



Hand in Hand News

A Quarterly Newsletter from Aurora Pediatric Associates

Advancing Pediatric Care for Our Patients!

Healthy Weight for Healthy Children!

Childhood obesity is on the rise in the United States, with an astounding 30 percent of America's children and teenagers either overweight or obese. Childhood obesity is associated with significant health problems such as high cholesterol, high blood pressure, diabetes, and depression. In addition, it is an important early risk factor for cardiovascular and endocrine health problems in adults. As a result, the U.S. Surgeon General, Richard Carmona, M.D., MHP, is calling on the nation's pediatricians to help encourage parents and children to make healthier choices and increase physical activity.

The providers at Aurora Pediatrics are concerned about current trends toward obesity in children and are committed to providing the resources and assistance required to encourage healthy weight, proper nutrition and active lifestyles for our patients.

A new difference you may see at well-care appointments is the calculation and charting of your child's BMI (body mass index). This measure helps us identify children who are at risk of being overweight. In addition, we will provide age-specific materials that encourage healthy eating and physical activity. For patients identified as being at risk, additional lab work will be ordered and providers will help

develop a medical plan and set realistic goals for weight management. In instances of high risk, we may refer patients to various programs or specialists.

For more information on Body Mass Index scores and for recommendations on nutrition and lifestyle tips for healthy weight, see the Focus on Wellness articles on the back page of this newsletter.

If you are concerned about your child's weight, please talk to your provider at your next well care visit.



Working to Build a Better Community!



Michael Kurtz, MD
Brandon Davison-Tracy, MD
Stephanie Stevens, MD
Bradley Kurtz, DO
Courage Classic 2004

For the fourth year in a row, physicians from Aurora Pediatric Associates will take part in the "Courage Classic" 162 mile bike ride across the Rocky Mountains to benefit The Children's Hospital. This year's ride will take place July 17 - 19, and will travel through three mountain passes including the towns of Leadville, Copper Mountain, Keystone, Loveland and Vail. Doctors Michael Kurtz, Brandon Davison-Tracy, Stephanie Stevens and Bradley Kurtz (joining Aurora Pediatrics in July 2004) have formed a team called the "Chain Links" and look forward to the opportunity to raise funds for The Children's Hospital. Funds raised help allow The Children's Hospital to provide high-quality, family-focused clinical care, maintain its facility with state-of-the art equipment, and to offer important programs throughout the community. The staff at Aurora Pediatrics encourages donations to this worthy benefit. If your family would like to make a donation to the "Courage Classic" benefit for The Children's Hospital, you can make a donation at either our reception desk or on-line at: <http://www.couragetours.com/cc2004/index.html>

Volume 3, Spring 2004

Inside This Issue

Practice News page 2

Parker Office Now Open

Well Care Exams &
Sports / Camp Physicals

Spotlight on Carol Hunter, PA

Employment Opportunities

Health & Safety page 3

Springtime Allergies

Children's Hospital in Parker

National Health & Safety
Awareness Weeks

Focus on Wellness page 4

Body Mass Index Scores

10 Steps to Healthy Weight



Hand in Hand for Healthier Children



New Parker Office Now Open!!!!

We are pleased to announce that our new Parker office is now open! Appointments at our new office will be made through our Central Appointment Line at 303-699-6200. If you have been a patient at our Centennial office and would like to have your records transferred to the new Parker office, please request this through our Patient Care Coordinator when making your next appointment.

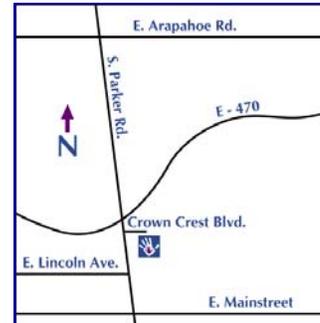
Our staff is very excited about our new office opening and the opportunity to more conveniently serve our patients in the Parker area. Being located adjacent to the new Parker Adventist Hospital, patients at our new office will enjoy the benefits of close proximity to x-ray,

lab and pharmacy services. Current patients will recognize many friendly faces, as the providers on staff at our new office will include Dr. Mark Pearlman, Dr. Paula Levin, and Dr. Stephanie Stevens.

Our new office is located in the Professional Building at the new Parker Adventist Hospital near the intersection of Parker Road and E-470.

If you have friends in the Parker area interested in learning more about our new office, please invite them to visit our Open House during the month of May, between the hours of 9-11 and 2-4 Monday through Friday.

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



Time to Schedule Annual Well Care Exams, Sports & Camp Physicals!

With summer approaching, it is time to schedule well care exams, sports and camp physicals. Consistent with guidelines from the American Academy of Pediatrics, we are now recommending well care exams on an annual basis beginning at age two. (This is a new change from the previous recommendation of well care exams every other year.) The recommended well care schedule for children under two years of age remains unchanged, with exams scheduled at 2 weeks, 2 months,

4 months, 6 months, 9 months, 12 months and 18 months.

Routine well child care exams play an important role in keeping your child healthy. We look forward to getting to know you and your child better at these important visits. These exams provide an opportunity for our providers to examine your child's growth and development and discuss age specific health, behavior and safety issues. These visits often include a

vision screening, important lab work and routine immunizations.

If it has been over a year since your child's last well care exam or you are in need of a sports or camp physical, please call our Central Appointment Line to make an appointment. As always, please check with your insurance company to learn about your well care coverage. Some plans may not cover annual well care exams.

Spotlight on Carol Hunter, MS, CHA/PA



Carol Hunter, MS, CHA/PA

Carol Hunter graduated from the University of Colorado Health Sciences Center Physician Assistant/Child Health Associate Program in 1979 and completed her Master's Degree in 1982. Prior to this, she completed undergraduate work at Incarnate Word College in San Antonio, Texas. Her continued education includes additional coursework in nutrition and

the Spanish language. Her experience as a physician assistant includes work at Tri-County Health Clinic, Salud Family Health Clinic in Fort Lupton, Colorado, and Fitzsimons Army Medical Center, where she received several awards for exceptional performance in the Pediatric Clinic and Emergency Room. She joined Aurora Pediatrics in 1997. She is a member of the American

Academy of Physician Assistants and involved in the 9 News Health Fair, church activities and mentoring for girls. Her interests in pediatrics focus on obesity, dermatology and the care and feeding of newborns. Her personal interests include nutrition, fitness (running, training and dancing) and reading. She is also a certified personal trainer and has two wonderful sons.

Employment Opportunities at Aurora Pediatrics

With the opening of our new Parker office, we are expanding our staff and are looking for qualified individuals to join our team. Applicants must possess appropriate experience, have excellent customer service skills, and enjoy working with children and their families. Aurora Pediatrics offers competitive salaries and benefits and is an equal opportunity employer.

Current employment opportunities include:

RN Triage Nurse - PT/FT flexible hours, Centennial office

Medical Assistant - PT/FT, Centennial and Parker offices

Medical Records Clerk - PT/FT, Centennial and Parker offices

Referrals Coordinator - FT, Centennial office

For more information, visit the employment page of our website at:
www.AuroraPediatrics.com





Health and Safety Tips



Dealing with Springtime Allergies

We all welcome the warmer temperatures, budding flowers and green grass of springtime. Unfortunately, this season also brings bothersome allergy symptoms for some children.

Nasal allergies, also called allergic rhinitis or hay fever, occur when the body's immune system overreacts to normally harmless substances such as pollen, mold spores, dander or dust mites. Typical symptoms include watery,

itchy, red eyes, a clear runny nose, sneezing, and an itchy throat. In the spring, the most common trigger of allergies are budding trees, while grasses cause allergic symptoms in the summer, and weeds in the fall.

Generally, nasal allergies are not serious, however, complications may occur including ear and sinus infections and breathing problems (wheezing and shortness of breath) in children with asthma. If you suspect that your child is experiencing any of these

allergy complications, or you would like to have your child evaluated for allergies, please call our Central Appointment Line to schedule an appointment with one of our providers.



Emergency Services at The Children's Hospital in Parker Adventist



Pediatric emergency services are more convenient than ever before for many of our patients, with the opening of the new Children's Hospital facility at the Parker Adventist Hospital (E-470 & Parker Rd.).

This 7,000 square foot facility features a bright, colorful decor with kid-friendly amenities including VCRs, internet access, games, books and toys.

At this new facility pediatric emergency medicine specialists are available on evenings, weekends and holidays, with an eight bed

emergency care unit.

The providers at Aurora Pediatrics recommend the new Children's Hospital emergency room as an excellent facility for emergency care for patients living in proximity to the new hospital.

For life threatening emergencies, however, please call 911 to be transported to the nearest emergency facility.

For urgent care which is not life threatening, please call our Central Appointment Line and speak to one of our nurses to discuss the best course of action. During business hours we can

often arrange for your child to be seen immediately in our office for many urgent needs. In other instances we may refer you to the emergency room.

When our office is closed, please call our main number, 303-699-6200, and our answering service will have one of the nurses from The Children's Hospital After Hours Service return your call. Depending on the situation, these nurses may recommend home care, have our on-call physician phone you, or refer you to either The Children's Hospital Urgent Care Clinic (across from our Aurora Office at 13650 E. Mississippi Ave.) or an emergency room.

Remember Health & Safety Awareness Weeks!

April 25-May 1

National Infant Immunization Week

- ◆ Nearly one million children are still not fully immunized, putting them at risk for serious illness or even death.
- ◆ Immunizations protect the entire community by preventing the spread of disease and providing protection for those who cannot be vaccinated.
- ◆ See the "General Health & Well Being" page of www.AuroraPediatrics.com for information on recommended childhood immunizations.

April 26-30

National Playground Safety Week

- ◆ Check playground equipment for faulty parts, need of repair, and improper surfaces.
- ◆ Provide supervision of young children at all times to prevent injury from falls.

- ◆ Teach children to be careful not to walk in front of others swinging.



May 18-21

National Emergency Medical Services Week

- ◆ Familiarize yourself with your local 911 service.
- ◆ Keep a well stocked first aid kit on hand.
- ◆ Make a list of emergency phone numbers.
- ◆ Teach your children who to call and what to say in an emergency.
- ◆ Make sure your house number is visible from the street.

- ◆ Keep up-to-date immunization records.
- ◆ Write down medical conditions, medications and dosages.
- ◆ Make a list of allergies and reactions.
- ◆ Be familiar with the emergency coverage your insurance company provides.
- ◆ Take a first aid / CPR class.

June 21

ASK (Asking Saves Kids) Day

- ◆ Ask your neighbors if they have a gun in their home before sending your children over to play.
- ◆ Over 40% of American homes with children have guns, many of them kept loaded and unlocked.
- ◆ Every year thousands of children are killed or injured by unlocked guns.



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



Healthy Weight for Healthy Children!



How We Identify Healthy Weight

At your child's well-care exams, his or her physical development will be charted and monitored through measurements for height, weight and body mass index (BMI). The BMI is a relatively new measurement that uses the relationship between height and weight to indicate body "fatness" and potential weight problems that have associated health risks.

Your child's height and weight will be measured and the BMI score will be calculated using a "BMI wheel" or a computer program. This BMI number will be charted on a special graph that allows us to track changes over the childhood years, as well as identify BMI scores that appear high.

BMI Scores and What They Mean

- ◆ A BMI of under 75% indicates a healthy weight!
- ◆ A BMI between 75-84% is borderline and family history risks should be evaluated.
- ◆ A BMI between 85-94% indicates a significant risk of overweight, a need for screening for other risk factors, and preventive measures such as a plan for weight maintenance.
- ◆ A BMI of 95% and over indicates overweight, a need for additional assessment for other risk and health factors, and a plan for weight maintenance or weight loss depending on the child's age.

Ten Steps to a Healthy Weight

1. Limit time spent in sedentary activities, including television, videos, and computer games.
2. Encourage your child to be involved in active play at least one hour per day.
3. Encourage schools to promote active play at recess and daily physical education classes.
4. Make a list of ingredients for healthy meals and stock your kitchen with these items.
5. Set out healthy snacks for your children, such as fruit, cut up veggies, low-fat yogurt, string cheese, whole-grain crackers, air-popped popcorn and pretzels.
6. Plan weekly menus to include low fat entrees and plenty of fruits and vegetables.
7. Make better choices when eating out. Many restaurants offer low fat choices.
8. Tempt hungry kids with healthy snacks after school, before bed, or following sports practice.
9. Limit the amount of "liquid calories" from soda pop, fruit drinks and other sweetened beverages, offering water, milk and 100% fruit juice instead.
10. Resist the temptation of making every activity an eating activity. Instead of buying treats at movies, sporting events etc., eat before you go or pack your own healthy snack.

For more information please visit: <http://nutritionforkids.com>

Hand in Hand for Healthier Children