



*Celebrating 35 Years Providing  
the Very Best in Pediatric Care!*

# Hand in Hand News

A Quarterly Newsletter from Advanced Pediatric Associates

## Advancing Pediatric Care for Our Patients!

### Advanced Pediatrics to Launch New Electronic Medical Records System this Fall!

Did you know that in the fall Advanced Pediatrics will be implementing a new electronic medical records system? Over the past year a special committee comprised of health care providers and management has been developing and planning the implementation of an electronic medical record (EMR) system for our offices. The practice will use AllscriptsTouchWorks EMR. Allscripts Healthcare Solutions is a leading provider of clinical software, connectivity and information systems designed for mid-to-large sized medical organizations. The EMR system enhances clinical care and physician productivity by automating many common physician activities and providing web-based access to medical records from multiple locations. Specific benefits of the new electronic medical records system include:



- ◆ More efficient, complete and legible documentation of patient visits.
- ◆ Improved patient care due to integrated medical resources and the ability to quickly search medical history/records based on specific criteria.
- ◆ Automated alert of medicine allergies and drug interactions.
- ◆ Electronic transfer of vaccine records to Colorado Immunization Registry.
- ◆ Instant access to patient records at each of our three office locations, eliminating the need to “fax” or send records between offices.
- ◆ Instant access to patient records after hours by our on-call physician.
- ◆ Instant electronic transfer of prescriptions to local pharmacies.
- ◆ Electronic access to patient educational materials, which can quickly be printed at the printer in our

nurses stations.

- ◆ Eventual electronic transfer of medical information between specialists, hospitals, and labs, allowing providers to electronically order and view lab tests, and make specialist referrals.
- ◆ Improved efficiency and productivity by office staff due to reduction in time required for manual tasks such as chart pulling and filing, updating of demographic and insurance information, and telephone/print communication between offices, labs, specialists and hospitals.

The development and implementation of the EMR supports our dedication to providing the most advanced pediatric care available to our patients. With a growing patient base and three office locations, TouchWorks will allow instant access to patient records at each of our office locations, resulting in better patient care, improved clinical and administrative efficiencies, and enhanced patient education. We are excited about this new technology and the benefits it provides, and look forward to introducing it to our patients at visits this fall!

**We are pleased to announce that we have hired two new physicians and two new physician assistants for our provider staff. Please join us in welcoming:**

- Jill Kramer, MD**
- Natalia M. Prada, MD**
- Kara Scholl, PA**
- Linsey Starck, PA**

Advanced Pediatrics carefully selects new physicians based on academic and professional achievement. We are confident patients will be impressed with the level of care they provide. Read more about these new providers on the following page.

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*Hand in Hand for Healthier Children*



## New Back to School Vaccine Requirements for 2007/2008



**Are your children ready to start school?** Colorado State Law now requires the following new vaccines for students to be admitted to school during the 2007/2008 school year:

**Kindergarten** - 2nd dose of Varicella (chickenpox) vaccine

**6th Grade & 10th grade** - Tdap (Tetanus/Diphtheria/Pertussis) vaccine

In addition, the American Academy of Pediatrics has added a number of new vaccines to its recommendations:

**RotaTeq** - Oral vaccine given in three doses at 2, 4, and 6 months of age to protect infants/young children from Rotavirus (severe diarrhea, often accompanied by vomiting and fever).

**Varicella** - A 2nd dose (booster) of Varicella (chickenpox) for children and adolescents over the age of 5 years.

**Tdap** - Recommended beginning at age 11-12 for additional protection against Pertussis (whooping cough), Tetanus, and Diphtheria (serves as booster to infant/toddler vaccination).

**Gardasil** - A new vaccine to protect against HPV (Human Papillomavirus), the leading cause of cervical cancer. It is recommended for girls beginning at age 11-12 and is administered in three doses.

## Welcome Jill Kramer, MD!



Dr. Jill Kramer graduated from the Saint Louis University School of Medicine in 2001, completing her pediatric residency training at the Cardinal Glennon Chil-

dren's Hospital in St. Louis, Missouri in 2004. Prior to joining Advanced Pediatrics in July 2007, Dr. Kramer worked as a pediatrician at Evergreen Pediatrics in Evergreen, Colorado. She is a Fellow of the American Academy of Pediatrics, board certified by the American Board of Pediatrics, and a member of the Colorado Medical Society. Dr. Kramer is interested

in all aspects of pediatric care, with a special focus on providing care for newborns and children with asthma. Her personal interests include hiking, skiing, biking, music, reading and the theatre. She enjoys spending time with her two dogs, "Brandy" and "Bailey", who love to hike!

## Welcome Natalia M. Prada, MD!



Dr. Natalia Prada graduated from the University of San Francisco School of Medicine in 2003, completing her pediatric residency training at Harbor-UCLA Medical Center in

Torrance, California in 2006. Prior to joining Advanced Pediatrics in August 2007, Dr. Prada worked as a pediatrician at a multi-specialty group practice in Southern California and coordinated the implementation of an AAP residency breastfeeding curriculum at Harbor-UCLA Medical Center. She is board certified by the American Board of Pediatrics and is a member of the American Academy of Pediatrics.

In addition to other aspects of pediatric care, Dr. Prada is especially interested in breastfeeding promotion and support. Her personal interests include reading, hiking and learning to cook. She recently married her husband, Josh, who is a pediatric allergy-immunology fellow, and the two are looking forward to becoming involved in the Denver community.

## Welcome Kara Scholl, PA-C!



Kara Scholl graduated from the University of Colorado Health Sciences Center Physician Assistant Program in 2007. She received a Bachelor of Science degree in biology from the University of Wyoming in

1999, graduating with honors. In between her undergraduate and graduate degrees, Kara worked at Advanced Pediatrics as a referral specialist. Prior to joining Advanced Pediatrics as a full time physician assistant in August 2007, Kara completed various pediatric internships including pediatric inpatient, gastroenterology, dermatology, asthma and allergy rotations, as well as a medical mission trip to Costa Rica. She is a member of the American Acad-

emy of Physician Assistants and the Colorado Academy of Physician Assistants. Her interests in pediatrics focus on preventative medicine, with an emphasis on patient and family education. Her personal interests include spending time with her husband, walking her Australian shepherd, "Jackson" and outdoor activities including fishing, hiking, snowshoeing and helping out at her in-laws ranch.

## Welcome Linsey Starck, PA-C!



Linsey Starck graduated from the University of Colorado Health Sciences Center Physician Assistant program with a Master of Science degree in 2005. While getting her masters degree, she com-

pleted a study abroad program in medical Spanish in Costa Rica. Prior to graduate school, Linsey received a Bachelor of Arts degree in zoology with a minor in chemistry from Miami University in Oxford, Ohio. Prior to joining Advanced Pediatrics in July of 2007, she worked as a physician assistant at Clinica Campesina Family Health Centers in Denver, Colorado. She is a member of the

American Academy of Physician Assistants and the Colorado Academy of Physician Assistants and speaks Spanish. Her interests in pediatrics focus on adolescent and female health care, as well as providing care for Spanish speaking families. Her personal interests include running, snow and water skiing, and spending time outdoors with her black lab. Linsey is engaged to be married in the fall.



# Health and Safety Tips



## Nutrition Tip for Summer - Limit Fast Food to Once a Week !



According to a Harvard study in the January 2004 Journal of Pediatrics, 30 % of American children eat fast food each day in the United States. With the hectic, on the go schedules that many families keep today little time is left for a homemade nutritious dinner, making fast food a quick and easy option. As a result, fast food consumption among America's children has increased five times since the 1970's, mirroring an increase in childhood obesity rates. Why is fast food so bad for children? Children who eat fast food consume, on average, 187 more calories each day than those who don't eat fast food. Most of these additional calories come in the form of fat, carbohydrates and sugar and result in an average additional weight gain of six pounds per year among children who eat fast food 2 to 3 times per week. In addition, children who eat fast food consume less fiber and miss out on many of the important nutrients needed for healthy growth that come from fruit, vegetables and milk. The providers at Advanced Pediatrics recommend that families try to limit fast food consumption to no more than once per week. Some ideas for managing meals with today's busy schedules include:

- ◆ Plan ahead simple meals for busy evenings, making sure to include a fruit and a vegetable.
- ◆ Prepare and freeze main dishes on the weekend that can be unthawed for a quick meal later in the week.
- ◆ Start a crock pot meal in the morning so it will be ready when you get home from work and activities.
- ◆ If you must eat out, ask for nutrition information and choose meals low in fat. Look for menu options that include a fruit and vegetable and drink water or low fat milk.

## AAP Recommends Against Infant Swimming Lessons - Reprinted from the American Academy of Pediatrics

### Infant Swimming May Risk Future Respiratory Health

The American Academy of Pediatrics (AAP) has long recommended against infant swimming lessons due to the false sense of safety that this practice gives regarding the risk of drowning. Now a new study may add another reason to avoid infant swim lessons. "Infant Swimming Practice, Pulmonary Epithelium Integrity, and Risk of Allergic and Respiratory

Diseases Later in Childhood," examined the role indoor chlorinated pools play in the development of asthma and reduced lung function. The study, conducted in Belgium, found that trichloramine – a chlorine byproduct that gives indoor pools their distinctive "chlorine" smell – is one of the most concentrated air pollutants to which children of developed countries are regularly exposed. The study asserts that this pollutant along with other aerosolized chlorine-based oxidants can be associated with airway changes that predispose chil-

dren to asthma and recurrent bronchitis later in childhood. They encourage more study and possible regulation of the air quality in the indoor pool environment.



## Summer Safety Tips

### Protecting Skin from Harmful Sun Exposure

#### Infants Under 6 Months

- ◆ Avoid sun exposure and dress in lightweight long pants and long-sleeved shirt and hat.
- ◆ When adequate shade and clothing are not available, apply a minimal amount of sunscreen with at least 15 SPF to small area on face and back of hands.

#### Children Over 6 Months

- ◆ Whenever possible, cover up with cotton clothing with a tight weave, brimmed hat and sunglasses that block 99 - 100% of ultraviolet rays.
- ◆ Stay in shade when possible and limit sun exposure during peak intensity hours between 10 am and 4 pm.
- ◆ Apply sunscreen at least thirty minutes before going outside even on cloudy days.
- ◆ Use two coats of a broad-spectrum sunscreen product (that blocks out both UVA and UVB rays) with at least 15 SPF.
- ◆ Be sure sunscreen is water-proof.



- ◆ Reapply sunscreen every two hours, or after swimming or sweating.
- ◆ Use caution near water, snow and sand which may reflect UV rays.

### Avoiding Heat Stress

- ◆ Reduce intensity and duration of activities during extreme heat and humidity.
- ◆ When beginning a new exercise program, gradually increase intensity and duration over a period of 10 to 14 days.
- ◆ Be sure children are well-hydrated **BEFORE** physical activity. During activity periodic drinking of water or a sports drink should be enforced. Even if the child does not feel thirsty, he should drink 5 - 9 oz every 20 minutes or so.
- ◆ Wear light colored and lightweight clothing.

### Bug Safety

- ◆ Avoid scented soaps, perfumes or hair sprays.
- ◆ Avoid areas where insects gather like stagnant water, uncovered food and flower gardens.
- ◆ Avoid bright clothing or flowery prints.
- ◆ To remove stinger from skin, gently scrape it off with a credit card or your fingernail.

- ◆ Use DEET product with maximum concentration of 30 to protect against ticks (Lyme disease) and mosquitoes (West Nile Virus).
- ◆ **DO NOT USE DEET ON INFANTS UNDER 2 MONTHS OF AGE.**
- ◆ Avoid combination sunscreen/insect repellent products as sunscreen should be applied often and insect repellent should not be reapplied.

### Bicycle, Skateboard and Scooter Safety

- ◆ **ALWAYS** wear a properly fitted CPSC approved helmet.
- ◆ Wear protective elbow, wrist and knee pads when riding skateboards and scooters and ride in non traffic areas or skateboard parks.
- ◆ Children should not ride a 2 wheeled bike until they are developmentally ready (around 5 or 6) and should stick to foot brakes until they are older.
- ◆ Do not buy a bike that your child has to "grow into", as oversize bikes are especially dangerous.
- ◆ Do not allow children to ride bikes on busy streets and be sure they understand traffic rules and signals.



# Focus on Wellness



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## Get Your Family Moving!



With Denver's sunshine, low humidity, proximity to the mountains, and abundance of park and recreation facilities, it is the perfect home for active families. Unfortunately many children today are spending less time exercising and more time in front of the TV, computer, or video-games. This sedentary lifestyle is having a negative impact on the health of American children, with the percentage of overweight children in the United States growing at an alarming rate. In fact, today about one third of American children are either overweight or at risk of becoming overweight. Parents have a responsibility to model a healthy lifestyle for their children, offer daily opportunities for physical activity, and spend active family time together. By making physical activity a family affair, parents model a healthy lifestyle that can create a life long habit to carry children into adulthood. Here are some tips to get your family moving:

- ◆ Set aside an hour every day to go on a family walk, bike ride or play an outdoor game.
- ◆ Take turns picking "active" weekend activities like swimming, biking, hiking etc.
- ◆ Join a local recreation center and set up a weekly routine to participate as a family.
- ◆ Explore a different local park or playground each month. The Aurora, Centennial and Parker communities are filled with local parks and playgrounds.
- ◆ Take a picnic and go biking at Cherry Creek State Park or hiking at Castlewood Canyon or Garden of the Gods (Colorado Springs).
- ◆ Spend an afternoon hiking in Rocky Mountain National Park.
- ◆ Find age appropriate physical activities for each of your children and support them by attending games, meets and performances as a family. Opportunities abound at all levels in the local community for children to participate in a host of physical activities including: dance, gymnastics, swimming, tennis, soccer, basketball, baseball/softball, football, volleyball, hockey, wrestling, roller/ice skating, martial arts etc. Let each of your children try a variety of physical activities and emphasize fun and fitness over winning and competition. While not every child is meant to be a competitive athlete, all children benefit from regular physical activity and lessons in teamwork and good sportsmanship.

### Check Out the Following Athletic Clubs , Recreation Centers and Park and Recreation Districts:

#### Aurora/Centennial

- ◆ Aurora Parks and Recreation - 303-739-6640 - [www.auroragov.org/recreation](http://www.auroragov.org/recreation)
- ◆ Beck Recreation Center - 800 Telluride St. Aurora, 303-739-6886 - [www.auroragov.org/recreation](http://www.auroragov.org/recreation)
- ◆ Colorado Athletic Club - 374 Inverness Pkwy., 303-790-7777 - [www.coloradoac.com](http://www.coloradoac.com)
- ◆ Heartwood Athletic Club - 15528 E. Hampden Circle, 303-693-3550 - [www.heartwoodfitness.com](http://www.heartwoodfitness.com)
- ◆ South Suburban Parks and Recreation - 303-347-5999 - [www.sspr.org](http://www.sspr.org)
- ◆ Trails Recreation Center - 16799 E. Lake Ave., 303-269-8400 - [www.aprd.org](http://www.aprd.org)

#### Parker/Castle Rock

- ◆ Castle Rock Recreation Center - 2301 N. Woodlands Blvd., 303-660-1036 - [www.crgov.com](http://www.crgov.com)
- ◆ Parker Recreation Center - 17301 E. Lincoln Ave., 303-841-4500 - [www.parkeronline.org/recreation/recreation\\_center.aspx](http://www.parkeronline.org/recreation/recreation_center.aspx)
- ◆ Parker Fieldhouse - 18700 E. Plaza Drive, 303-805-6300 - [www.parkeronline.org/recreation/parker\\_fieldhouse.aspx](http://www.parkeronline.org/recreation/parker_fieldhouse.aspx)
- ◆ Parker Recreation Department 20120 E. Mainstreet, 303.841.0353 - [www.parkeronline.org/recreation/recreation\\_information2.aspx](http://www.parkeronline.org/recreation/recreation_information2.aspx)

*Hand in Hand for Healthier Children*