



# Hand in Hand News

## A Quarterly Newsletter from Advanced Pediatric Associates

### Advancing Pediatric Care for Our Patients!

Volume 34, Summer 2014

#### New Denver / Stapleton Office Open!

Did you know that in February we opened a new office in Denver's Stapleton community? Our Stapleton office is located near the intersection of Central Park Blvd. and 23rd Ave. **If you have friends or family living in or around the Stapleton community, please let them know that we are in their neighborhood!**



**Central Park Professional Condominiums**  
2373 Central Park Blvd., #202  
Denver, Colorado 80238 (Stapleton)

**Hours: Weekdays 8 am - 5 pm, Saturdays 8 - 11 am**

Our Stapleton staff looks forward to getting to know children and their families in the Stapleton community. **Look for our Stapleton providers at the Stapleton MCA events we sponsor this summer (see below)!**

#### NEW MyChart Online Services!

**Have you set up a MyChart account for your children yet? MyChart** is a patient portal made available through **PedsConnect** and **Children's Hospital Colorado**, which allows APA patients to:

- ◆ Send secure online messages to our offices.
- ◆ Submit school, sports and other forms to our offices for completion.
- ◆ View lab test results and radiology reports.
- ◆ View medications and request prescription refills.
- ◆ Download immunization records for daycare, school, camp or sports.
- ◆ Receive appointment reminders.
- ◆ View growth charts and health library.

**Would you like to create a MyChart account?** In order to set up a **MyChart** account, you will need a **"chart activation letter"** with a secure code to activate your account. You may request your "chart activation letter" by completing an activation request card available at our reception desk at any of our office locations, or by calling our Patient Care Line at 303-699-6200. For more information, pick up a MyChart brochure from our reception staff or see our website.

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### Building a Better Community!

#### Advanced Pediatrics Sponsors Family Friendly Community Events

Each year Advanced Pediatrics gives back to our community by sponsoring family friendly events in the neighborhoods we serve. This year APA is sponsoring the following community events:

##### Stapleton MCA Events:

- ◆ June 13 "Despicable Me 2" Movie on The Green — Dusk, 29th & Roslyn
- ◆ July 4 Parade & Pancake Breakfast — 9 am, Fountain Pavilion at Central Park
- ◆ August 17 Stapleton Kids Triathlon — 8 am, Jet Stream Pool (registration required)
- ◆ August 29 "Frozen" Movie on The Green — Dusk, 29th & Roslyn

See the "What's New?" page of our website for event details.

##### Parker Chamber Movies in the Park:

- ◆ June 21 "RV" — Dusk, O'Brien Park
- ◆ July 19 "Elf" — Dusk, O'Brien Park
- ◆ August 9 "Little Giants" — Dusk, O'Brien Park

##### Parker Recreation:

- ◆ Sat. Aug. 2 Kids "Do" Athlon — 8 am, Bar CCC Park

##### Aurora / Centennial Healthy Kids Running Series:

- ◆ Spring: Saturdays in May — Piney Creek Hollow Park
- ◆ Fall: Saturdays in Sept./ Oct. — Piney Creek Hollow Park



## Hand in Hand for Healthier Infants, Children & Adolescents



## Summer Well Care, Appointment Reminders & Saturday Hours

### Time to Schedule Summer Well Care!

Our summer schedules are open with expanded well-care times, so now is a great time to make an appointment for your child's annual well-care or kindergarten, school, sports or camp physical. Learn more about what to expect at your child's well care visit in the **"Focus on Wellness"** feature on the back of this newsletter. New health care reform can make insurance coverage for well care visits confusing for all, so we want to help you understand what is covered in a

typical well care exam. **Please call our Patient Care Line at 303-699-6200 to schedule summer well care exams.**

### Automated Appointment Reminders

We have recently begun using an automated appointment reminder system to call parents and remind them about upcoming appointments. This system calls patients three days prior to their appointment and gives them the opportunity to confirm or cancel the appointment.

### Saturday Office Hours

With the opening of our new Stapleton office, Advanced Pediatrics now offers Saturday office hours from 8 am - 11 am at two office locations:

#### Centennial — Village Plaza at Smoky Hill

5657 S. Himalaya St. #100, 80015

#### Stapleton — Central Park Professional Condominiums

2373 Central Park Blvd., #202, 80238



## Dr. Michael Kurtz Named a "Best Doctor in America"

Over 42 years ago, APA founding physician Michael Kurtz had a vision for creating a pediatric practice that not only provides excellent clinical care to children, but

also emphasizes the importance of building strong bonds and lasting trust with families. Since then, Dr. Kurtz has provided pediatric care to three generations of families. Throughout the years Dr. Kurtz has been frequently recognized by the local medical community and has won numerous awards for

his contribution to children's healthcare, including the Children's Hospital Outstanding Service Award and UCHSC Career Teaching Scholar Award. This year Dr. Michael Kurtz was named to the national Gallup audited "Best Doctors in America" list by Best Doctors Inc.

## Spotlight on Our Newer Pediatric Providers



### Bird Gilmartin MD

Dr. Gilmartin joined APA in August 2013, and sees patients at our Stapleton and Aurora offices. She graduated from Pennsylvania State University College of Medicine in 2010, where she was awarded the Department of Pediatrics Award for Excellence. She completed her pediatric internship and residency at University of Colorado Health Sciences Center in 2013, where she was named the University of Colorado Hospital Neonatal Care Unit Outstanding Intern of the Year. Dr. Gilmartin and her husband have an infant daughter.



### Melissa Michels MD

Dr. Michels joined APA in January 2014, and sees patients at our Aurora and Centennial offices. She graduated from the University of Illinois College of Medicine in 2009. She completed her pediatric internship and residency at Children's Hospital Colorado, where she was awarded the "Resident Excellence Award" and the "Bruce Garber Award". Prior to joining APA, Dr. Michels worked as a pediatrician for Pediatric Associates of Northern Colorado in Fort Collins. She and her husband are happy to be back in Denver.



### Lynda Melton PA

If you have been a patient at our Smoky Hill / Centennial office for awhile you may remember Physician Assistant Lynda Melton, who worked for APA from 2005 - 2011. APA was pleased to welcome Lynda back to our Centennial office in January 2014. Lynda graduated from the University of Colorado Health Sciences Center Physician Assistant Program in 2004. She and her husband are happy to be back in the Denver area and have three young children.



### Bethany Carvajal MD

Dr. Carvajal joined APA in October 2013, and sees patients at our Stapleton and Aurora offices. She graduated from University of Colorado School of Medicine in 2009. She completed her pediatric internship and residency at the Phoenix Children's Hospital / Maricopa Medical Center in 2013. Dr. Carvajal is a certified breastfeeding specialist. She and her husband have two young sons.



### Alison Auster MD

Dr. Auster joined APA in January 2014, and sees patients at our Stapleton office. She graduated from the University of Illinois College of Medicine in 1998. She completed her pediatric residency at Children's Hospital of Philadelphia. Prior to joining APA, Dr. Auster worked as a primary care pediatrician for Denver Health and an emergency room pediatrician for Health One Hospitals. She and her husband have a son and daughter.

### Which Providers Will My Child See?

**Some of the providers at Advanced Pediatrics see patients at more than one office.** In general, we recommend that patients choose two or three providers that they prefer to see most often. Our care coordinators will do their best to accommodate your choice of providers when making appointments. Patients are always welcome to see any of our providers that have an appointment available.





# Health and Safety Tips



## Nutrition Tip for Summer - Let Summer Berries be Your Kids' "Sweet Treat"



Looking for healthy sweets for your toddler or older kids? Blueberries, strawberries and raspberries are the perfect summer treat! Loaded with antioxidants, fiber, vitamin C, potassium, and folate, berries

are a nutritional powerhouse. "The younger children start eating berries, the healthier they will be," says Sarah Krieger, registered dietitian and spokesperson for the American Academy of Nutrition & Dietetics. In addition to being a great stand alone snack, berries can also be added to plain low-fat yogurt, whole-grain cereals and

salads for a little extra flavor. For more great nutrition tips for your family, be sure to visit: [www.eatright.org/kids/](http://www.eatright.org/kids/)



## Vaccine News

### U.S. Measles Cases Reach Highest Level in 20 Years

From January to May 2014 there were almost 300 confirmed measles cases across the country — the highest number in the first five months of a year since 1994. According to Anne Schuchat, director of the CDC's National Center for Immunizations and Respiratory Diseases, this year's outbreaks are occurring among unvaccinated clusters of people exposed to travelers bringing the measles virus back from other countries. Before the measles vaccine became available in 1963, the virus infected about 500,000 Americans a year, causing 500 deaths and 48,000 hospitalizations. These recent outbreaks underscore the importance of vaccinating against this highly contagious, vaccine preventable disease.

### Timely Childhood Vaccinations Linked to Reduced Seizure Risk

According to a recent study published in the journal Pediatrics, delaying measles-mumps-rubella vaccination until after 15 months of age was associated with an increased risk of seizure after vaccination compared with on-time immunization between 12 and 15 months. Researchers found no link between vaccination within the first year of life and seizures.

### Yet Another Study Finds NO Link Between Vaccinations and Autism

A review of data covering more than 1.25 million children found no link between autism and vaccinations for such childhood diseases as measles, mumps, rubella, diphtheria, tetanus and whooping cough, according to a study by the University of Sydney.

### APA Vaccine Policy

The health care providers at APA recommend that all children and young adults should receive all of the recommended vaccines according to the schedule published by the Centers for Disease Control and the American Academy of Pediatrics.

Parents who have concerns regarding vaccinating their child and wish to discuss their concerns must schedule a separate immunization consultation visit, so that our providers will have enough time allocated to fully address concerns.

Parents who refuse to vaccinate or choose to delay immunizing their children must sign a "Refusal to Vaccinate" form.

For more information, please see our full "Vaccine Policy" on the "Well Care & Immunizations" page of our website.

## Summertime Insect Stings



Although most insect stings result in minor local pain and redness, up to 15% of children may have a larger local reaction which may benefit from cold compresses, Benadryl, acetaminophen or ibuprofen, and 1% hydrocortisone cream. Fortunately, less than 1% of kids experience life threatening — anaphylactic — reactions. **In the rare case that a child does have a life threatening allergic reaction, it is important to seek immediate emergency medical treatment.** See the following for signs of a life threatening allergic reaction. **When in doubt, call 911. It could save your child's life!**

### Life Threatening Allergic Reaction (Anaphylaxis)

Occurs in 4 out of 1,000 children and usually starts within 20 minutes of sting, but may take up to 2 hours. Symptoms include:

**Hives • Trouble Breathing / Swallowing • Wheezing • Hoarseness / Cough / Tightness in Throat or Chest • Drooling • Slurred Speech • Confusion • Passed Out / Too Weak to Stand • Previous Severe Reaction to Stings**

Administer Epinephrine (Epi-pen) if you have one.

**Call 911**

Give Benadryl by mouth if able to swallow.

## Adolescent Safety News

### Passengers Increase Fatal Accidents Did you know that the summer months mark the 100 deadliest days for teen drivers?

According to the National Safety Council, this increase in deadly accidents is the result of teens driving more frequently with their friends. In fact, passengers increase the risk of a teen driver having a fatal crash by at least 44% — which is even higher than the risk from texting and driving. These findings emphasize the need to restrict the number of passengers newly licensed drivers can have in their vehicle.

### Sunburns Increase Melanoma Risk

In a recent study reported in Cancer Epidemiology, Biomarkers & Prevention, researchers found that participants who had five or more bad sunburns between ages 15 and 20 had an 80% increased risk of developing melanoma later in life. Multiple sunburns within this age range were also associated with higher basal cell carcinoma and squamous cell carcinoma risks.



### Marijuana Risks Among Teens

With the recent legalization of recreational marijuana in Colorado, teens may be less concerned about potential risks. However, the facts tell a different story. According to a recent National Institute of Health report, marijuana can be an addictive, harmful and gateway drug, particularly for teenagers. The study reports that 1 in 6 people who began using marijuana as teens became addicted, and notes that the average content of THC in marijuana rose significantly from the 1980s to 2012.



# Focus on Wellness



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## Patient Care Line 303-699-6200

**Village Plaza at Smoky Hill**  
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 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

**New Stapleton Office!  
 Central Park Professional Condominiums**  
 2373 Central Park Blvd., #202  
 Denver, CO 80238



## Well Care Exams at Advanced Pediatrics



Well care exams are also known as “preventive health visits” because they do just that – monitor the total health of your child and work with you to promote a healthy lifestyle and healthy outcomes. Well care exams not only include a thorough physical examination and important and necessary immunizations, but also monitor your child’s physical development, as well as social and emotional health. These important visits also give our health care providers a valuable opportunity to discuss important issues with you and your child, use established screening tests to help identify physical and developmental issues, and offer anticipatory guidance in areas such as nutrition, safety, physical activity, and mental health.

APA follows well care guidelines developed by the American Academy of Pediatrics. We urge you to be familiar with our **Well Care and Immunization Schedule** which is available on the “**Well Care & Immunizations**” page of our website. This schedule indicates the usual measurements, screenings, and immunizations that are done at each well care visit.

**Recommended Well Care Schedule: 2, 4, 6, 9, 12, 15, 18, 24 & 30 months and EVERY year beginning at age 3.**

### Screenings at Well Care Visits

In addition to the comprehensive physical exam, the following screenings are done based on the child’s age. **The cost for these standardized tests and screenings is not included in the charge for the well care exam and they have separate, minimal charges:**

- ◆ **Ages & Stages Questionnaire:** For children ages 2 months through 5 years, this screening tool helps us monitor your child’s development.
- ◆ **Autism Screening:** At 18 and 24 months of age, the M-Chat screens for autism.
- ◆ **Lead Screening:** Lead screening is done at 12 and 24 months.
- ◆ **Vision & Hearing:** These important screening tests are done each year starting at 3 years of age.
- ◆ **Lipid Screening:** Children ages 9-11 are screened one time during these years for high cholesterol and one time between the ages of 17-21.
- ◆ **RAAPS Adolescent Screening:** The RAAPS risk behavior screening tool is given to all teens starting at 13 years of age to help identify risky behavior issues which warrant additional education, counseling and / or treatment.

*Because of the recent health care reform law, most insurance plans cover the services and immunizations provided at a well care exam. However, there are exceptions and we caution families to understand their own insurance plan and be aware that there may be some charges that are not covered.*

### Additional Services at Well Care Visits

There may be times when your child is ill at a well care visit, or a significant problem is found and needs to be addressed at the visit. These issues are not considered part of a regular preventive visit and the provider will need to address them separately which is considered an “additional service.” **The cost for these services will be billed to your health insurance IN ADDITION to the well care services that were provided. This may mean that you will have a co-payment or deductible charge for the additional service provided based on your insurance coverage.**

Some examples of when an additional service charge would be made include if your child is ill with an ear infection or strep throat; if a procedure such as a wart removal is performed; if the provider needs to discuss a chronic condition, change medications, order tests or provides counseling for an issue identified at the visit. Combining visits such as an ADHD or asthma re-check with a well care exam is also considered an additional service.

*Our office follows national medical coding and billing guidelines, and bills you and your health plan based on the actual services provided. We hope this information will help you understand more about these policies so that you are not surprised by a bill you may receive from our office.*