

Watchung Pediatrics Messenger

Spring Issue

June 2015

Watchung Pediatrics Coverage

Pediatric Urgicare

As of February 1, 2015, Pediatric Urgicare no longer provides onsite office hours from 7-10pm, however Pediatric Urgicare does continue to be an extension of Watchung Pediatrics for after hours phone advice daily from 6pm-6am, 7 days per week. The phone number for Pediatric Urgicare is (908) 918-1666

Welcome Alexa Bacino!

We are proud to welcome Alexa Bacino, Clinical Dietician to our Watchung Pediatrics staff. Alexa will provide diet and nutrition counseling to our families. Starting June 18th, Alexa will have after-school office Thursday afternoons. Appointments will rotate through our Millburn, Warren, and Fanwood offices. To schedule an appointment, please contact our office.

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And the Survey Says....

Thank you to everyone who completed our survey in October and April. Your feedback is so important to us. Thank you for helping us to recognize staff that made your experience a positive one, and identify the aspects of Watchung Pediatrics that you feel needs improvement. We value your suggestions and will be implementing several of them over the coming months.

You asked to be able to stop by our offices or call during lunchtime. As of May 26, our offices are now open during lunch time and the phones are answered from 9am-5pm. Feel free to call or stop by if needed. Our doors are open.

Based on another suggestion, we have streamlined the way you can contact us after hours. Starting in late June, parents will call our office and choose option 6 to transfer to Pediatric Urgicare or option 7 to transfer to our new, state-of-the-art answering service with both a live operator and online access.

With the introduction of our new website, in July you will be able to download our website's mobile app and page our office online at home or on the go. This will eliminate the need to remember any additional phone numbers.

We truly value your suggestions to help us improve your experience at Watchung Pediatrics. Each office has surveys available for parents to complete while they are in the office. If you prefer to provide feedback after you have left, we welcome you to complete a survey on our website, www.watchungpediatrics.com, or use the "contact us" option on our website to let us know how we did. Thank you for your valued trust and confidence in Watchung Pediatrics!

REFERRAL REQUESTS

If your plan requires a referral/script, please remember that all requests **must be submitted at least 5 business days** prior to your child's appointment in order to be processed on time. Please call your specialist before your appointment to verify your existing referral has not expired. All requests are made by calling **Delhia** at 908-755-5437 ext 6. Delhia tries to answer all calls, but if she is helping someone else, please leave a detailed message so she can process your request quickly.

Satisfied with your visit?

Let everyone know!

Did one of our staff make you feel welcome? Would you recommend us to your friends? We want to know about your experiences to help us become a better practice! Take the patient satisfaction survey on our website, www.watchungpediatrics.com

From the home page, click **forms & policies**, then **patient survey**.

Expectant Parent Class

Free expectant parent classes are scheduled monthly in our Millburn and Warren offices on Saturday. Everyone is welcome, and you need not be a member of our practice to attend. For more information or to register for a class, please send an email with your contact information to wpseminars@gmail.com

Patient Portal

Your child's records at the click of a button.

Get easy access to your family's immunizations, upcoming appointments, lab results, and standard children's health information. To sign up, please email watchpeds.portal@gmail.com with your name and the last 4 digits of your social security, your child(ren)'s name(s) and date(s) of birth, and an email address. You may also give us a call or stop by our practice to sign up!

New Financial Policy 2015

As of January 1, 2015 Watchung Pediatrics has made some minor but important changes in our financial policy. We have always required a 24 hour notice for canceling or rescheduling appointments. Effective April 1, 2015, the cancellation fee was changed to \$50 for weekday appointments and \$75 for Saturday appointments. To avoid these fees, please give the office a 24 hour notice for canceling any appointments.

Appointment Reminders the way you want them!

Watchung Pediatrics now offers appointment reminders via text, email, or phone call! To enroll in this new reminder option, email your name, your child(ren)'s name(s), your preferred method of contact (text, email, cell), with the address or phone number to wpconfirmations@gmail.com.



Reminders will be sent to patients five days prior to their appointment allowing enough time to reschedule or cancel.

Email reminders allow appointment confirmation with just one click. With text reminders, reply "YES" to confirm, or "NO" to cancel your appointment. To complete text enrollment you must text WATCHUNG [in all caps] to 622622 from your device.

SEASONAL ALLERGIES

As spring approaches, so do spring allergies. Spring allergies typically start in the middle of end of March and continue into June. People who suffer from spring allergies may or may not have fall allergies as well, because the predominant allergen in the fall is ragweed.

Symptoms of allergies include: itchy, watery eyes; congestion and a runny nose; post-nasal drip; cough; sore throat; and headache. There are several ways that you can distinguish between allergies and a viral or bacterial illness. The most important is that allergies do not cause fever, although children with allergies can be susceptible to certain infections. Another is the duration and timing of the symptoms. Generally, viruses do not last for more than a few weeks, while allergies can last several months. Allergic symptoms tend to be at their worst overnight and first thing in the morning (like some infections) but also can become worse after being outside.

There are several things you can do at home to help allergy symptoms. One is to keep the windows closed and the air conditioner on. While it is nice to sleep with the windows open in the summer, the pollen can come in through the screen. Keeping the windows in the car closed can help as well. Another preventative measure is to wash your children's hands and face when they come in from outdoors.

Medication can also be helpful when treating allergies. There are both over-the-counter and prescription medications that treat general allergy symptoms. Your doctor may also recommend medications, such as nasal sprays and eye drops that target specific symptoms.

A certain group of children that need to be watched closely are those with Asthma triggered by seasonal allergies. Sometimes these children require preventative Asthma medication for the duration of the allergy season. Children with seasonal allergies and/or Asthma can benefit from an appointment with their pediatrician before the season begins so that a medication plan can be put in place. It is beneficial to start the medications ahead of the season so that they have a chance to start working before the symptoms begin

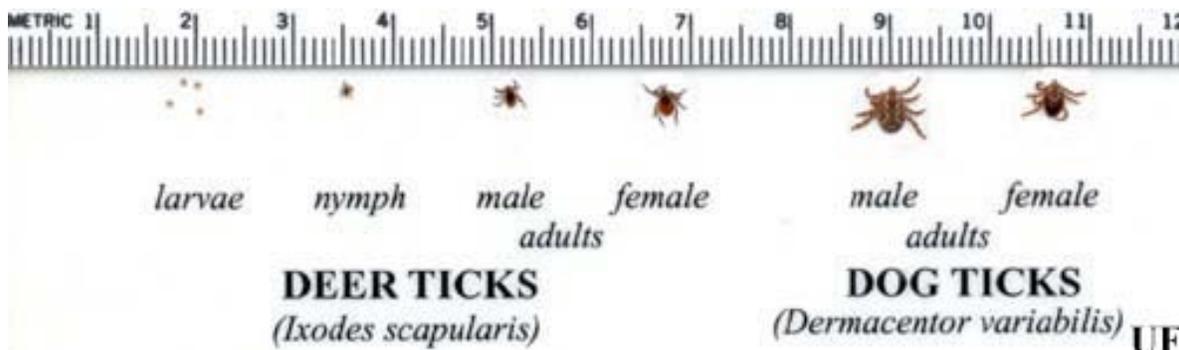
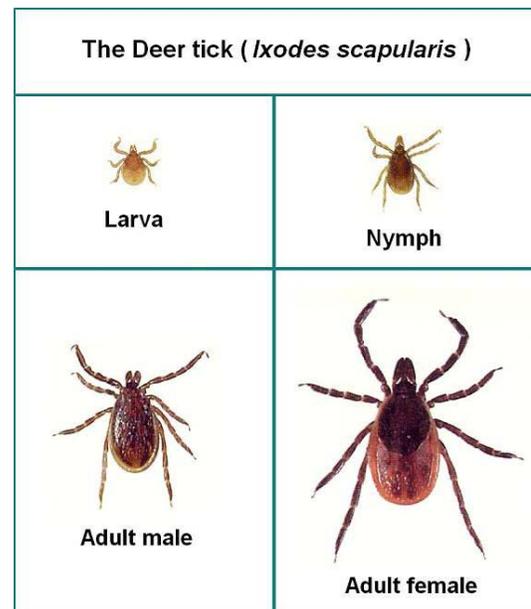
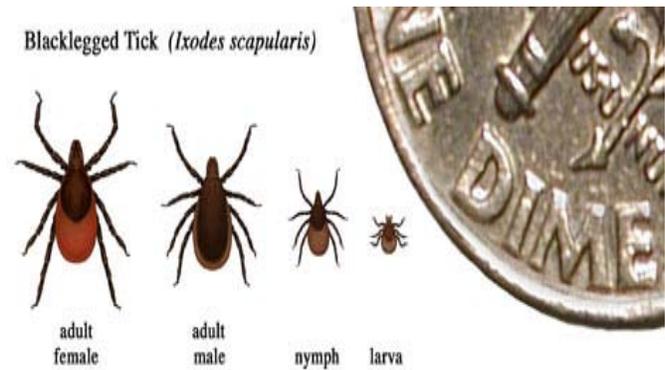


LYME DISEASE

There are so many misconceptions about Lyme disease that can lead to fear by the general public. However the truth is that fortunately Lyme disease isn't easy to acquire and many factors have to be present for the transmission to occur. Only deer ticks, not dog ticks, carry Lyme disease, and the ticks have to be attached to the skin for 36 hours or more in order to transmit infection. Following a deer tick bite, the chances of developing Lyme disease are only 1-3% so that is why there is no recommendation to automatically treat with antibiotics when a tick is removed.

Prevention is the key to avoiding Lyme disease. Nightly tick checks of all family members should be performed routinely. Special care should be taken to check certain areas that ticks like to attach to including the groin, arm pits, and behind the ears. Using bug spray/tick repellants, tucking pants into socks, and staying on trails when going to high tick areas such as hikes and camping can also lower the risk of acquiring Lyme disease.

In children bitten by a Lyme disease carrying tick, 75-90% will develop a "bull's-eye" rash. This classic rash typically occurs between 1-4 weeks from the time of the tick bite and gradually expands over a 2 week period from a round red patch into a bulls-eye. This is considered early Lyme disease and is easily treated with a 3 week course of antibiotics. Other signs of later stage Lyme disease can include joint swelling, especially knees, and a facial asymmetry. Lab testing for Lyme disease if indicated, is only done if the has clear clinical symptoms of Lyme disease. The blood test can remain positive for years, even after effective treatment and is not useful as a marker for recovery. About 95% of children and teens who are diagnosed and treated with the standard of 3-4 weeks of antibiotics will have full recovery and no lingering symptoms.



BUG BITES

Spring is here and summer is around the corner which means warmer weather and pesky bugs like mosquitoes, flies, and ticks have arrived too. Some of these bugs carry disease such as West Nile or Lyme disease which is why you should know how to protect and treat your children.

Repellent products with the ingredient DEET are very effective and according to the AAP and CDC are safe to apply to children as young as 2 months of age. Only products with 10% or less DEET should be used for children and shouldn't be applied more than twice per day. DEET should be applied to all exposed skin and care should be taken when applying DEET products around the hands and eyes. DEET repellants should be rinsed off of the skin by the end of each day. DEET is highly flammable so repellants shouldn't be used near an open flame. Some examples of DEET products include: Cutter Just For Kids, Off!, and SkeeDaddle.

Picardin is another repellent that was first used in Europe and is now approved for use in the US and can be used for children as young as two months and is available in concentrations of 5-10%. Combination insect repellent and sunscreen products aren't recommended because the efficacy of both ingredients can be decreased and the application instructions may differ. Some parents may prefer to use natural insect repellents which usually contain plant oils as their active ingredient. Although effective as well, they usually need to be reapplied much more frequently and some may not be indicated for younger children, so it's important to check the labels before using.

Another way to prevent bug bites is by wearing loose fitting, muted colored clothing to make it easier to spot bugs. Covering the body with long pants, socks, and shoes is helpful too. Avoid stagnant pools of water and areas where there may be insect nests. Also try to use less scented body products such as a fragrant soaps and lotions as they may attract insects. If a child gets an insect bite, a red bump may appear with or without a small blister in the center. Redness does not mean a child has an allergy or that the bite is infected. To remove a visible stinger, use a credit card or fingernail to scrape it off the skin. To remove a tick, use fine tipped tweezers and grab it as close to the skin as possible and pull upwards without twisting or jerking.

To reduce itching from a bite, a topical over the counter 1% hydrocortisone cream or ointment, 2-3 times per day can be applied as needed. In addition, an oral antihistamine such as Benadryl can reduce itchiness too. For painful bites, Ibuprofen or Acetaminophen is recommended. Ice in a wet washcloth applied to affected skin will help reduce itchiness, swelling, and pain.

Bug bites and surrounding skin should be washed daily with soap and water and kept clean so that germs don't get into the area. Topical antibiotics such as Neosporin can be applied three times a day to a crusted or irritated bug bite to help it to heal. Insect bites may be red and itchy for several days. However, if the area looks infected, redness is spreading up a limb, pain is persisting, a rash is developing or a child has a fever or looks lethargic, then they should be evaluated



KIDS KORNER

Healthy Crunchy Granola Recipe: Great for on the run or sprinkled on yogurt for a healthy parfait!

1 cup old fashioned oatmeal

½ cup shredded coconut

½ cup sliced almonds

3 tablespoons vegetable oil

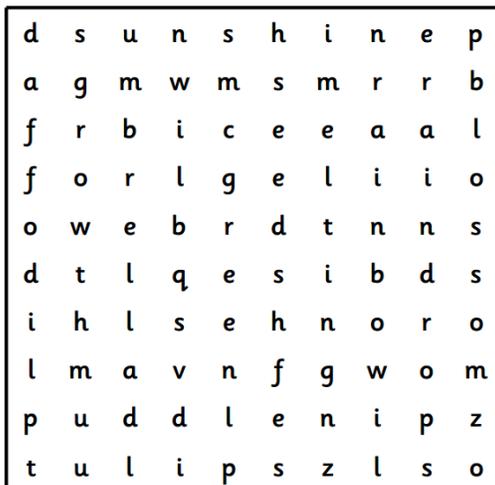
2 tablespoons of honey

Preheat oven to 350 degrees

Toss all the ingredients in a bowl - be sure to mix well. Spread onto a sheet pan and bake for about 20-25 minutes. Stir a couple of times during the baking for even browning. Scrape the pan with a spatula and allow to cool. Great as is or add dried fruits at this point. Enjoy!



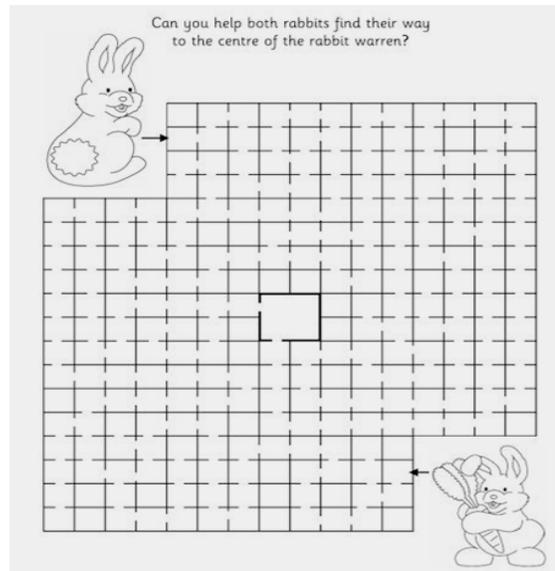
Spring Word Search



Blossom Daffodil Green Growth Melting
Puddle Rainbow Raindrops Seeds Sunshine
Tulips Umbrella



Rabbit Maze



Silly Spring-Time Jokes

What did the banana do when the monkey chased it?

The banana split!

What music makes a frog want to dance?

Hip-hop!

What type of lions can you find in the front yard?

Dande-lions!

What animals do you have to be careful of when taking a test?

Cheetahs!

Do you know how to catch a squirrel?

Climb a tree and act like a nut!

