



# Hand in Hand News



## A Quarterly Newsletter from Advanced Pediatric Associates

### Advancing Pediatric Care for Our Patients!

Volume 33, Fall 2013

#### Asthma Program Updates!



Advanced Pediatrics is committed to providing the most advanced care for children with asthma. Our goals are to help ensure that children with asthma are able to maintain normal lung function and activity levels, as well as prevent chronic symptoms and reduce acute asthma attacks. Recently our **Clinical Committee** made some changes to our **Asthma Management Program** based on recommendations from national authorities and pulmonologists at Children's Hospital Colorado and National Jewish Hospital. The Asthma Management Program at Advanced Pediatrics consists of the following components:

- ◆ **Annual well care appointment**
- ◆ **Asthma check-ups every 3 to 6 months** (depending on severity / history of asthma symptoms) to evaluate how well asthma is being controlled, adjust medications, change medication technique and provide education. **These check-ups are in addition to the annual well care visit.**
- ◆ **Asthma registry participation**
- ◆ **Annual flu vaccine**
- ◆ **Nurse advice**

APA will begin using "**spirometry**" at all of our office locations to better measure lung function — the amount and speed of air that can be inhaled and exhaled from the lungs. **Spirometry tests will be used at all asthma check-ups, as well as some acute / sick visits.**

Please bring all medications - including rescue inhaler and spacer device - to all asthma appointments.

#### 5th Gear Program!

Advanced Pediatrics is dedicated to preventing childhood obesity. Over the past 30 years, childhood obesity has more than doubled in children and tripled in adolescents — with more than one third of children and adolescents now overweight or obese. Advanced Pediatrics has joined **5th Gear Kids** as an "**endorsing pediatric practice**" in support of promoting "**energy balance**" among 5th grade students in the **Aurora and Cherry Creek public school districts**. Energy balance is the concept of combining healthy eating with physical activity to help children maintain a healthy weight and be physically fit. **5th grade students in the Aurora And Cherry Creek public school districts will receive a 5th Gear Kids membership card from their school.** After registering their card online, they can begin earning points when they choose healthy meals and activities. **Students may redeem points for fun prizes through the 5th Gear Kids website.**

5th Gear Kids and the Colorado Chapter of the American Academy of Pediatrics recognize that regular well care exams play an important role in encouraging healthy weight. As such, **5th Gear Kids can earn 500 points just by bringing their membership card to their provider at their annual well care visit!** At each well care visit your child's physical development is charted and monitored through measurements for height, weight and body mass index (BMI). If your child's BMI indicates he or she is at risk for being overweight, our providers may advise additional lab work and make suggestions for healthy nutrition and exercise changes you can make.

Learn more at: [5thGearKids.org](http://5thGearKids.org)



### Building a Better Community!

#### Advanced Pediatrics sponsors Parker Recreation Kids "Try" Athlon and Fall Family Fun Fest!

Advanced Pediatrics is dedicated to encouraging families to participate in healthy, fitness related activities. For the **6th year in a row**, Advanced Pediatrics has sponsored the Parker Recreation "**Kids' TRY-athlon**" - a swimming, biking and running event for children ages 6 - 12, where **everyone who "tries" is a winner!** The Kids' TRY-athlon encourages fitness and fun for children of all ability levels. This year, Advanced Pediatrics also sponsored the Parker Recreation **Fall Family Fun Fest** — a free, fun-filled event encouraging families to live active.



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## Hand in Hand for Healthier Children



## Time to Schedule Flu Vaccines!



### Are you prepared for flu season?

The kids are back in school and flu season is just around the corner. Influenza is a serious virus which causes fever, sore throat, chills, cough, headache and muscle aches. **Influenza 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 **EVERY-ONE over 6 months of age.** The flu vaccine is **especially** important for children under 5 years or age, those with asthma and certain chronic health conditions, and close contacts of children younger than 5 years of age. **Children younger than 9 years of age may need two doses to be protected against the flu.**

In addition to regular weekday appointments, we will be holding a number of Saturday

morning flu vaccine clinics throughout the fall. **Flu vaccine appointments must be scheduled in advance. They are NOT available on a walk-in basis.** Please call our Patient Care Line to schedule flu vaccine appointments for your children at your earliest convenience.

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

## Managing the Busy Flu & Virus Season

### Making Appointments

Are you aware that our telephone lines are open at 7:30 a.m.? 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.** 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!
- ◆ **Bring your insurance card to every visit to ensure an efficient check-in.**

## New Stapleton Office Opening this Winter!

2373 Central Park Blvd., #202  
Denver, CO 80238



We have some exciting news to share! **This winter we will be opening a new office in the Stapleton community!** Located in the **Central Park Professional Condominiums** near the intersection of **Central Park Boulevard and 23rd Avenue**, the entrance to our new office and convenient parking can be found on the back side of the Central Park Professional Condominiums. We are in the process of finalizing the interior design of our

new Stapleton office. As we get closer to completion, we will update our website and Facebook with a date for our grand opening. Until then, Stapleton families are welcome to schedule appointments at any of our other office locations. **If you have friends or family living near Stapleton, be sure to let them know we will be opening an office in their neighborhood and to watch for our grand opening announcement!**

## The Holidays Will Be Here Soon!



### Please note our holiday schedule:

- Thurs. Nov. 28** Closed
- Fri. Dec. 13** 8 am - noon (all offices)
- Tues. Dec. 24** 8 am - noon (Centennial Office only)
- Wed. Dec. 25** Closed
- Tues. Dec. 31** 8 am - noon (Centennial office only)
- Wed. Jan. 1** Closed

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

### Have you been participating in our "Fan-Only" Contests on Facebook?

Recent prizes include a Kindle Touch, Family Zoo Membership, and Water World Passes.



This holiday season one lucky APA patient family will win a **"Family of Four Holiday Gift Package to Denver Zoo Lights"** valued at \$100:

- ◆ 4 tickets to Zoo lights
- ◆ \$20 certificate to concessions / gift shop
- ◆ Zoo themed gifts for the kids

Don't miss out on your chance to win!! Visit us on Facebook and enter today! [www.facebook.com/advancedpediatricasociates](http://www.facebook.com/advancedpediatricasociates)





# Health and Safety Tips



## Nutrition Tip for Fall - Teach Kids About How Food Works in Their Body!



A recent study by the Stanford University Department of Psychology showed that 4 - 5 year old children were more likely to make a wide variety of healthy food

choices — particularly vegetables — when they were taught the importance of supplying their body with a wide range of nutrients. Researchers explained to children how nutrients are absorbed into their bloodstream when they eat, and how their bodies need many different nutrients to have energy, grow and be healthy. They

also explained that each food choice contains unique nutrients, so only a wider variety of healthy food choices can give their bodies all the nutrients that they need. At the end of this study, researchers found that children significantly increased their daily intake of vegetables.

## Protecting Your Family from Flu and 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:

- ◆ **Get your family vaccinated 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.

- ◆ 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 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 be sure to get vaccinated.**

## 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).

## Adolescent Safety News

### Flavored Cigars Popular Among Teens

In 2009 Congress passed a law banning flavored cigarettes — a gateway to smoking among young people. Unfortunately, a loophole in the law still allows flavored cigars, which are now smoked by over 15% of 18 - 24 year olds. Flavored in chocolate, grape, strawberry, pineapple, blueberry, cherry and vanilla, these **“gateway” smokes** are sold for as little as \$2 for a pack of twenty at local convenient stores and gas stations — often right next to the candy aisle. Teens often

don't realized that “flavored” tobacco is just as harmful as the traditional variety, and presents a gateway to regular tobacco and marijuana usage.

### Texting Can Wait

**Did you know that 25% of all teen car accidents are related to texting?** This fall is the one year anniversary of the national **“Texting Can Wait”** campaign, which is now supported by all wireless phone carriers. The providers at Advanced Pediatrics encourage all teen drivers to take the **“Texting Can Wait”** pledge and down-

load the **“DRIVE MODE”** or **“SAFELY GO”** app for their iPhone or Android phone. **These FREE apps automatically send a customizable auto-reply message to incoming texts, letting friends know the driver is behind the wheel and will reply when it's safe.** For more information visit:



[www.itcanwait.com](http://www.itcanwait.com)



# Focus on Wellness



## Newsletter Editor

Elaine Hehemann

## Physicians

Michael L. Kurtz, MD  
 Freeman Ginsburg, MD  
 Paula R. Levin, MD  
 Stephanie S. Stevens, MD  
 Bradley D. Kurtz, DO  
 Jeanne Oh, MD  
 Jill Kramer, MD  
 Suzanne L. Rogers, DO  
 Nancy J. McDermott, MD  
 Deborah Chen-Becker, MD  
 Danielle M. Clancy, MD  
 Lindsay K. Sharrer, MD  
 William S. C. Payne, MD  
 Bird Gilmartin, MD  
 Bethany M. Carvajal, MD

## PAs and PNPs

Nancy Barber Starr, PNP  
 Brigette Denning, PA  
 Joy Diamond, PNP  
 Maggie C. Hawkins, PA  
 Heather Meister, PA  
 Jacob H. Perry, PA  
 Kara Scholl, PA  
 Jeff Silverman, PA  
 Kimberly Thomas, PA  
 Linsey Weller, PA

## Administrator

Denise Hall

## Patient Care Line 303-699-6200

Village Plaza at Smoky Hill  
 5657 S. Himalaya St., #100  
 Centennial, CO 80015

## I-225 Medical & Business Plaza

1300 S. Potomac St., #156  
 Aurora, CO 80012

## Parker Adventist Professional Building

9397 Crown Crest Blvd., #330  
 Parker, CO 80138

**Opening this Winter!**  
**Central Park Professional Condominiums (Stapleton)**  
 2373 Central Park Blvd., #202  
 Denver, CO 80238



## Importance of Childhood & Adolescent Vaccines!

**Childhood vaccines have saved more lives than any other advancement in modern medical history!**



**PROVEN TO BE SAFE**, childhood vaccines prevent infection from serious and deadly diseases which cause high fever, coughing, choking, breathing problems, permanent loss of hearing and vision, paralysis, brain injury and death. **Prior to the creation of today's vaccines, thousands – and sometimes millions – of children became infected with diseases that resulted in lifelong disabilities or death.** As a result of the childhood vaccination program in the United States, the incidence of these dangerous diseases is very low in our country. **UNFORTUNATELY**, many of these diseases are still common in other parts of world, and travelers can unknowingly bring these diseases into the United States. Without a strong vaccine program in the United States, these diseases could quickly spread throughout the population, causing epidemics here. The providers at Advanced Pediatrics join the American Academy of Pediatrics and the Centers for Disease Control in their **CONVICTION** that **ALL children and adolescents should be vaccinated according to the recommended vaccine schedule.** **When parents refuse to vaccinate their children, they not only put their own children at risk, they also pose a danger to younger infants and children in our community who may not yet have been vaccinated.**

### Recent Vaccine News

#### Measles Outbreak in Texas

More than a decade ago measles was declared eradicated in the United States, but world travel combined with declines in measles vaccination rates, have resulted in occasional outbreaks of the deadly disease. **Already this year, the US has had more than twice as many reports of measles than in 2012.** Most recently over 20 parishioners of a North Texas church – **a majority of whom had not been vaccinated** – were infected with measles. Before the measles vaccine became available in 1963, measles killed 3,000 U.S. children and caused 48,000 hospitalizations annually. In the 1980's when measles immunization rates among preschool children dropped, there was an outbreak in 1989-90 resulting in 55,000 cases of measles, 11,000 hospitalizations and 123 deaths in the U.S. Measles is one of the most contagious vaccine preventable diseases, making consistent childhood vaccination critical to preventing epidemics. **The MMR (measles, mumps and rubella) vaccine is recommended at 12 months, with a booster at 4 - 5 years.**

#### Skipping DTaP Vaccine Raises Children's Risk of Whooping Cough

In a recent study in JAMA Pediatrics, 47% of pediatric pertussis (whooping cough) cases studied between 2004 and 2010 were **among children who had not completed the recommended doses** of the DTaP (diphtheria, tetanus and acellular pertussis) vaccine. **The DTaP vaccine is recommended at 2, 4, 6 and 15 months of age, with a booster at 4 – 5 years and 11 – 12 years.**

#### Infant Vaccination Against Hepatitis B May Have Long Term Benefits

A recent study published in the Journal of the American Medical Association showed that not only does the Hepatitis B vaccine reduce hepatitis B related deaths by 90%, it also appears to **significantly reduce the risk of liver cancer and chronic liver disease.** **The Hepatitis B vaccine is recommended at birth, 2 months and 6 months.**

#### Vaccination Rates for Adolescent Vaccines Are Still Too Low

Although adolescent vaccination rates improved between 2011 and 2012, they are still lower than recommended. **In 2012, the CDC reported the following adolescent vaccination rates in the United States: Diphtheria /Tetanus / Pertussis 85%, Meningitis 74%, Chicken Pox 75%, and HPV 54% (girls) and 21% (boys).**

#### Childhood Rotavirus and Pneumococcal Vaccines Offer "Herd Immunity" to Older Children and Adults

Recent studies show that since the introduction of childhood vaccines protecting against rotavirus (stomach flu) in 2006 and pneumococcal bacteria in 2000, rates of these diseases have not only dropped significantly among vaccinated children, but also among non-vaccinated older children and adults. This represents an example of **"herd immunity,"** where vaccinating young children not only prevents them from getting sick, it also **prevents them from transmitting the illness to their siblings, parents and grandparents.** **The Rotavirus vaccine is recommended at 2, 4 and 6 months and the Pneumococcal vaccine is recommended at 2, 4, 6 and 12 months.**