



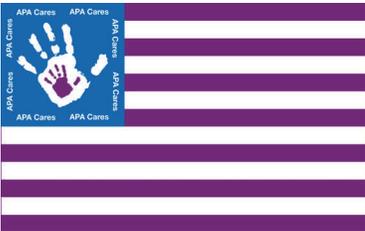
# Hand in Hand News

## A Quarterly Newsletter from Advanced Pediatric Associates

Volume 30, Fall 2012

### Advanced Pediatrics Celebrates 40 Years by Giving Back to Our Community!

#### “APA Cares” Partner Charity Contest



In celebration of our **40th Anniversary**, we are hosting an “**APA Cares**” Partner Charity contest, **donating a total of \$10,000 to charities benefiting the local**

**community!** Each of the physician Partners at Advanced Pediatrics has selected his or her favorite local charity, and we are asking our patients to vote on our Facebook to determine which charity wins 1st place! \$5,000 will be donated to the 1st place charity, \$2,000 to the 2nd place charity, and \$1,000 to each of the remaining charities. Details can be found on our Facebook page by clicking on the “**Vote Now**” icon. Read more about why each of the following physician Partners at Advanced Pediatrics has selected his or her favorite charity. **Which charity will you vote for?**

#### ◆ Hospice of Denver (Dr. Michael Kurtz)

*“Despite tremendous advances in medicine, most of us will struggle at some point with end of life care for a loved one. When that time comes, Hospice of Denver provides caring support when families need it most. Hospice of Denver includes specialists across many disciplines, including pediatric hospice, pain management, nutrition and other special needs. For children, the Footprints Children’s Grief Center provides counseling to children dealing with the impending loss of a loved one.”*

#### ◆ Colorado Public Radio (Dr. Freeman Ginsburg)

*“Colorado Public Radio first began broadcasting in 1970 - shortly after I completed my pediatric residency training. Throughout my career, I have listened to Colorado Public Radio on my drive to and from work. With quality programming and no influence from commercial advertising, Colorado Public Radio brings me the news and information I am looking for in a radio station. Recently Colorado Public Radio celebrated its 40th anniversary - just as Advanced Pediatrics is celebrating our 40th anniversary this year.”*

#### ◆ The Wild Animal Sanctuary (Dr. Paula Levin)

*“As the oldest and largest nonprofit sanctuary in the US, The Wild Animal Sanctuary - just northeast of Denver - is dedicated to rescuing captive lions, tigers, bears, leopards, mountain lions, and wolves, and educating the public about their plight. The Wild Animal Sanctuary is open to the public and is designed with elevated walkways, so that visitors may safely walk over enclosures to view animals living freely in large acreage habitats. It relies entirely on private contributions and grants to stay in operation.”*

#### ◆ Warren Village (Dr. Stephanie Stevens)

*“Warren Village is a unique family community helping motivated low-income, previously homeless, single parent families move from public assistance to personal and economic self-sufficiency through subsidized housing, on-site nationally accredited child care, intensive case management, educational guidance and career development. As a medical student in 1996, I started a clinic to provide medical care for the children living there. After 16 years, I am still very involved as the clinic director.”*

#### ◆ The Park People (Dr. Bradley Kurtz)

*“I grew up in Colorado and some of my best memories involve the local parks we have all come to love. Outdoor activity is critical to the physical health and well-being of children. Local parks give children the opportunity to exercise their bodies, explore nature, and play in a safe, family friendly environment. The Park People have committed themselves to improving local parks and other recreational spaces throughout the Denver area.”*

In keeping with an “**Election Year**” theme, we hope to **get out the vote** for the “**APA Cares**” Charity Contest. Simply click on the “**Vote Now**” icon to cast your vote on Facebook at:

[www.facebook.com/advancedpediatricassociates](http://www.facebook.com/advancedpediatricassociates)

**YOUR VOTE MATTERS!**

**Cast your vote today!!!**



#### Inside This Issue

**Practice News** page 2

Time to Schedule Flu Vaccine Appointments!

Welcome Dr. William Payne!

Welcome Jake Perry, PA!

Have You “Liked Us” on Facebook?

Kids Try-Athlon Sponsor

Holiday Hours

**Health & Safety** page 3

Nutrition Tip - Small Changes for Healthier Lives

5 Things Your Pediatrician Wishes You Would Know

West Nile Virus Outbreak

What is RSV?

Honey for a Cough

**Focus on Wellness** page 4

Concussion Safety and Prevention



## Hand in Hand for Healthier Children



## Time to Schedule Flu Vaccine Appointments!

### 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 **EVE-RYONE over 6 months of age.** The flu vac-

cine is **especially** important for children under 2 years or age, those with asthma and certain chronic health conditions, and close contacts of children younger than 6 months 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 and weekday evening 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 a flu vaccine appointment 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.

## Welcome William S. C. Payne, MD!



Dr. Payne graduated from Saint Louis University School of Medicine in Saint Louis, Missouri, in 2008, where he was inducted into the Alpha Omega Alpha Medical Honor Society. In 2011, he completed his pedi-

atric residency at Rainbow Babies & Children's Hospital in Cleveland, Ohio, receiving awards for Outstanding Resident in Continuity Clinic and Best Research Study Design. Dr. Payne served as the Pediatric Chief Resident at Rainbow Babies & Children's Hospital until joining Advanced Pediatrics in August of 2012. He is board certified by the American Board of Pediatrics, a Fellow of the American Academy of Pediatrics, and is certified in pediatric advanced life support.

His interests in pediatrics include the management of asthma and seasonal allergies. His personal interests include spending time with family and friends, going to movies, reading, running, playing basketball and watching sports. His wife grew up in Denver and is a physician specializing in physical medicine and rehabilitation. He and his wife have a young son and are expecting their second child in the fall.



## Welcome Jacob H. Perry, MPAS, CHA/PA-C!



Jake Perry graduated from the University of Colorado Health Sciences Center Physician Assistant Program in 2009, following a bachelor of science degree in physiology and developmental biology from Brigham Young

University in 2005. Prior to joining Advanced Pediatrics in September of 2012, Jake was employed as a pediatric physician assistant in Castle Rock, Colorado. He is a member of the American Academy of Physician Assistants and the Colorado Academy of Physician Assistants, speaks Spanish, and is certified in basic life support. He also volunteers his time teaching 8 - 9 year old children at his church. His interests in pediatrics focus on well-child care and cardiology. His personal

interests include running, reading and spending time with his family. He and his wife have two sons and a daughter.

### Please join us in welcoming Dr. Payne and Jake Perry to APA!

Advanced Pediatrics carefully selects new providers based on academic and professional achievement, and we are confident patients will be impressed with the level of care they provide.

## Have You "Liked Us" on Facebook? [www.facebook.com/advancedpediatricassociates](http://www.facebook.com/advancedpediatricassociates)

Advanced Pediatrics has recently launched a Facebook page! If you are on Facebook, we encourage you to "Like Us" to get the latest pediatric news and be included in fun "Fan Only" activities and contests. Find out the most recent news about flu vaccines, be among the first to know when we open our schedule or hire a new provider, vote in our \$10,000 APA Cares Charity Contest, 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:



[www.facebook.com/advancedpediatricassociates](http://www.facebook.com/advancedpediatricassociates)

You can also find our Facebook page by visiting our website and clicking on the "Find Us On Facebook" icon. Be sure to click the "thumbs up" like icon on our Facebook page!

Did you know that Advanced Pediatrics is an annual sponsor of the Parker Recreation Kids Try-Athlon?

Every child who "tries" is a winner!

Check out more photos on our Facebook Page.



### The Holidays Will Be Here Soon! Please note our holiday schedule:

- Thurs. Nov. 22 Closed
- Fri. Dec. 7 8 am - noon (all offices)
- Mon. Dec. 24 8 am - noon (Centennial Office only)
- Tues. Dec. 25 Closed
- Mon. Dec. 31 8 am - noon (Centennial office only)
- Tues. Jan. 1 Closed



Get vaccinated against the flu now, so you can enjoy the holidays!!!



# Health and Safety Tips



## Nutrition Tip for Fall - Small Changes Make a Big Difference!



According to Dr. Thomas Robinson, director of the Center for Healthy Weight at Stanford University, family goals aimed at reducing childhood obesity must be specific, simple and measurable. He recommends cutting back on high-calorie or high-fat foods rather than focusing on

counting calories, fat or carbohydrates, and providing nonmaterial rewards for behavioral changes. Other simple changes include:

- ◆ Start the day with a healthy breakfast.
- ◆ Eat low-fat dairy products (yogurt, milk, cheese) that are rich in calcium.
- ◆ Limit fast food and eating out to once/week.
- ◆ Add fiber rich fruits, veggies & whole grains.

### Remember 5 - 2 - 1 - 0 Each Day!

- 5** servings fruits and vegetables
- 2** hours or less of screen time
- 1** hour of physical activity
- 0** sugar-sweetened drinks

## 5 Things Your Pediatrician Wishes You Would Know

### 1. Vaccinations are safe.

Vaccine recommendations are made only after extensive studies in large clinical trials. In addition to testing the safety of individual vaccines, these clinical trials also test the safety of multiple vaccine combinations. Vaccinating children is probably the single most important contribution a pediatrician can make to the long term health and well being of children in our community. **When parents refuse to vaccinate their children according to the recommended schedule, 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.**

### 2. Be prepared for visits.

In order to provide ample time to discuss health concerns, it is important that parents **arrive 5 – 10 minutes early** for appointments to allow time for check in, and **bring completed forms and questionnaires** (such as the ASQ developmental screening)

they have been requested to fill out. It is also helpful for parents to bring a list of questions that they would like to discuss, and tell the provider what their concerns are at the beginning of the visit.

### 3. Healthy eating & exercise are non-negotiable.

With more than 30 percent of America's children considered overweight or obese, parents need to begin healthy habits in the toddler years by providing healthy food choices, reasonable portions, and sufficient opportunities for physical activity. **Parents - not physicians, not schools, not the government - are most responsible for preventing childhood obesity in America.**

### 4. Check our website first before calling.

Our website is updated regularly and contains an extensive pediatric health library covering topics such as well care, newborn and baby care, child development, adolescent health, asthma, healthy weight, ADHD and mental health. If your child is sick, we encourage you to visit our **"Is Your**

**Child Sick?"** pages to learn more about illnesses and symptoms, home care advice, medicine dosages, and a wide variety of medical conditions. This information is **available 24 hours a day**, and may be bookmarked, printed, and referred to later.

### 5. Pay attention to your children's behavior.

When it comes to a child or adolescent's well being, monitoring social and emotional development - such as how they build relationships and respond to stress - is just as important as monitoring their physical development. Parents should make sure to bring up any concerns about their child's behavior or emotional health with their provider, or call our Nurse Advice Line to speak with one of our registered nurses. Our registered nurses will make a recommendation for the best type of appointment for your child.



## Illness in the News

### Recent West Nile Outbreak

This year the US is experiencing the worst outbreak of West Nile Virus (spread by infected mosquitoes) since the disease was first detected in 1999. While most cases of West Nile Virus are mild, serious symptoms and death may occur. Initial symptoms may include fever, headache, nausea and vomiting, muscle aches, weakness and rash. Some individuals may become seriously ill with encephalitis, swelling of the brain, or meningitis, a swelling of the brain's lining or the spinal cord. To date there have been over 30 confirmed cases and two deaths in Colorado, with cases expected to continue until cooler weather sets in. The AAP recommends these prevention tips:

- ◆ Use insect repellent with 10 - 30% DEET and apply once a day when outdoors. Do not use combination sunscreen/DEET products. **Do not use in infants under 2 months of age.** Do not apply on mouth, eyes, or cuts.

- ◆ Wash DEET off at end of day with soap/water.
- ◆ When possible, dress children in long sleeves and pants when outside and use mosquito netting over infant carriers.
- ◆ Keep children away from standing water (mosquitos congregate and lay eggs).
- ◆ Limit time outside at dawn a dusk.
- ◆ Repair holes in screened windows / doors.

### What is RSV?

Respiratory Syncytial Virus is the major cause of infections of the breathing passages and lungs in infants and young children and affects almost every infant by age two. RSV typically occurs from fall to spring and is easily spread by sneezing, coughing and touching. It is the leading cause of bronchiolitis and can cause pneumonia, and in severe cases hospitalization. Infants born before 35 weeks or with certain types of heart or lung diseases are most at risk, and may be eligible for a series of Synagis vaccinations to protect high risk infants from serious lung complications.

Please call our office any time an infant experiences the following RSV symptoms:

- ◆ Difficulty breathing, including wheezing and rapid breathing.
- ◆ Fingertips, face or lips turn bluish color.
- ◆ Signs of dehydration (dry mouth, no tears, reduced urine).
- ◆ Younger than 2 months with fever.

### Honey Can Soothe a Child's Cough

While over the counter cough and cold medicines are not recommended for children under four years of age, 1/2 to 1 teaspoon honey has been proven effective in reducing coughing (especially at night) and is **safe for children over age one**. Not only does honey thin secretions and loosen the cough, it is also full of antioxidants, which may have a role in fighting infection.





## 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

## PAs and PNPs

Nancy Barber Starr, PNP  
Brigitte 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

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

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



## Concussion Safety & Prevention

A concussion is any injury to the brain that causes a temporary or permanent disruption to normal brain function. Concussions are generally caused by a blow (or jolt) to the head, and most often occur in collision sports, contact sports, and bike, skateboard, and playground falls. **Child and adolescent concussions can cause serious long-term injury or death, and should always be taken seriously.** Children and adolescents are more susceptible to the effects of a concussion because their brains are still developing, and appropriate management is essential for reducing the risk of long-term complications. **Many concussions can be prevented by wearing protective gear (such as helmets and mouth guards) and by adhering to the rules of the sport.** Advanced Pediatrics recommends the following safeguards in managing a concussion:



- ◆ **Children or adolescents with a suspected concussion should always be evaluated by a medical provider.** Your child's health care provider will determine the need for any specialized tests, such as CT scan, MRI, or neuropsychological tests; and decide when he or she may return to play.
- ◆ How quickly a child / adolescent recovers from a concussion depends on the severity of the concussion and whether he or she has had prior concussions. Physical and cognitive exertion, such as homework, playing video games, using a computer, or watching TV may worsen symptoms. **Any worsening of concussion symptoms (like headache, nausea, or dizziness) or changes in behavior (ie. agitation, grogginess, disorientation) should be immediately reported to your child's health care provider.**
- ◆ Often athletes say they feel better and want to return to play before their brain has completely recovered. However, it is critical that all sports activity is suspended until symptoms have completely resolved **at rest**. Once the athlete is symptom free at rest, a stepwise return to physical activity can begin if his or her health care provider says it's OK. It is very important to suspend activity and contact your child's health care provider if symptoms return. Any concussion-related symptoms that return with exertion are a clear indicator that the concussion has not healed. **Final clearance to return to full activity should also be at the direction your child's health care provider – and not based upon the needs of the team. Prematurely returning to play after a concussion can lead to another concussion or even death.**
- ◆ Neuropsychological testing can provide objective data to athletes and their families, but testing is just one step in the complete management of a sport-related concussion. Some high schools provide baseline and follow-up neuropsychological testing for athletes.
- ◆ There is no evidence proving the safety / efficacy of any medication in the treatment of a concussion. **The best treatment for a concussion is complete rest from all physical and mental activity.**
- ◆ **Retirement from contact sports should be considered for an athlete who has sustained multiple concussions, or has suffered post-concussive symptoms for more than three months.**

### How do you know if your child should be evaluated for a concussion following a head injury?

The most common signs of a concussion are a brief period of confusion or memory loss following the injury. Other signs can include a headache, vomiting, dizziness, acting dazed, or losing consciousness. **A person does NOT need to be knocked out (lose consciousness) to have had a concussion.** Following a concussion, some children have ongoing symptoms such as headaches, dizziness, thinking difficulties, school problems or emotional changes for several days to weeks. If your child exhibits any of these symptoms following a head injury, he or she should be evaluated by a medical professional.

*As a parent, it is very important that you remind your children how crucial it is to let you, their coach, athletic trainer, or teacher know if they have hit their head or have symptoms of a head injury—even if it means stopping play. Never ignore a head injury, no matter how minor.*

**"When in Doubt, Sit Them Out!"**

### What is "Second Impact Syndrome"?

Second impact syndrome happens when a person sustains a second head injury while still recovering from even a minor previous concussion. According to Littleton clinical neuropsychologist, Sue Kenneally, PsyD, people ages 12 - 23 are at greatest risk of second impact syndrome, which can result in a 90 percent chance of dying. **Even if athletes are experiencing only minor symptoms, such as headaches, it is critical to restrict their activities until they are cleared by a physician.**