

# Watchung Pediatrics Messenger

Summer Issue

2018

## Facts about Gardasil 9 (the HPV vaccine)

**8 out of 10 people get HPV in their lifetime.**

For most people, HPV will clear on its own within 2 years, but 10% of men and women develop a persistent infection that can lead to cancers of the genitals, throat, and anus.

HPV also causes genital warts.

Rarely, HPV can be passed from mother to child during pregnancy and cause growths to occur in the mouth and lungs of newborns.

Research shows that younger people create more antibodies to the vaccine than those aged in their late teens. This is why those aged 14 and under only need two doses instead of three. **The vaccine is more effective the younger you get it.**

Waiting until you are older means that you need the extra third dose.

The HPV vaccine is **close to 100% effective** for the 9 strains of HPV contained in the vaccine.

**The vaccine is 12 years old** and has reduced the rate of HPV infection by 64%.

**The vaccine is safe:** side effects include injection site reaction, rare allergic reaction, fainting after injection.

**Gardasil does not increase the risk of autoimmune disorders, infertility, or neurologic disorders.**

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## Provider Spotlight: Nancy Montville



Nancy Montville, RN, MSN, CPNP, PMHS, received her BSN from College Misericordia in Dallas, Pennsylvania. Her nursing experience includes working in the NICU at Boston's Children's Hospital and St. Peter's Medical Center in New Brunswick.

Nancy received her MSN in pediatric Primary Care from Seton Hall University. She joined Watchung Pediatrics in 1997. Nancy is certified as a Pediatric Mental Health Specialist.

Nancy finds great joy in following Watchung Peds patients from birth through college. She has three grown children and is the proud Grandmother of Elek, Ada, and Imogen.

## The Dangers of Vaping and E-Cigarettes

- Linked to cancer, respiratory disease, heart disease, and brain development issues
- Contain nicotine or marijuana or other harmful chemicals, making vaping very addictive
- Combustible so can cause burns or injury
- Small, sleek products that are easy to conceal
- Easy for minors to buy online without ID in many cases
- Adolescents who vape are 6x more likely to smoke

(CONTINUED ON PAGE 2)

# The Dangers of Vaping and E-Cigarettes

Vaping is the act of inhaling and exhaling an aerosol, produced by vapes (vaporizer products) or e-cigarettes. This aerosol is often mistaken for water vapor, but actually consists of fine particles that contain varying amounts of toxic chemicals that have been linked to **cancer, respiratory disease, heart disease, and issues with healthy brain development**. The aerosol typically contains nicotine and other harsh chemicals and heavy metals, but can also be marijuana or hash oil.

Vapes come in different shapes and sizes. One of the current most popular types of vapes is called the JUUL (pronounced "jewel"). The JUUL is a small e-cigarette that resembles a USB flash drive and can be charged in the USB port of a computer. Another popular method of vaping is called the vape pen which looks like a large fountain pen.



← The JUUL

These products generally consist of a mouthpiece, a battery, a cartridge for containing the e-liquid or e-juice (which come in a variety of flavors that appeal to youth), and a heating component for the device. When used, the battery powers the heating component which turns the e-liquid into an aerosol that is inhaled into the lungs and then exhaled. Another big risk with vaping is that the battery can overheat and explode, causing burns or injury.



Among youth, e-cigarettes and vapes are the most commonly used tobacco product. These products can be bought online. Though the legal age for purchase is 18, many sites don't check for age or identification upon purchase making this increasingly available and easy for minors. In 2016, **4.3% of middle school students and 11.3% of high school students** used e-cigarettes or vapes in the past 30 days.

If your child is using vapes or e-cigs, don't write it off as a safe or risk-free habit. While it may be less dangerous than smoking cigarettes, it is not harmless and it could mean your child is smoking other addictive substances as well.

**Adolescents who vape are six times more likely to smoke in early adulthood.**

**Have a conversation** with your child about the dangers of vaping and smoking e-cigarettes. And **continue to check in** with your child about these products and keep the conversation going.

Please feel free to contact your child's healthcare provider if you have any more questions or any concerns.

# Sun Protection



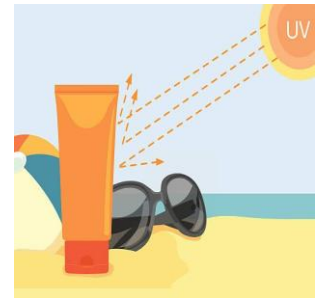
It's great for children to be playing out in the sun but the sun's UV rays can damage skin and eyes and cause skin cancer. According to research, one or more blistering sunburns increases the risk of melanoma skin cancer.

Some other problems associated with too much sun exposure are:

- Dehydration and fever
- Damage to skin (changes to color or wrinkles)
- Cataracts of the eye
- Damage to the body's immune system

Some good ways to protect your skin from the sun are:

- Babies under 6 months of age should be kept out of direct sunlight.
- Wear cool, comfortable clothing that covers the body when possible. Try to select clothes made with a tight weave or with an Ultraviolet Protection Factor (UPF) label.
- Use broad spectrum sunscreen (SPF 15 or higher) generously over all exposed areas and reapply every 2 hours. Put sunscreen on 15 to 30 minutes before going outdoors. *If possible, avoid sunscreens with oxybenzone due to concerns about mild hormonal effects.*
  - Younger than 6 mos. -- put on small areas of body, like face, if protective clothing and shade are not available.
  - Older than 6 mos. -- Apply to all areas of body but be careful around eyes. If baby rubs sunscreen into eyes, wash eyes and hands with a damp cloth.
- Try to stay in the shade between the hours of 10 AM and 4 PM when the sun is the strongest.
- Wear sunglasses with at least 99% UV protection and wear an all-around 3-inch brim hat.



**Keep in mind** that sun protection is not **only** necessary at the beach. Sun damage can happen during day-to-day activities outside, even on cloudy, cool, or overcast days.



## Sunburn:

- Symptoms: heat, redness, pain, itchy, skin feels tight, chills
- Will begin to peel after about a week
  - Try not to scratch or peel the loose skin because there is an increased risk of infection
- Treatment:
  - Take a cool bath/apply cool compresses to sunburn
  - Take Ibuprofen or Acetaminophen to help with the pain, redness, and itching
  - Rehydrate your body by drinking lots of water
  - Stay out of sun until fully healed
  - Use medicated lotion if your physician says it is okay



Contact your health care provider right away if your baby is younger than 1 year and develops a sunburn. For older children, call if there is blistering, pain, or fever.

# LYME DISEASE AND TICK AVOIDANCE

**What is it?** You can get Lyme disease after being bitten by a certain type of tick. A tick can only infect you if it stays attached to you for at least a day and a half (36 hours). Ticks are found in tall grass and on shrubs so they can attach to animals and people walking by. They are unable to fly or jump.

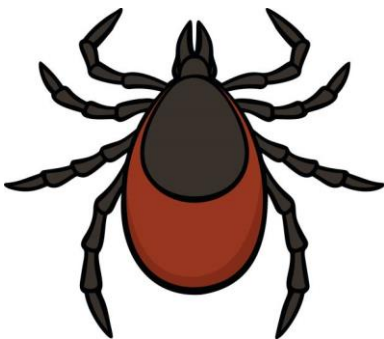
## Common Symptoms:

- A red rash where bitten
  - Looks like a “bulls eye”
  - Often appears within a month of being bitten
  - Center of rash can be color of your skin
  - Can get bigger over a few days
- Fever
- Fatigue
- Body aches and pain
- Heart problems such as slowed heart rate
- Headache and stiff neck
- Feelings of pain, weakness, or numbness



## Tick avoidance:

- Wear shoes, long-sleeved shirts, and long pants when you go outside. Keep ticks away from your skin by tucking your pants into your socks.
- Check your clothes and body for ticks after being outdoors. Be sure to check your scalp, waist, armpits, groin, and backs of your knees.
  - Wear light colors so you can spot any ticks that get on your clothes.
- Wear bug spray or cream that contains DEET. On your clothes and gear, you can use bug repellents that have a chemical called "permethrin."
  - Do not use DEET on babies under 2 months
- Shower within 2 hours of being outdoors if you think you have been in an area where there are ticks.
- Put dry clothes briefly (for about 4 minutes) in a dryer after being outdoors.
- Take steps to keep deer and mice away since they can carry ticks.



If you **find a tick** on your child, use tweezers to grab it. Then pull it out slowly and gently. After that, wash the area with soap and water.

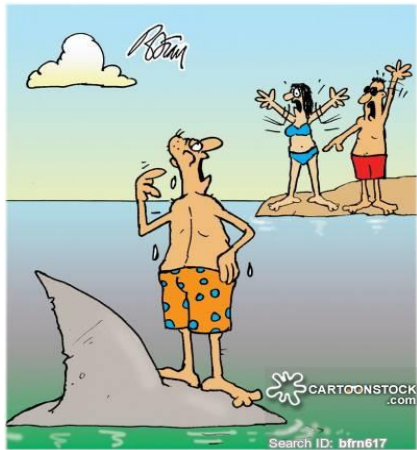
Following a tick bite, please monitor your child and contact your healthcare provider if any of the above symptoms arise.

## THIS SEASON'S COMMON ILLNESS: *Swimmer's Ear*

**What is it?** Swimmer's ear is inflammation to the outer ear canal that often leads to infection. Also known as otitis externa, it is caused by trapped water in the ear. Despite its name, it can also occur after a shower or bath. Another common cause is from a cut or scrape, usually from using a cotton swab. Anyone is at risk for this infection, though children are more prone due to narrow ear canals. Swimmer's ear (otitis externa) is different from a middle ear infection (otitis media).

### Common Symptoms:

- Itching
- Pain, especially when ear is touched/pressed
- Sensation that ear is full/blocked
- Discharge/fluid leaking out



"SORRY, WATER IN MY EARS! WHAT WAS THAT?...SHARP?...SPARK?"

### Treatment:

- You should see your child's healthcare provider if your child has any of the described symptoms.
- If your child is found to have swimmer's ear (otitis externa), antibiotic ear drops are usually prescribed.
- No swimming/submerging head under water until symptoms are gone

### Preventative Measures:

- Wear earplugs while swimming
- Help water run out of ears by tilting head after swimming or bathing
- Never use cotton swabs (or any other items) to clean inside the ear

## THIS SEASON'S COMMON CONDITION: *Bug Bites*

- Bug bites are extremely common in the summer
- **Prevent** these bites by using bug spray containing DEET
  - Avoid applying to small children's faces
- Some people have significant swelling to bites (as pictured)
- Before contacting your healthcare provider, you can try to **treat** bug bites with oral Benadryl or topical Hydrocortisone Cream
- If the area continues to increase in size, becomes painful, or fever develops, bring your child in to the office



# OUR PROVIDERS:

## NURSE PRACTITIONERS AND 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. NPs 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 educating in growth, development, and prevention of health problems.

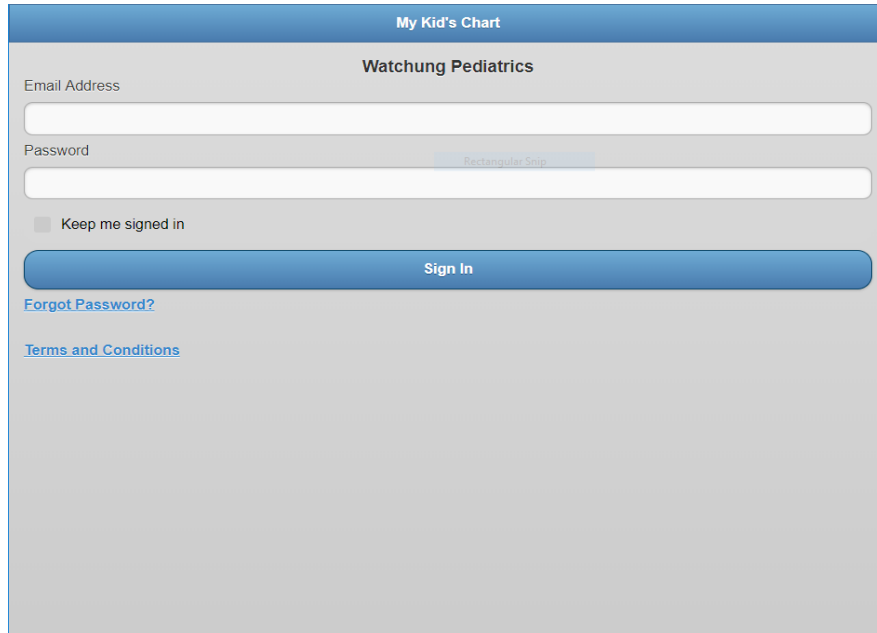
For over 50 years, pediatric nurse practitioners have been enhancing the healthcare of children and families. Watchung Pediatrics trusts that their NPs provide the highest level of care to our families.



# PCMH MATTERS!

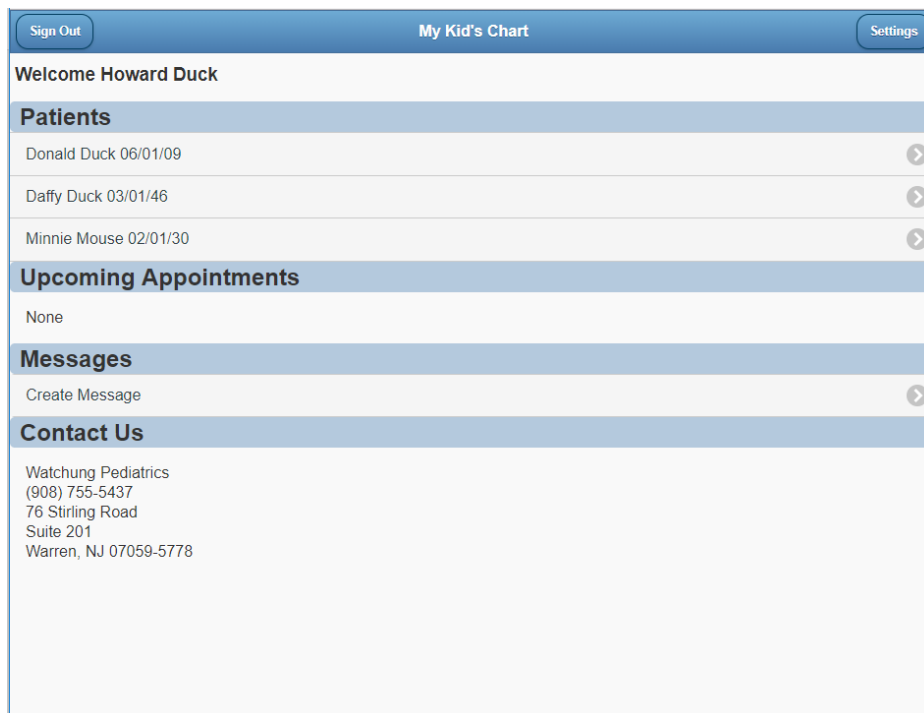
## How-to navigate your Patient Portal:

1. To access your portal, go to <https://watchung.pcc.com/portal>.
2. When you go to this website, you will see the screen below, where you can log in using your email and secure password.



The screenshot shows the login page for the Watchung Pediatrics patient portal. At the top, it says "My Kid's Chart" and "Watchung Pediatrics". There are two input fields: "Email Address" and "Password". Below the password field is a checkbox labeled "Keep me signed in". A blue "Sign In" button is centered below the fields. At the bottom, there are two links: "Forgot Password?" and "Terms and Conditions".

3. Once signed in, you will see this home page where you can either create a message to send to our office or click on your child(ren)'s name(s) to access their patient information.



The screenshot shows the home page of the Watchung Pediatrics patient portal. At the top, it says "My Kid's Chart" and "Settings". Below the header, it says "Welcome Howard Duck". There are three main sections: "Patients", "Upcoming Appointments", and "Messages". The "Patients" section lists three children: Donald Duck (06/01/09), Daffy Duck (03/01/46), and Minnie Mouse (02/01/30). The "Upcoming Appointments" section says "None". The "Messages" section has a "Create Message" button. The "Contact Us" section provides the address and phone number for Watchung Pediatrics: (908) 755-5437, 76 Stirling Road, Suite 201, Warren, NJ 07059-5778.


4. To create a message, click “Create Message” from the above page. You will then see the page below on your screen. You can choose which of your children you are referring to from the drop-down menu under Patient. Then fill in the Subject line and write in the box under Message. When finished, click send to send it to our office. You also have the option of attaching a photo or PDF if need be.

The screenshot shows a mobile application interface for sending a message. At the top, there is a blue header with a 'Back' button and the title 'My Kid's Chart'. Below the header is a disclaimer: 'This message service is intended for non-critical questions only. Please allow us 1-2 business days to answer these messages. If you require assistance immediately, please call the office. If you have a medical emergency, call 911.' The form includes a 'Patient' dropdown menu, a 'Subject' text input field, and a 'Message' text area. At the bottom, there are two blue buttons: 'Send' and 'Attach a Photo or PDF'.

5. From the home page, you can also click on your child's name to access their patient account. Once you click on a child, you will see the page below (continued on next page).

The screenshot displays a patient account page for a child named 'Minnie Mouse'. The header is the same as in the previous screenshot. The patient information includes the name 'Minnie Mouse', birthdate '02/01/30', and 'Last Physical: None'. The page is organized into several sections, each with a blue header: 'Upcoming Appointments' (None), 'Visits' (01/11/18 - Sick - Bright Futures), 'Documents' (01/11/18 - Form, Referrals, Documents), 'Medical Tests' (None), 'Screenings' (None), and 'Radiology' (None). A vertical scrollbar is visible on the right side of the page.



<b>Radiology</b>
None
<b>Medications</b>
None
<b>Allergies</b>
None
<b>Problem List</b>
None
<b>Immunizations</b>
Administered <b>DTaP- Daptacel</b> 08/20/31 05/20/31 02/20/31 <b>Hib-PRP-ActHib</b> 05/20/31 02/20/31 <b>Influenza</b> 01/15/17 <b>MMR</b> 02/01/36 02/01/33 <b>Prevnar 7</b> 08/23/33 04/23/33 03/22/32 <b>Varicella</b> 02/01/36 02/01/33
 Immunization Record
<b>Contact Information</b>

6. From this page, you can see any upcoming appointments your child has with us. You can also access visit notes from any time he/she was seen in our office by double clicking appointments under the section named “Visits”. From this page, you are able to see their immunization record as well as any referrals or forms that we have made available for you. To open any of these, double click on the box under the Documents section, in this example titled “Forms, Referrals, Documents”.

If you do not see a document you are looking for, please call our office at 908-755-5437 as it may not have been made available on the portal and we can assist you.

If you have any other questions about using the portal, you may also contact us at the number above.

# KIDS' KORNER

X L S U A F I P B T W Y L M B  
 V P E S G E E U E A C X O O V  
 Y S P V J G D C A O A T A A I  
 U N Y A E M E J C B L R C S I  
 G N I M M I W S H N D A T F G  
 F L I P F L O P S W T N P O H  
 N P N Z R R K L A I E A F A H  
 R A A E E Q T L O S U T J O F  
 P W E M E L K N N F C A M J F  
 J M M C K R Z U K K E D C K A  
 W U R U O P C A Q X B L X Y K  
 S S U R F E R S C Z R A N Y Y  
 S E V A W M Y H N F A F T H E  
 M N N K Q W J L T U B B H H S  
 D Q W J D N A S Y D S A F P P

**Can you find all of these in the puzzle?**

BARBECUE	FLIPFLOPS	SUMMER	TAN
BEACH	HOT	SUNSCREEN	VACATION
BOARDWALK	OCEAN	SURFER	WAVES
BOAT	SAND	SWIMMING	

1. *What do you call a dog on the beach in the summer?*

2. *What did the ocean say to the shore?*

3. *What do you call a snowman in July?*

1. A HOT DOG 2. NOTHING, IT JUST WAVED 3. A PUDDLE

## TODAY'S RECIPE: CHERRY SHERBET

Hands-on time: 10 min

Total Time: 10 min

Makes: 4 servings

### Ingredients & Kitchen Gear:

- Measuring cup
- Food processor (adult needed)
- Spatula
- Cutting board
- 1 (12-oz) bag frozen pitted cherries (2 cups)
- ½ cup plain yogurt
- ¼ cup almond butter (if you like extra richness and nutty flavor)\*\*

\*\*if you're allergic to almonds, leave out almond butter

### Instructions:

1. Put the frozen cherries in the bowl of the food processor fitted with a steel blade and pulse until the cherries are well chopped.
2. Add the yogurt and almond butter, if you like, and process until smooth. Serve right away.

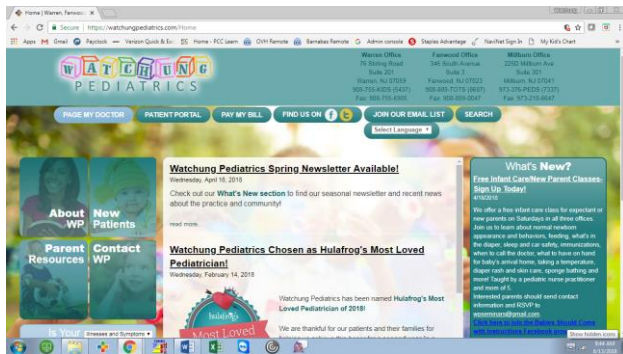


## Resources:

### 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](mailto:wpseminars@gmail.com)

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

To enroll in the appointment reminder system: [wpconfirmations@gmail.com](mailto: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!