



Growing Strong

Fall 2010

Strong Pediatric Practice Newsletter

Issue 64

Welcome to the 64th issue of the Strong Pediatric Practice Newsletter! This newsletter is designed to provide useful information about health and safety. We will also include updates about changes in our office. Please share your ideas with us!



New Faces

We welcome the following people to our practice:

- Laurie Mansfield, RN
- Keba Rogers, PhD (psych)
- Angela Goungo, APR
- Reed Evers, MD
- Elizabeth Nocera, MD
- Sarah Welsh, MD
- Mark Craig, MD
- Michael Zang, MD
- Tom Fountaine, MD
- Emilie Ellicott, MD
- Walaa Elfar,
- Karen James, MD
- Galina Radunsky, MD
- Melissa Cellini, MD
- Pinaki Patel, MD

Nutrition Corner

~ What is BMI? ~

BMI stands for body mass index. It is a measure of your child's weight in relation to their height. BMI growth curves (in color) are used to plot BMI. The BMI curve helps a health care provider see if a child is at a healthy weight or is overweight or underweight. If your child's BMI falls in the green zone it means that your child is at a healthy weight. The yellow zone means that your child is overweight and the red zone means that your child is very overweight/obese. Weight that stays in the yellow or red zones can lead to heart problems, diabetes and high blood pressure. Ask about your child's BMI at their next well child visit.

7 Super Things Parents & Caregivers Can Do

1. Talk often with your children from the day they are born.
2. Hug them, hold them, and respond to their needs and interests.
3. Listen carefully as your children communicate with you.
4. Read aloud to your children every day, even when they are babies. Play and sing with them often.
5. Say "yes" and "I love you" as much as you say "no" and "don't".
6. Ensure a safe, orderly, and predictable environment, wherever they are.
7. Set limits on behavior and discipline them calmly, not harshly.

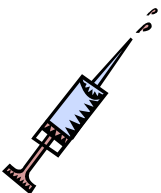
From the Early Childhood-Head Start Task Force, U.S. Departments of Education and Health & Human Services



What do you mean my child needs more shots?

"Seems like they get a shot every time they come." This statement is repeated time and time again. We realize that it does seem like there is a new immunization every time your child comes to see the doctor. Remember that new immunizations mean less illness for your child. They prevent the spread of disease, and keep your children healthy.

- The flu season will be coming. We have started to receive a small supply of flu vaccine, and expect to receive the rest soon. This season's vaccine includes the H1N1 virus so your child will receive it all in one shot this year.
- We are giving Hepatitis A to all patients who have not yet received the vaccine. It is already a part of the routine schedule for infants. Patients will be given 2 doses at least six months apart. Hepatitis A is a serious liver disease and is found in the stool of persons with hepatitis A. It is usually spread by close contact, and sometimes by eating food contaminated with the virus.
- Pertussis (whooping cough) is on the rise. The pertussis vaccine is a part of the "Dtap" vaccine that children receive. It is believed that the immunity that adults have now is inadequate. Adults should be revaccinated with the "Tdap" vaccine in order to prevent the spread of the disease. This is especially important for adults caring for children less than six months old, who are not yet fully immunized.



Are you Concerned about Lead?

If you have young children, it's important to find out whether there's any risk that they might be exposed to lead, especially if you live in an older home. Older homes (built before 1978) may have remnants of lead-based paint inside and outside which can end up in dust or soil, and they may have older lead-lined water pipes.

When the body is exposed to lead---usually by being inhaled or swallowed---it can act as a poison. Children ages 6months to 3 years spend a lot of their time on the floor and trying to put things in their mouths. Young children's brains and bodies are still developing, and we want to be sure they develop normally in a healthy environment.

Many children with lead poisoning don't show any signs of being sick, so it's important to eliminate lead risks at home and to have kids tested for lead exposure. Blood testing is simple: from a fingertip for infants/toddlers under 18 months, and from a vein for older children or for a confirmation test. Feeding children healthy foods including iron and calcium every day will help to reduce the absorption of any lead they've inhaled or swallowed. Washing your little ones' hands frequently, washing toys, and damp mopping floors are always helpful to cut the lead risk.

You can ask our local Department of Public Health about having your home tested for lead risks. To schedule a home visit for City of Rochester zip codes 14609 & 14621(East side) or 14611 (West side), call 753-5070.

Or se Habla Espanol: 753-5073.

Free cleaning supplies are also available.