!



Advanced Pediatrics is proud to be named a Colorado Parent Magazine "Family Favorite Pediatric Practice" for the **6th year in a row!** We would like to extend a special thank you to all of our wonderful patients who vote for Advanced Pediatrics each year!!



Please note our holiday schedule:

Thurs. Nov. 27 Closed
Fri. Dec. 12 8 am - noon
(all offices)

Wed. Dec. 24 8 am - noon
(Centennial & Stapleton only)

Thurs. Dec. 25 Closed
Wed. Dec. 31 8 am - noon
(Centennial & Stapleton only)

Thurs. Jan. 1 Closed

Don't let the flu bug spoil your holidays!!!

Have You Enrolled in MyChart?

Did you know that MyChart is available to APA patients? **MyChart is an online patient portal which makes it convenient for parents to access medical information and communicate with our staff.** Sending a message to our staff, printing your child's immunization records, requesting a prescription refill, and viewing lab results are just some of the online options parents have with MyChart. Next time you are in our office, please ask our reception staff for a **MyChart activation request card** to set up your account. Read more about MyChart on the **"Online Payments, MyChart & Forms"** page of our website.



Health and Safety Tips



Nutrition Tip for Fall - Importance of Developing Good Early Dietary Patterns



Recent studies show that good dietary patterns start in infancy.

◆ Two studies in the journal Pediatrics showed that consuming sugary drinks during

infancy is linked to obesity and greater consumption of sugar-sweetened drinks at age 6.

◆ A study in the Australian and New Zealand Journal of Public Health found that children who had healthy eating habits between the ages of 12 - 16 months had a reduced risk of

obesity and weight related chronic conditions later in life. Researchers suggest that parents who enforce a more **nutrient-dense diet** during the toddler years may help children to carry these preferences into adulthood.

Protecting Your Family from Flu and Other Viruses!

Cold weather will soon be here and along with it comes viruses such as influenza and the common cold. Advanced Pediatrics recommends the following common sense approach to preventing flu and viruses:

- ◆ **Vaccinate your family against the flu!**
- ◆ Eat well balanced meals, drink enough water, and get plenty of exercise and rest.
- ◆ Wash hands or use alcohol based hand sanitizer frequently, especially after being in public or around anyone who is ill.

Hand Washing Hint:
Wash long enough to hum the Happy Birthday song, from beginning to end, TWICE.

- ◆ Teach children to turn their heads and cough or sneeze into a disposable tissue, or the inside of their elbow if a tissue is unavailable.
- ◆ Remind children to avoid touching their eyes, nose or mouth with their hands, and not to share anything that goes into the mouth.

- ◆ **Avoid close contact with those who are ill and keep your children home when they are sick.**



Is it a Cold or the Flu?



Common Cold

Typically, colds begin slowly, two to three days after infection with a virus. The first symptoms

are usually a scratchy, sore throat, followed by sneezing and a runny nose. Temperature is usually normal or only slightly elevated. A mild cough can develop several days later. Cold symptoms usually last from two days to a week.

Influenza

Signs of the flu include sudden onset with a headache, dry cough, and chills. The symptoms quickly become more severe than those of a cold. Muscle aches in the back

and legs and fever of up to 104 degrees are common. The fever typically begins to subside on the second or third day, and then respiratory symptoms like nasal congestion and sore throat appear. Fatigue and weakness may continue for days or even weeks. **High risk children (especially those under 2 years of age) may be given antiviral medication to reduce the duration of influenza illness if diagnosis is made within 48 hours of onset of symptoms.** If you believe that your child might have the flu, call our Patient Care Line to make an appointment with a provider for evaluation and treatment.

No Over the Counter Cough or Cold Medicines for Children Under 4 Years These medicines do not work for younger children and can actually be harmful when given improperly or in combination with other medications.

A Reminder about Using Antibiotics

Antibiotics are only effective against bacterial infections, **NOT VIRUSES**, and frequent / inappropriate antibiotic use leads to the development of antibiotic-resistant bacteria. For proper antibiotic use:

- ◆ Have your child take antibiotics exactly as prescribed, completing the full dose.
- ◆ Never give your child antibiotics without a prescription.
- ◆ Don't pressure your provider for antibiotics if your child has a virus.

The common cold and influenza are both **VIRUSES** and cannot be treated with antibiotics (although sometimes antibiotics are necessary to treat secondary infections of the ear, sinuses or lungs).

National Health Observances in October

Sudden Infant Death Syndrome (SIDS) Awareness Month

SIDS is the leading cause of death in infants 12 months and under. Parents can significantly reduce the risk of SIDS by:

- ◆ Always placing baby on back to sleep.
- ◆ Having baby sleep alone on firm mattress covered by fitted sheet in safety-approved crib. Bed sharing is dangerous.
- ◆ Keeping baby away from all smoking.

- ◆ Keeping soft objects, pillows, toys and loose bedding off of baby's bed.
- ◆ Breastfeeding baby.
- ◆ Giving baby a dry pacifier (not attached to string) for naps and at night.
- ◆ Not letting baby get too hot during sleep.

Bullying Prevention Month

Have you ever felt like your child was being bullied at school or online? It is important to talk openly with your children about how they are

being treated by peers and address any bullying concerns quickly. **The National Bullying Prevention Center** has named October "National Bullying Prevention Month." Learn more about how to help your child deal with bullying at www.pacer.org or by reading:

Beyond Sticks & Stones: How to Help Your Child Address Bullying.

Little Girls Can Be Mean: Four Steps to Bully-Proof Girls in the Early Grades.



Focus on Wellness



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

New Stapleton Office!
Central Park Professional Condominiums
 2373 Central Park Blvd., #202
 Denver, CO 80238



Preparing for Your New Baby



Are You Expecting a New Baby? There are so many things to do to prepare for the arrival of your new little one, and we would like to help make this transition to parenthood as smooth as possible for you and your family. We've created a quick list of what you may want to consider before your baby is born:

Before Your Baby is Born:

- ◆ **Decide which hospital you will deliver at.** Our physicians visit new babies in the following hospitals: **Sky Ridge Medical Center, Parker Adventist Hospital, Medical Center of Aurora, and Rose Hospital.** If you will deliver your baby at a hospital other than one of these, a hospital staff pediatrician will examine your baby in the hospital.
- ◆ Consider whether you will breast or bottle feed your baby. The providers at Advanced Pediatrics join the American Academy of Pediatrics in encouraging breastfeeding as the most natural, satisfying and beneficial way to feed babies. You may read more about both breast and bottle feeding on the "**New Baby**" page of our website. If you would like to read more about breastfeeding, our providers recommend the following books:
 - New Mother's Guide to Breastfeeding. Joan Younger Meek, MD, FAAP. American Academy of Pediatrics, 2011.
 - The Nursing Mother's Companion. Kathleen Huggins, RN, MS, 2010.
- ◆ **Protect your newborn from illness by making sure parents, family members and caregivers have received the following important vaccinations:**
 - ◆ **Pertussis (Whooping Cough)** -- Pertussis is a bacterial infection (spread through sneezing / coughing) which causes swelling and narrowing of the breathing passages and a severe, violent, and rapid cough, which can last for months. Pertussis is most severe in infants under 6 months of age, particularly if premature. Complications of pertussis include pneumonia, seizures and sudden death. Because infants under 6 months are most at risk, those who will be around the infant should check to make sure they are up to date on vaccine protection.
 - ◆ **Influenza** -- Babies under 6 months of age are at a higher risk for serious complications from influenza, but are too young to receive the flu vaccine. As a result, it is very important for parents, family members and caregivers to be vaccinated against influenza to help form a protective "cocoon" against the flu for newborns and young infants.

In the Hospital:

- ◆ If you are delivering at Sky Ridge Medical Center, Parker Adventist Hospital, Medical Center of Aurora or Rose Hospital, be sure to let your OBGYN and the hospital nursery staff know that you would like your **baby to be seen by an Advanced Pediatrics' physician.**
- ◆ We recommend that hospital staff give your newborn a **Vitamin K Injection** and the **first Hepatitis B vaccine** while you are in the hospital. If you have any questions or concerns regarding this, please discuss with our rounding physician at the hospital. Be sure to bring a record of the Hepatitis B vaccination and any other hospital paperwork to your first office visit.
- ◆ **Having a baby boy?** If you are interested in having your baby circumcised by one of our physicians, please let the nursery staff or the Advanced Pediatrics' physician who sees your baby in the hospital know of your interest.
- ◆ As soon as you are given a discharge date from the hospital, **please call our Patient Care Line at 303-699-6200 to schedule your baby's first well care appointment. We would like to see your baby in one of our offices within 1 – 3 days of discharge from the hospital.** *If your baby was not seen by one of our physicians in the hospital, we will schedule a longer first visit to ensure plenty of time to thoroughly examine your baby and answer questions you may have.*
- ◆ **Be sure to call your insurance company to let them know your baby has been born, and let them know that you have chosen one of our physicians as your baby's primary care physician (PCP) if a PCP is required.**