



# Hand in Hand News

## A Quarterly Newsletter from Advanced Pediatric Associates

### Advancing Pediatric Care for Our Patients!

Volume 31, Winter 2013



#### Adolescent Health

Moving through the teen years can be both wonderful and challenging for parents and teens alike. Advanced Pediatrics pays special attention to teen needs to help make this transition to adulthood a healthy process.

tion to teen needs to help make this transition to adulthood a healthy process.

**APA providers encourage good communication between teens and parents during the teen years.** They also understand the importance of developing a trusting patient / provider relationship during adolescence -- so that teens feel comfortable and confident whether at a well-care visit or if they have health concerns.

Recently the APA clinical committee reviewed current adolescent health care guidelines to make sure that our services meet the needs of our adolescent patients and their parents. A recommended guideline that we believe is important is the regular use of a behavioral risk-assessment screening tool for adolescents.

#### “RAAPS” and Teen Confidentiality at APA

The “RAAPS” questionnaire is a behavioral risk-assessment tool that we ask all teens to complete at each well-care beginning at age 13. In order to foster honest communication, we assure teens that answers to this questionnaire will be confidential between themselves and the provider, and we request that parents respect this privacy promise.

In addition, beginning at age 13 our providers will ask parents to leave the exam room for a portion of the well-care visit in order to review the RAAPS questionnaire and give the teen and provider the opportunity to discuss any confidential issues. Parents are welcome to request

a blank copy of the RAAPS questionnaire from our reception desk if they are interested in what questions are covered in this screening tool.

In addition to regular pediatric care, teens often have special needs which may be best met through the following APA adolescent services:

#### Special Services for Teens

- ◆ Acne Evaluation and Treatment
- ◆ Evaluation /Treatment / Referral for Eating Disorders
- ◆ Diagnosis and Treatment for Painful / Irregular Periods
- ◆ Birth Control and Emergency Contraception
- ◆ Pregnancy Testing
- ◆ Diagnosis / Treatment / Counseling for STDs
- ◆ ADHD Evaluation and Treatment
- ◆ Evaluation / Treatment / Referral for Anxiety and Depression
- ◆ Evaluation / Treatment / Referral for Mental Health Concerns
- ◆ Drug and Alcohol Testing and Referral

Many families ask how long their children should see a pediatrician? **Advanced Pediatrics recommends that adolescents continue to see our providers until they graduate from high school.** In fact, college students may continue to be patients at Advanced Pediatrics until they reach 21 years of age. Studies show that an established patient / provider relationship often makes it easier for teens to discuss sensitive concerns with the pediatric health care providers they know and trust, than with new “adult” health care providers.

### “APA Cares” Partner Charity Contest Results

Advanced Pediatrics would like to give special thanks to all of our patients who voted in our 40th Anniversary “APA Cares” Partner Charity Contest! In January, APA made the following “APA Cares” donations:

**1st Place -- \$5,000 -- Warren Village (Dr. Stephanie Stevens)**

**2nd Place -- \$2,000 -- Hospice of Denver (Dr. Michael Kurtz)**

**\$1,000 each -- The Wild Animal Sanctuary (Dr. Paula Levin), The Park People (Dr. Bradley Kurtz), and Colorado Public Radio (Dr. Freeman Ginsburg)**



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## Hand in Hand for Healthier Children



## Exciting News at Advanced Pediatrics for 2013!



**As APA begins its 41st year in the community, we are planning a busy year for 2013!** More formal announcements will be forthcoming, but be on the look-out for some exciting changes!

**Aurora Office Move** — In June our Aurora office will be moving to a new location at 1300 South Potomac. Look for more information and an open house this summer!

**New Stapleton Office** — In August or September, APA will be opening a fourth location in Stapleton located near the intersection of Martin Luther King & Central Park Boulevard. We are anxious to get to know the Stapleton community and introduce our services to the many families there!

**New EMR** — APA is transitioning from its current electronic medical record (EMR) to the PedsConnect EMR network at Colorado Children's Hospital. We are anxious to be a part of this network which will allow us to better

coordinate care with Children's Hospital departments, specialists, and the labs that we use. The end result will be better clinical care and customer service for our patients!



**Stay in Touch with APA** — Check our Facebook and "What's New?" page of our website regularly for more information on these exciting new plans!

## Influenza Update



As of late January, flu is widespread across the U.S. Advanced Pediatrics began offering flu vaccine appointments and clinics in September of 2012. **As re-**

**ported in the news, flu vaccine availability is now extremely low across most of the country.** APA now has only a VERY LIMITED supply of vaccine left -- which will be used to fulfill ALREADY SCHEDULED appointments and the first vaccine for babies

under one year of age (while supplies last). Because national flu vaccine availability is often low once flu begins to spread, we always recommend that families vaccinate their children against the flu **early in the fall** when supplies are most readily available.

## Managing the Busy Winter Season

### Making Appointments

Are you aware that our telephone lines are open at 7:30 a.m.? During the busy winter season 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 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.** Our regular appointment times vary anywhere from 15 - 30 minutes in length. 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!
- ◆ **Be sure to bring your insurance card to every visit to ensure an efficient check-in.**

## APA Patients Win Great Prizes on Facebook! - [www.facebook.com/AdvancedPediatricAssociates](http://www.facebook.com/AdvancedPediatricAssociates)

If you are on Facebook, we encourage you to "Like Us" to get the latest pediatric news and be included in our fun "Fan Only" **APA History Trivia Contests.** Periodically, APA will post fun contests with great prizes for APA Facebook Fans.



**In December, APA gave away a free Kindle Touch to one lucky APA History Trivia Contest winner!** Find out the most recent pediatric news, be among the first to know when we open our schedule or hire a new provider, or take an APA History Trivia Quiz with a **chance to win great prizes.** If we have important

news to share we will post it to Facebook first, so don't miss out! Visit our Facebook page at:

[facebook.com/AdvancedPediatricAssociates](http://facebook.com/AdvancedPediatricAssociates)

Be sure to click the "thumbs up" like icon on our Facebook page!

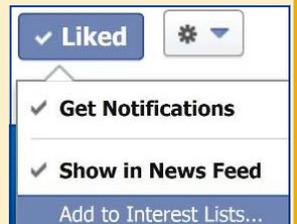
**Win a Season Pass to the Denver Zoo for a Family of Four in Our Next APA History Trivia Contest on Facebook!!**

This fun contest will be posted on Valentine's Day and will end April 1st. **Don't miss out on your chance to win!!**



### Are you seeing important APA news on Facebook?

Due to recent changes in the way that Facebook shares information, you may be missing out on important news from our offices. Visit our Facebook page, move your mouse over the "Liked" button, and select "Add to Interest Lists". You can either add to an interest list that you already have, or create a new one, such as "Kid's Health".



Be sure to keep "Show in News Feed" checked.



# Health and Safety Tips



## Nutrition Tip for Winter - Reduce Salt and Soda!



According to a recent study on 4,200 Australian children ages 2 - 16, children and teens who had more salt in their diet were also likely to drink more sugar sweetened beverages.

As reported in the journal Pediatrics, drinking just one serving of a sugary drink per day has been linked to a 26% higher risk of being overweight and obese. Advanced Pediatrics recommends that soda and other sugar sweetened drinks such as Kool Aid, lemonade, sports drinks and high fructose fruit drinks be served only as an occasional special treat – rather than as a daily beverage. Because salty snacks often

cause children and teens to “crave” sugar-sweetened beverages -- and too much sodium can result in high blood pressure even in children and teens -- parents should focus on offering children and teens snacks lower in both sodium and sugar, such as fresh cut veggies and fruit, yogurt, cheese, and unsalted popcorn and crackers.

## Preventing Viruses and the Flu

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

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

### Reminder:

**No Over the Counter Cough or Cold Medicines for Children Under 4 Years**

### 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 (including children 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.

### A Reminder about Using Antibiotics

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

- ◆ Be sure your child takes 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).



## Age by Age Safety

### INFANTS — Sleep Positioners Aren't Safe

Advanced Pediatric Associates joins the Consumer Product Safety Commission in recommending that parents DO NOT use infant sleep positioners. Sleep positioners, or sleep wedges, often marketed for their effectiveness in preventing sudden infant death syndrome, have been linked to at least 13 infant deaths since 1997, a CDC report found. **Most of these babies were ages 3 months or younger and died due to suffocation after rolling onto their stomachs from a side-facing position.** APA joins the American Academy of Pediatrics in recommending that infants always be placed on their back to sleep on a firm mattress in a safety-approved crib. Since promotion of the “Back to Sleep” campaign in 1994, the rate of SIDS has fallen by over 50 percent!

### CHILDREN — Booster Seats Help Decrease Traffic Deaths

According to a recent study by Children's Hospital Boston and the Micheli Center for Sports Injury Prevention, the use of booster seats is linked to a reduction in the rate of vehicle-crash deaths among children ages 4 to 7. Colorado law states that all children ages 4 - 8 must continue to ride in a child restraint. This can be a five point harness child safety seat for younger children or a booster that uses the vehicle's lap and shoulder belt as kids get older and bigger. Children should be in a booster in the back seat until they are 57" tall and at least 8 years old. Studies have shown the use of booster seats can reduce the risk of injury by 59% compared to seat belts alone.



### TEENS — Drinking & Marijuana Use Alters Brain Structure

According to a recent study in the journal Alcoholism, MRI scans of teens showed that heavy drinkers and marijuana users had negative changes in their brain's white matter over 18 months. According to the study's lead researcher, Joanna Jacobus, "White matter is the information highway. It allows the brain to communicate quickly and efficiently." Other studies have found signs of white-matter "disorganization" in kids who drink or smoke pot. This study, which followed kids over time to see whether substance abuse itself was linked to brain changes, provides further indication that heavy alcohol and marijuana use may lead to negative effects in memory, attention and mental processing speed.



# Focus on Wellness



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## 12 New Years Resolutions for Parents

Like all New Year's resolutions, it's impossible to be perfect, but here are a few reminders to keep in mind on your journey through parenthood.



- Right Way to Praise Kids** - Appropriate praise helps to motivate and boost a child or teen's self esteem. Praise should be sincere and deserved. It is easy to praise kids for success, but it is even more important to praise them for their effort or improvement. A child may not be the best player on his team, but if he works hard at improving, he deserves praise regardless of whether his team wins or loses. Regardless of what the task is, praise should be given on a case-by-case basis and be proportionate to the amount effort your child puts into it.
- Reduce Screen Time and Monitor Media** - Today's children and teens are barraged with media exposure — from the television, to video games, computers, and smart phones. Not only does over-exposure to media result in inactivity and childhood obesity, it can interfere with sleep, homework and relationships, as well as expose children and teens to violence and mature subject matter. APA providers recommend that parents limit their children's total screen time to no more than two hours per day and monitor the media that their children are exposed to — making sure that it is age appropriate. Computers and televisions should be located in family areas — not in children's or teen's bedrooms — and parents should discuss internet safety with their children and teens.
- Better Bedtime** - Studies show that on average kids get less sleep than recommended (37 minutes less for children and 67 minutes less for teens). It is important for children and teens to have a consistent bedtime which allows for adequate sleep. On average, how much sleep should kids get? Preschool (11- 13 hours), Elementary / Middle School (9 - 11 hours), High School (8 - 9 hours).
- Chores Kids Can Handle** - Chores not only teach children responsibility, they also help them realize that they are a valuable member of the family. Children should start chores at an early age. Even a 2 - 3 year old can pick up toys and put his or her clothes in the hamper. Chores should increase in complexity as a child grows and matures, and always be age appropriate.
- Three Meals a Day & Nutritious Snacks** - Children who eat three healthy meals per day are much less likely to fill up between meals with sugar and fat laden snacks. It is important for children to start each day with a healthy breakfast. Studies show that children who eat breakfast maintain a healthier weight, have lower cholesterol, and perform better in school and activities. 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 refuel a child between meals, but not sabotage the next meal.
- No Soda** - Drinking just one sugar sweetened beverage a day (including Kool Aide, sports drinks and soda), has been shown to increase a child's rate of being overweight or obese by 26%. Make soda an occasional special treat, and drink water or low-fat milk as an everyday beverage. For extra flavor, add a slice of lemon or orange to water if your kids want variety.
- Limit Fast Foods** - Most fast foods are overloaded with fat, sugar and sodium, with few vegetables and fruits. APA providers recommend parents limit the fast food their children eat to no more than once / week. Look for meals which are 600 calories or less and provide fruit, vegetables, whole grains, lean protein and / or low-fat dairy.
- Physical Activity** - Children and teens should get one hour of physical activity per day. While this may include organized sports, free play works just as well. Go for a hike, take a bike ride, or visit a local playground or recreation center. Studies show that when families exercise together, it is more likely to become a lifelong habit!
- Balanced Activities** - Finding the right balance between organized activities and free and unstructured time is a delicate balancing act for many families. Parents should carefully consider each child's unique needs, finding a healthy balance between structured activities and ample time for family interaction and free play.
- Use Sunscreen** - In the "Mile High" city, it is more important than ever for children (over 6 months) and teens to protect themselves from skin cancer by using SPF 30 (or higher) sunscreen whenever they are out in the sun.
- Helmets & Concussion Safety** - Child and adolescent concussions can cause serious long-term injury or death, and should always be evaluated by a health care provider. Many concussions can be prevented by wearing protective gear (such as helmets and mouth guards).
- Safety on the Road** - Motor vehicle accidents are the leading cause of death for children and teens. Insist that your children follow the rules of the road — including car seat, seat belt, and cell phone laws. Remind teens that "texting can wait" — and set a good example yourself!