



Hand in Hand News

A Quarterly Newsletter from Aurora Pediatric Associates

Advancing Pediatric Care for Our Patients!

Visit our new website at www.AuroraPediatrics.com!

At Aurora Pediatrics we know that busy parents often want quick and easy access to reliable health care advice. We also know you may need this information after our office is closed or when making a phone call is not convenient.

Our new website offers families physician-reviewed medical advice from a trusted resource 24 hours a day. So, if your child is feeling ill in the middle of the night, you can visit our new website, www.AuroraPediatrics.com, in your pajamas!

Our website contains an extensive data base of home care advice, over the counter medicine dosages, parenting tips and links to a large collection of important medical resources. We believe you will find the “Is Your Child Sick” page especially helpful for information on common childhood illnesses and injuries.

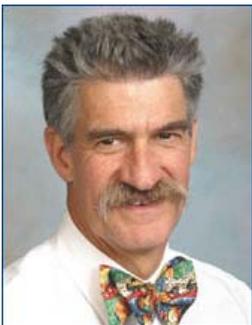
Within these pages you will find information on fever, ear pain, congestion, vomiting and over 100 other symptoms. These articles provide helpful ideas for home care as well as important guidelines on whether your child might need to be seen.

Want to learn more about Aurora Pediatrics? Our new website also contains information regarding our services, offices, providers, and payment and insurance policies.

Our new website is just another example of our continued efforts to provide the best medical care for our patients—morning, noon and night!



Working to Build a Better Community!



Dr. Mark Pearlman, MD

Dr. Mark Pearlman has served as a Medical Advisor to the Cherry Creek School District since March of 1989. The Medical Advisory Board is made up of selected local pediatricians, specialists, school nurses and a dietician. The Board meets quarterly and is responsible for advising the Cherry Creek School District on

medical policies within the schools. The Board helps direct schools on a wide variety of medical issues relating to the health care of students, disabled and chronically ill children. Dr. Pearlman’s dedication to serving Cherry Creek students reflects our dedication as a pediatric practice to work together to build a better community!

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Hand in Hand for Healthier Children



New Parker Office Opening Spring 2004!

We are pleased to announce that we will be opening a new office in Parker in Spring 2004!

Our new office will be located in the Professional Building at the new Parker Adventist Hospital near the intersection of Parker Road and E-470. Our street address will be 9397 Crown Crest Boulevard, Suite # 330.

We look forward to the opportunity to more conveniently serve our patients in the Parker area and welcome new patients to our practice!

Look for information about our grand opening in Spring 2004!



New Parker Office Professional Building

Welcome Dr. Stevens!



Stephanie S. Stevens, MD, joins Aurora Pediatrics!

Aurora Pediatrics is pleased to announce that Dr. Stephanie Stevens has joined our physician staff!

Dr. Stevens graduated from the University of Colorado Medical School in 1999. She completed her residency at The Children's Hospital in Denver, Colorado, where she was Chief Resident. During her residency, she received the "Golden Apple Teaching

Award" and the "Bruce Garber Award" as the most outstanding senior resident. Prior to joining Aurora Pediatrics, she founded the Healthy Beginnings Clinic to provide health care for children of low-income, single-parent families.

She is a Fellow of the American Academy of Pediatrics and a member of the Clinical Faculty at the Children's Hospital. In addition, she is a sign language

interpreter for the deaf, and has a masters degree in physical therapy.

Her interests in pediatrics focus on sports medicine, child development and asthma. Her personal interests include skiing, hiking, biking and spending time with her family. She is married with two young children.

APA Physicians Join Staff at Two New Hospitals!

In order to more conveniently meet families' needs, our physicians will be on staff for newborn care at two new area hospitals beginning in 2004!

Along with Medical Center of Aurora and Rose Medical Center, our physicians will now be on staff for newborn care at Parker Adventist Hospital (opening Spring 2004) and Sky Ridge

Medical Center (beginning 2004).

In addition to newborn care, our providers continue to admit patients to The Children's Hospital, where they are followed by the hospital team or specialists directing their inpatient care. During their hospital stay, our physicians keep in close communication with the hospital team and are ready to provide

outpatient follow-up upon discharge from the hospital.



New Expanded Telephone Hours in 2004!



Beginning in January our telephone lines will be open weekdays at 7:30 a.m. in order to more conveniently allow parents to schedule early morning appointments. As always, our weekday appointments will be scheduled from 8 a.m. to 4:30 p.m. In addition, our Smoky Hill office is open on Saturday mornings at 8 a.m. for a limited number of hours to see sick children and newborns.



Protecting Your Child Against Winter Viruses

Influenza

Influenza is a serious virus which causes fever, sore throat, chills, cough, headache and muscle aches. While most people are ill with influenza for only a few days, some get much sicker and may need to be hospitalized.

The Centers for Disease Control is predicting that a potentially serious strain of influenza will hit the United States this fall and winter. Aurora Pediatrics joins the American Academy of Pediatrics in recommending flu (influenza) shots for all healthy children over the age of 6 months, in addition to those

children with chronic illnesses. Please call our central appointment line to schedule a visit for a flu shot. Children under the age of 8 receiving the flu shot for the first time require the vaccine to be administered in two doses, one month apart.



RSV

Respiratory syncytial virus (RSV) is the most common cause of bronchiolitis and pneumonia among infants and children under 1 year of age. RSV symptoms begin with fever, runny nose, cough, and sometimes wheezing. Although almost all children are mildly affected by this

virus at least once before they are 2 years old, between 25% and 40% of infants and young children infected with RSV for the first time develop bronchiolitis or pneumonia. Infants under 6 months of age are the most at risk for symptoms requiring hospitalization.

If you have an infant under 6 months with cough or congestion symptoms, or an older infant or child who is experiencing concerning respiratory symptoms (such as wheezing or shortness of breath), please call our Nurse Advice Line to determine if your child should be seen for an evaluation.

Holiday Safety



The holidays are an exciting time of the year for children and their families. The staff at Aurora Pediatrics wishes you and your family a joyous holiday

season and recommends the following safety tips as you celebrate over the coming months:

Trees

- When purchasing an artificial tree, look for the label "Fire Resistant."
- When purchasing a live tree, check for freshness to prevent risk of fires. A fresh tree is green, moist

and has needles that bend instead of break. Be sure to keep a live tree well watered and away from any source of heat.

Decorations

- Use only non flammable materials to trim a tree. Tinsel should be made of plastic or non leaded metals.
- Avoid decorations that are sharp, breakable or with small removable parts which might pose a choking hazard to young children.

Toys

- Follow recommended age ranges on toy packages. Toys designed for older children can be a safety hazard to younger children.

- Young children can choke on small parts found in toys and games. Children under the age of three should not be given pieces less than 1 1/4 inches in diameter and 2 1/4 inches long.

Plants

- Holly and Mistletoe berries are very poisonous and should be kept out of the reach of children.
- While Poinsettias are not poisonous, they can cause skin irritation and gastrointestinal distress if eaten.

For more information on holiday safety visit: www.aap.org/advocacy/releases/dectips.htm

New Car Seat Laws

Effective August 1, 2003, Colorado has revised its Child Restraint Law. This new law requires:

- Infants must ride in a rear-facing car seat until they are at least 1 year old and weigh at least 20 lbs.
- Children aged 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 between 6 and 16 years old must be restrained in a seat belt.

For more information regarding car seat safety, visit the Child Passenger Safety page at: www.nhtsa.dot.gov





Focus on Wellness



Newsletter Editor

Elaine Hehemann

Physicians

Michael L. Kurtz, MD
Lee S. Thompson, MD
Mark H. Pearlman, MD
Freeman Ginsburg, MD
Paula R. Levin, MD
Brandon Davison-Tracy, MD
Daphne Shaw, MD
Stephanie Stevens, MD

PAs and PNPs

Sara Azose, PA
Nancy Barber Starr, PNP
Joy Diamond, PNP
Carol Hunter, PA
Ann Petersen-Smith, PNP
Jeff Silverman, PA
Kimberly A. Thomas, PA

Administrator

Denise Hall

Central Appointment Line
303-699-6200

www.AuroraPediatrics.com

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

Aurora Health Plaza
13650 E. Mississippi Ave. #110
Aurora, CO 80012

Parker Adventist
Professional Building -
Opening Spring 2004!
9397 Crown Crest Blvd., #330
Parker, CO 80138



Building Relationships at Well Care Visits!

Aurora Pediatric Associates believes that routine well child care exams play an important role in keeping children healthy. Our providers look forward to getting to know children and their families better at these important visits. These longer visits provide an opportunity for our providers to examine your child's growth and development and discuss age specific health, behavior and safety issues. These exams often include a vision screening, important lab work and routine immunizations. Our providers encourage families to bring a list of questions they have regarding their child's health and development to all well child care visits. Please bring your child's immunization record to be updated at these visits.



Well Child Care Schedule

We recommend well child care exams at the following ages:

Within 3 days after discharge from hospital	12 months*
2 weeks	18 months*
2 months*	2 years
4 months*	3 years
6 months*	5 years*
9 months	every other year after 5

In addition, students playing high school sports require an annual physical exam.

*indicates routine pediatric immunizations

Books We Recommend

Caring for Your Baby & Young Child: Birth to Age 5.

Steven Shelov (ed.), The American Academy of Pediatrics.

Caring for Your School-Age Child: Ages 5 - 12. Edward Schor (ed.), The American Academy of Pediatrics.

Caring for Your Teenager. Donald Greydanus (ed.), The American Academy of Pediatrics.

Your Child's Health: The Parents' Guide to Symptoms, Emergencies, Common Illnesses, Behavior & School Problems. Bart Schmidt, MD.



Hand in Hand for Healthier Children