

Practice Update

The past year has been a very exciting one for us at TLC. On October 1st, we welcomed a new provider and opened the doors to our third office in Newburgh. Kathleen Reitter, a Nurse Practitioner, joined us in our Poughkeepsie and Fishkill offices. Kathy is very well known throughout the area and she brings over 15 years experience in primary care with her. Our third office, located at 312 North Plank Rd in Newburgh, allowed us to cross the bridge and bring the quality care that TLC is well known for to the other side of the river. Initially, our existing providers staffed this office. In February, our search for a highly qualified physician concluded, and we welcomed Dr. Elizabeth Ng to our staff. Dr. Ng comes to us with several years of experience in pediatrics, including a very successful practice in Putnam County as well as prior time spent in Newburgh. The response to our new office and Dr. Ng has been fantastic. Many parents and children leave very impressed by the child-friendly atmosphere and the high level of care afforded them. Finally, there is some exciting news to share about our future. On October 1st of this year, we will be welcoming Dr. Rohidas Amin from Hyde Park Pediatrics. Dr. Amin has been a practicing pediatrician in Dutchess County for over 30 years and has been an active member of the community. We are very excited to welcome Dr. Amin and his patients to the TLC family.

Cold and Flu season just around the corner – Schedule your asthma check now

As we approach back to school time, we also approach the beginning of cold and flu season. This is an especially important time of the year for children and adolescents with asthma. Many children are taken off their asthma medication during the summer. For the most part, these children do very well. However, with all the chaos surrounding back to school, sometimes their medications are not resumed when they should be. As a result, September and October have among the highest rates of asthma exacerbations and hospitalizations. Because of this, we recommend that any child with asthma who hasn't had a recent visit for asthma, come in for a check up. TLC is proud to offer a comprehensive asthma management program, including the use of incentive spirometry. Incentive spirometry gives the physician another way to measure the degree of inflammation in a child's lungs. We also utilize asthma action plans to help guide you once your child leaves the office, as well as extensive educational materials. No discussion on asthma and flu season would be complete without urging all patients with asthma to get their annual flu shot in the fall.

Back to school tips

As the summer winds down, we would like to pass on some back to school tips courtesy of the American Academy of Pediatrics and Web MD:

-Get organized – set up a morning routine including: when to get up, bathroom rules, eating a healthy breakfast, and when to leave the house.

- Talk about academic and social goals for the upcoming year. Be sure to reassure your child that anxiety or “nerves” are very common at the beginning of the year.
- Discuss transportation safety – if your child is walking to school, be sure that they know the correct route and try to find other children to walk with them. Review pedestrian safety and consider a practice run to identify potential dangers along the way. If your child is taking the bus, be sure to remind them to stay on the sidewalk until the bus and surrounding traffic has come to a complete stop, and to never walk behind the bus.
- Go over appropriate response to strangers
- Keep the backpack light – don’t let your child carry more than 10-20% of their body weight in their backpack. Also, encourage them to use both shoulder straps so that the weight is distributed evenly.
- Talk about after school safety, especially if your child will be alone for a period of time.

Vaccine Update

As some of you may know, there have been some changes to our vaccine schedule in the past 12 months. We began vaccinating against rotavirus, a severe gastrointestinal illness affecting infants and young children, last November. This vaccine is given at age 2, 4, and 6 months. So far, it has been very well tolerated and the protection against rotavirus looks very promising. We continue to offer Gardasil, the vaccine that offers protection against HPV, which can be given at any point to females, ages 9 through 26. There has been some concern in the media about potential adverse effects of this vaccine, but looking closely at the numbers, these concerns appear unwarranted. We are now routinely giving a second dose of varicella (chickenpox) vaccine at the 4-year visit. The reason for this is that there have been many cases of breakthrough chickenpox in children who received one dose of the vaccine. Lastly, hepatitis A vaccine is being given routinely at the 18 and 24 month visits. Hepatitis A is becoming more prevalent, especially with the increase in produce being imported from overseas.

Flu Vaccine Information

For the first time this year, the Centers for Disease Control have recommended influenza vaccine be given for all children from the age of 6 months to 18 years. Vaccination will begin around October 1st. As in previous years, priority will be given to children from 6 to 24 months, as well as asthmatics and children with chronic medical conditions. If you are interested in your child receiving the flu vaccine, please call our office after October 1st to schedule an appointment.

TLC Sponsors Toddler Olympics at Renegades game

What child wouldn't love to take part in an Oreo eating contest? That was just one of several events that were part of the Toddler Olympics at the Hudson Valley Renegades game on June 24th, sponsored by TLC. Ten children participated in the Olympics and the

winner was presented with a \$500 savings bond. Dr. Hietanen was chosen to throw out the first pitch of the game, and although he made it to the plate, his pitch was just a bit outside! The Renegades came home with the victory, defeating the Brooklyn Cyclones, capping a fun night for all involved.

Pediatric News Briefs

AAP revises milk recommendations

In the past, it was recommended that all children from age 1 until 2 consume strictly whole milk. With the recent rise in childhood obesity, there have been some changes made to these recommendations. Children who are overweight, or have a family history of obesity, high cholesterol, or heart disease, may now be asked to switch to 2% milk. Whole milk has been recommended in the past because its high fat content was thought to be beneficial to brain growth. Researchers have found, however, that substituting reduced fat milk has no effect on a child's mental development. Please ask your child's physician should you have questions about what type of milk they should be on.

Kids meals loaded with calories

It's been a long day at work or home and your kids need dinner. Well, the next time you reach for a kid's meal at a local restaurant, you may want to make sure you are making the right choices for your children. A recent study by the Center for Science in the Public Interest found that 93% of kid's meals at 13 national food chains contain too many calories. The caloric recommendation for a child between the ages of 4 and 8 is about 500 calories per meal. This study identified many kid's meals that were in excess of 1000 calories! There are options available at many of these chains to lighten the load, including substituting apple slices or carrots for French fries, and skim milk or water for soda. To see the full report, go to <http://cspinet.org/new/pdf/kidsmeals-report.pdf>.

Exercise levels fall as children become teenagers

A recent study published in the Journal of the American Medical Association shows that as children hit their teenage years, their activity levels fall dramatically. In the study, 9 year-olds far exceeded 60 minutes a day of moderate-to-vigorous activity. By the time these children reached 15, their activity levels dropped to 49 minutes a day on weekdays and 35 minutes a day on weekends. Current recommendations from the US government are for at least 60 minutes of vigorous activity daily. "Lack of physical activity in childhood raises the risk for obesity and its attendant health problems later in life," said Duane Alexander, a doctor and director of the Eunice Kennedy Shriver National Institute of Child Health and Human Development, in a statement by the agency. "Helping American children maintain appropriate activity levels is a major public health goal requiring immediate action."

As always, TLC Pediatrics recommends that your child have an annual physical with us to discuss these and other topics important to your child's well-being.