

Watchung Pediatrics Messenger

Winter Issue

2018

Fun Ways to Stay Active this Winter

Though you may just want to be snuggled up under the covers all winter, it is still extremely important to stay active. Here are some ways you can stay active even when it's cold:

- ❖ OUTSIDE
 - Go sledding
 - Have a snowball fight
 - Make a snowman, snow fort, or snow angels
 - Try a winter sport
 - Blow/chase bubbles
- ❖ INSIDE
 - Dance around to music
 - Play games that require movement
 - Use tape to make a hopscotch pattern on the floor
 - Set up an obstacle course/jumping area with pillows
- ❖ COMMUNITY
 - Check local recreation center for classes
 - See if there's an indoor play area in the community
 - Go ice skating, roller skating, or bowling
 - Visit an indoor rock-climbing center or trampoline park

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Spotlight: Angela Rodriguez ☺



Angela Rodriguez RN, MSN, APNC is a Pediatric Nurse Practitioner. She received her BSN from The College of New Jersey in 2002. She started her career as a pediatric critical care nurse at the University of Medicine and Dentistry of New Jersey's Pediatric Intensive Care Unit in Newark, NJ. She pursued her critical care skills and was a preceptor for new pediatric nurses at Mount Sinai Kravis Children's Hospital in New York City for four years.

She earned her Master of Science in Pediatric Primary Care from New York University's School of Nursing in 2007. Angela practiced as a PNP at two large practices in New Jersey before joining Watchung Pediatrics.

Angela lives in Bridgewater with her husband and two daughters. She enjoys running, yoga, interior decorating and traveling with her family.

UPDATE:

**OUR ANSWERING SERVICE
NUMBER HAS CHANGED TO:**

908-251-9038

RSV AND BRONCHIOLITIS

Bronchiolitis is a respiratory illness that commonly affects children under the age of 2. It causes inflammation of the small airways and can cause wheezing by either partially or fully blocking the airways. Bronchiolitis is caused by a virus, usually respiratory syncytial virus (RSV). RSV is extremely common and virtually all kids will be infected with it by age 3. It is also very common to be infected multiple times, even within the same season. Since it is caused by a virus, treatment is supportive only.

Therapies such as antibiotics, cough medicines, decongestants, and sedatives are not recommended as they have proven to not be helpful and can mask certain symptoms. Symptoms usually peak between days two to five.

Symptoms:

- Congestion
- Cough
- Fever higher than 100.4
- Low appetite
- Wheezing
- Difficulty breathing or rapid breathing



Bronchiolitis is contagious and the viruses that can cause bronchiolitis are easily passed on through breathing, coughing, or sneezing. The droplets carrying the virus can stay on the hands for several hours and can continue passing it on. The best preventative method is having good hand washing behaviors, especially when around young children. Other great preventative measures are avoiding children and other adults with upper respiratory infections, if possible, and receiving a yearly influenza vaccination (if older than 6 months old).

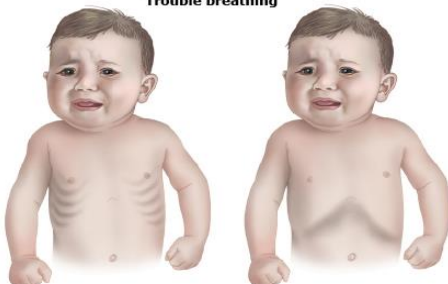
Normal



Treatments:

- Suction nose
- Saline spray
- Fever Control-- acetaminophen or if child is older than 6 months, ibuprofen. NO ASPIRIN.
- Lots of fluids

Trouble breathing



There are several signs of respiratory distress which require an immediate evaluation by a medical professional and possible hospitalization. These signs are retractions (shown to the left), nasal flaring which is when the nostrils enlarge during breathing, and grunting.

Trumenba Vaccine



Meningococcus is a bacteria that can lead to meningitis. Meningitis is an infection of the lining of the brain and the spinal cord. Meningococcal disease can also cause infections of the blood. Even after treatment which includes antibiotics, this disease can kill every 10 to 15 people out of 100 who are infected. And of those who survive, 10 to 20 will suffer severe disabilities such as hearing loss, amputations, brain damage, and scars from skin grafts.

There are 12 different strains of meningococcal disease. Strains A, B, C, W, Y are the strains most likely to cause meningococcal disease leading to meningitis. Four of these - A, C, W, Y - are covered by a vaccine called Menactra that is given at your child's 11th and 16th birthdays. Since strain B is not covered by this vaccine, your child needs the Trumenba vaccine. This is a two-dose series, the first usually given before going to college and the second, 6 months later.

Trumenba has been studied and shown to be a safe vaccine. People usually have very **mild** symptoms following the shot, which can last up to 3 to 7 days. Some of these symptoms might be:

- Soreness, redness, or swelling where the shot was given
- Tiredness or fatigue
- Headache
- Muscle or joint pain
- Fever or chills
- Nausea or diarrhea



Receiving the Trumenba vaccine is especially important now that there have been many reported outbreaks across college campuses. Incidences of meningitis B can occur throughout the nation, not just on campuses. Meningitis B is spread very easily, through close contact like coughing or sharing drinks and lengthy contact, especially for people who live in the same space. Both the AAP and the CDC recommend giving this vaccine to your child before they go to college.

PCMH Matters!

Emergency Room, Urgent Care, or Office?

You should call 911 or go to the ER if your child is having a life-threatening emergency such as seizures, difficulty breathing, limpness or extreme weakness, severe dehydration, significant bleeding, or injury.

For other concerns, it may be appropriate to contact our office first to determine if your child should be evaluated in the office. Fever alone is not usually an emergency and can be evaluated in the office. Even high fevers up to 105 are not dangerous to the body and typically can be managed by your primary care provider.

Urgent care centers can be extremely helpful for immediate after-hour concerns or overnight if parents are unable to wait until the next day to be seen, but most issues that are handled in an urgent care can be handled by your pediatrician. Strep throat, ear infections, viral upper respiratory infections, and urinary tract infections are the most common diagnoses made in an urgent care; all of which can be managed by your primary care provider. The cost to you and your insurance is usually much higher if you go to an urgent care and even more to an emergency room rather than being seen by your primary care doctor.

Another reason to wait and see your primary care physician is that we are entering cold and flu season so sitting in large waiting rooms for extended periods of time increases your child's risk of being exposed to the flu or other respiratory infections.

A big issue with being seen at urgent care and emergency rooms unless necessary is that their providers do not have access to all of your child's medical history which can be important in medical decision making. In addition, some urgent cares and ERs do not have pediatric trained staff which can make a huge difference in the accuracy of the diagnosis and medication dosing. You are also more likely to be prescribed antibiotics unnecessarily in ERs or urgent cares because they aren't able to observe and have follow up visits if symptoms worsen or don't improve, which can cause harmful side effects.

There are many reasons your provider may recommend you go to an ER or urgent care, but you may be able to avoid long wait times, excess costs, and unnecessary treatment if you contact our office first. There is always a nurse available to answer any questions during office hours as well as on call overnight.



Image courtesy of autoclipart.com

GOT MILK?

What are you really drinking?

	Calories	Fat (g)	Protein (g)	Calcium (%DV)	Vitamin D (%DV)
Cow's Milk	130	8	8	30	45
Almond Milk	35	2.5	1	45	25
Cashew Milk	60	2.5	<1	45	25
Coconut Milk	80	5	0	45	25
Goat Milk	168	10	9	30	30
Hemp Milk	110	7	5	2	--
Oat Milk	130	2.5	4	35	25
Rice Milk	120	2.5	1	30	25
Ripple Milk	100	4.5	8	45	30
Soy Milk	110	4.5	8	40	30

*Per 250 mL cup of fluid milk or milk alternative

%DV -- % daily value

It is important to know what nutrients your child is getting from the milk you give them. Your child needs 16-20 oz or 2-3 servings of dairy a day. Under the age of 2, having milk with higher fat percentages is especially essential for brain development. After two, it is important to have milk with good fat and protein content. Cow's milk is the best for children without dairy allergies or dairy intolerance. Research has shown that there is no scientific evidence supporting organic milk as better than regular milk. Though, you should NEVER give your child unpasteurized milk as it can contain very harmful bacteria. The table above shows what nutrients various types of milk contain. Though goat's milk looks more nutritious than cow's milk, it can be really irritating to the digestive system causing anemia, irritation of the intestinal tract, and bloody stools. Another type of milk not listed in this chart, is A2 milk, which is comparable to lactose-free milk but is costlier. If your child won't drink plain milk, we still suggest flavored milk over any type of juice. In addition, this chart does not account for homemade milk alternatives which are not recommended because they are not vitamin fortified.

Countdown to a Healthy New Year!

The best way to help our loved ones achieve their healthy lifestyle goals is by modeling healthy lifestyle behaviors. For the new year, start with these tips for the whole family!

(Tip: try for one month, starting now!)

Here are 5 ways to jump start your family into a healthier year:

1. **Plan, plan, plan!** Take charge of your week by outlining your meals and snacks at the beginning of the week. Involve the whole family, giving each child a chance to “pick a meal”.
2. **Become sugar detectives!** Start to look for hidden sugars in your food and slowly makeover your kitchen, reducing the number of products with added sugar (Hint: start with breakfast cereals, yogurt, bread, tomato sauce, and sweet snacks!).
3. **Measure portions.** For many, the quickest way to reboot your health is to start measuring your portions! Look at the portion size guide for kids under 10 below.
4. **Track your steps.** For older children, use a pedometer or phone and make it a fun competition – first person to reach 10,000 steps every day for a week, wins!
5. **Get support!** Making change is hard. Set your family up for success by reaching out for the support you need. Feel free to schedule an appointment with our in-house nutritionist, Kim, with any questions along the way.

Food Group	Servings per Day	Portion Size for Ages 1 to 3	Portion Size for Ages 4 to 6	Portion Size for Ages 7 to 10
Fruits	2-3 servings	¼ cup cooked, frozen, or canned ½ piece fresh ¼ cup 100% juice	¼ cup cooked, frozen, or canned ½ piece fresh ⅓ cup 100% juice	⅓ cup cooked, frozen, or canned 1 piece fresh ½ cup 100% juice
Vegetables	2-3 servings	¼ cup cooked	¼ cup cooked ½ cup salad	½ cup cooked 1 cup salad
Grains	6-11 servings	½ slice bread ¼ cup cooked cereal, rice, or pasta ⅓ cup dry cereal 2-3 crackers	½ slice bread ⅓ cup cooked cereal, rice, or pasta ½ cup dry cereal 3-4 crackers	1 slice bread ½ cup cooked cereal, rice, or pasta ¾-1 cup dry cereal 4-5 crackers
Meats and other proteins	2 servings	1 ounce meat, fish, chicken, or tofu ¼ cup cooked beans ½ egg	1 ounce meat, fish, chicken, or tofu ⅓ cup cooked beans 1 egg	2-3 ounces meat, fish, chicken, or tofu ½ cup cooked beans 1 or 2 eggs
Dairy	2-3 servings	½ cup milk ½ ounce cheese ⅓ cup yogurt	½ cup milk 1 ounce cheese ½ cup yogurt	1 cup milk 1 ounce cheese ¾-1 cup yogurt

Our Providers:

Nurse Practitioners & Medical Doctors

Since the founding of Watchung Pediatrics, nurse practitioners have been providing primary care to our patients and families. At Watchung Pediatrics our pediatricians and nurse practitioners work collaboratively to provide the best healthcare for our children and families.

Nurse Practitioners are registered nurses who have advanced education and training in a specialty area, such as pediatrics. NP's have a master's degree and are board certified in their specialty. They provide a full range of pediatric care from birth to age 21. Nurse practitioners can diagnose and treat common acute illness and injuries, prescribe medication, and order and interpret labs and diagnostic testing. Pediatric trained nurse practitioners can also diagnose and treat mental health conditions in children and teens, such as depression, anxiety and ADHD.

Physicians and NPs are similar in that both diagnose, treat, and manage acute and chronic disease but do so from different perspectives. Our nurse practitioners were already skilled RNs before going on for advanced education and training in advanced practice. NPs make ideal primary care providers because of their holistic and wellness orientation that emphasizes health education, preventative care and risk reduction. Families appreciate that nurse practitioners spend time discussing concerns as well as education in growth, development, and prevention of health problems.

For over 50 years, pediatric nurse practitioners have been enhancing the healthcare of children and families. Watchung Pediatrics trusts that their NPs provide the highest level of care to our families.



Kids Korner

How to Make Coffee Filter Snowflakes:

Materials:

- White coffee filters, basket style
- Scissors
- Watercolor paint (optional)



Image courtesy of <https://www.makeandtakes.com/coloring-coffee-filter-snowflakes>

Instructions:

1. Fold

Fold a coffee filter in half and then in half again, creasing the folded edges. You can fold another time or two, but for the little kids this is generally enough.

2. Cut Shapes and Lines

Use your scissors as you would with a regular paper snowflake and snip triangles, lines, and shapes along all of the edges of your folded coffee filter.

3. Unfold snowflake

Carefully unfold to reveal your coffee filter snowflake design!

4. Paint

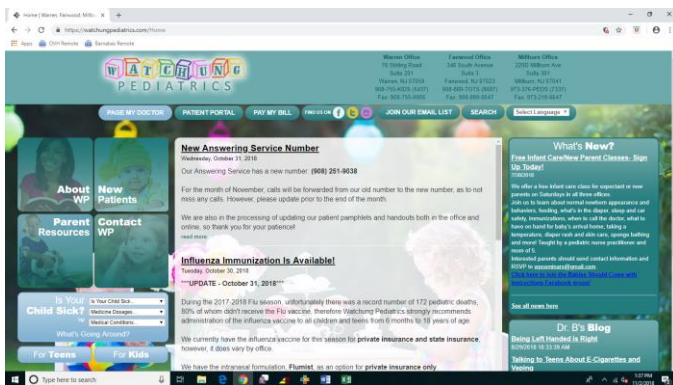
If desired, paint with watercolor paint to add some color to your new snowflakes.

Resources:

Have you visited our state-of-the-art website?

In addition to information about our offices, medical staff, providers and services provided, our website includes such useful features as a user-friendly Pediatric symptom checker, a library of medical information with content from the American Academy of Pediatrics, a “**What’s Going Around**” section that contains information about community news, separate sections with information geared for teens and children with educational games for kids, as well as **Dr. B’s** blog and social media feeds. All this can be found at:

<http://watchungpediatrics.com/>



Are you a member of our LISTSERV?

Want to receive timely emails from Watchung Pediatrics with the latest news and updates including Flu vaccine arrival, appointment availability or office closures? Then please visit our website to sign up for the Watchung Pediatrics’ LISTSERV.

Important Resources

Infant Care and Expectant Parent Classes:

wpseminars@gmail.com

Referral Requests: 908-755-5437 x Opt #4

To enroll in the appointment reminder system:

wpconfirmations@gmail.com

Have You Seen Our App?

Our Watchung Pediatrics mobile app that enables our families to have access to our website and all of its wonderful features when at home or on the go!

Please follow these instructions on how to download the app to your smart phone:

1. Search for **Your Practice** in the app store and download the app (later you will choose Watchung Pediatrics)
2. Open the app and search for Watchung Pediatrics
3. Choose Watchung Pediatrics
4. Connect with Watchung Pediatrics anywhere, anytime



Have you signed up for our portal?

Save a call or trip to the office by accessing your child’s medical records through our secure portal at <http://watchung.pcc.com/portal>. Our new patient portal is easy to use and lets you communicate with us at any time and from anywhere!

You can sign up for the portal by calling our office or by sending an email to wportal@watchungpediatrics.com with your name, your child’s name, and their date of birth. If your child is over the age of 18, their consent is needed for you to have access to their portal.