

Seasonal Sickness: Flu

You have a runny nose, sore throat and feel sick, but is it just a cold or the flu?

Hopefully after reading this article, you can recognize the signs and symptoms of the flu and get your children (and yourself) treated right away!

Influenza (the flu) is a seasonal illness which infects the nose, throat and lungs. The symptoms can be mild to severe, and the flu can be easily passed to family members, friends and people in close contact. The season for flu begins in the fall, becomes most severe in the winter and continues into the spring.

What are common symptoms of the flu?

Unlike a cold, flu symptoms may come on suddenly and may present with a fever, which is not as common with a cold. Additional symptoms include:

1. Cough
2. Sore Throat
3. Runny nose
4. Headaches
5. Fatigue (feeling very tired)
6. Muscle or body aches
7. Fever, vomiting and diarrhea *
8. Warm, flushed skin and red, water eyes

*Vomiting and diarrhea may occur in children. These are more rare in adults. Fever may or may not be present.

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Spotlight: Tiffany Scott



Tiffany Scott MD, FAAP attended Michigan State University as an undergraduate. She completed Medical School at the University of Michigan and residency at Cincinnati Children's Hospital. She practiced

as a pediatric hospitalist for 2 years at UNC Children's Hospital in North Carolina and in private practice for 3 years in Illinois.

Dr. Scott is excited to move to NJ with her husband and 2 young boys. She enjoys traveling, dance, and spending time with her family. She is interested in breastfeeding support, obesity prevention, and adolescent health.

Dr. Scott joins Watchung Pediatrics in November 2017. She is a board certified Pediatrician and member of the American Academy of Pediatrics.

Winter Tips

1. **Make sure to wash your hands frequently and thoroughly.**
2. **Dress in layers.** Make sure the head, neck and hands are protected from the cold. For children use one more layer than an adult would use
3. **Wear sunscreen.** Children can still get sunburned in the winter, so wear sunscreen if they are playing outside.
4. **Use helmets** when snowboarding, sledding, skating and skiing to protect children. Make sure the equipment fits each season as kids can grow a lot in just one year.
5. **Beware of clothing hazards** such as scarves and hood strings which can strangle young children. Use other types of clothing to keep them warm.
6. **Keep children hydrated.** Children lose water through their breath and may not know if they are dehydrated. Keep them drinking throughout the day!

Seasonal Sickness: Flu (Continued)

How does the flu spread?

Flu spreads by droplets released when an infected person coughs, sneezes or talks. Although more rare, flu can also be passed by touching infected surfaces such as table tops and blankets and then touching your mouth or face.

How long are you contagious?

You may be contagious even before symptoms appear, from 1 day before symptoms begin to 5-7 days after. Children and people with weakened immune symptoms may be able to infect others even longer.

What are some potential side effects of the flu?

Some side effects include dehydration, sinus infections, ear infections, bacterial pneumonia, and worsening of chronic medical conditions such as asthma, congestive heart failure and diabetes.



Who is most likely to catch the flu?

Anyone can catch the flu and have potential side effects, but the people most susceptible are people with weakened immune systems such as children and the elderly.

How do you diagnose the flu?

Since flu symptoms overlap with many illnesses, it is important to see your doctor if you think you have the flu. There are diagnostic tests that can be done.

How do you treat the flu?

Some medications like Tamiflu can help ease symptoms and reduce the duration of the illness. Tamiflu works best within 48 hours of your symptoms starting.

How do you prevent the flu?

The best way to prevent the flu is with the flu shot! The flu shot can be given to anyone six months and older. If you have a newborn, the best way to prevent the flu is for YOU to get the flu shot. As always practice good hygiene during the winter, stay hydrated and avoid close contact with people who are sick.

You can get your flu shot right here at Watchung Pediatrics! Just talk to our nurses!

The Importance of Sleep at Every Age

Getting the right amount of sleep is very important for children (and adults!) of all ages. Sleep is a time when the body releases important hormones for growth and development. Childhood is when our natural circadian rhythm develops and good sleep habits can stay with a child for life.

But how much sleep is enough?

Each age group requires a different amount of sleep. While individuals may vary in how much sleep they require, most require the following to be fully rested:

Age	Recommended	May Be Appropriate	Not Recommended
Newborns (0-3 months)	14 to 17 hrs	11 to 13 hrs 18 to 19 hrs	Less than 13 hrs More than 19 hrs
Infants (4-11 months)	12 to 15 hrs	10 to 11 hrs 16 to 18 hrs	Less than 10 hrs More than 18 hrs
Toddlers (1-2 yrs)	11 to 14 hrs	9 to 10 hrs 15 to 16 hrs	Less than 9 hrs More than 16 hrs
Preschoolers (3-5 yrs)	10 to 13 hrs	8 to 9 hrs 14 hrs	Less than 8 hrs More than 14 hrs
School-Aged (6-13 yrs)	9 to 11 hrs	7 to 8 hrs 12 hrs	Less than 7 hrs More than 12 hrs
Teenagers (14-17 yrs)	8 to 10 hrs	7 hrs 11 hrs	Less than 7 hrs More than 11 hrs
Young Adults (18-25 yrs)	7 to 9 hrs	6 hrs 10-11 hrs	Less than 6 hrs More than 11 hrs

It may be hard to tell if children are overtired or are getting enough sleep. Unlike adults, overtired children may become more energetic, hyper, and resist bedtime. They may mimic signs of ADHD.

It is important to establish good bedtime routines early to ensure the proper growth and development of your child. Some good bedtime routines include having a child sleep in the same sleeping environment every night; a cool, dark room. A child should also go to bed when they are drowsy and learn to put themselves to sleep. TV, computers and smart phones can all lead to difficulty falling asleep, nightmares and disruptions in sleep. Additionally, caffeine and sugar can lead to sleep deprivation and should be avoided near bedtime.

If you have any questions regarding your child's sleep needs or habits, feel free to ask our providers. They can help reassure you or refer your child to sleep specialists should one be needed.



FOOD BYTES

Cabin Fever: Healthy Eating During the Winter Holidays

Holidays are a time to celebrate with family, spend time with friends and, of course, eat good food!

It can be so easy to mindlessly eat, just because the food is there. Here are a few tips to avoid over eating this holiday season, while still enjoying all of the good food the holidays bring!

1. **Keep a Food Journal-** By writing down what you eat and when, it will help you keep track and avoid over consuming. Many people are surprised by the results of what they actually consume.
2. **Eat When You are Hungry-** Do not skip meals to “save your calories”. Do not watch the clock to decide when it is time to eat; eat when your body is hungry. Try not to wait until you are starving either, as being starving will lead you to overeating.
3. **Control Portions-** You can still eat a variety of food while controlling portions. Try waiting until all food is out to make a plate, instead of continually snacking. Chose larger portions of vegetables and leafy greens, and small portions of the high calorie foods.
4. **Slow Down-** Pace your eating. Take a few bites and then put down the fork to allow your stomach to digest. Stop eating when you are full, you can always save leftovers for tomorrow!
5. **Stay Active-** Holidays can be a busy time of running around. If you do find yourself or your family with some down time, spend it being active! Throw a football around outside or go for a nature walk, and keep moving!

Enjoy this time with family and friends, and enjoy the good food this season!



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. 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 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 Watchung Pediatrics -- Your Patient-Centered Medical Home

A Patient-Centered Medical Home (PCMH) strives to provide whole-person care which is coordinated and tracked by the primary care provider. Watchung Pediatrics has been recognized for meeting the criteria established by the National Center for Quality Assurance (NCQA) for a PCMH.

How does being a Medical Home benefit you as our patient?

1. Keep you in the loop

Having a medical home will benefit you because it will help keep you in the loop on the plans and treatments designated by all of your providers and specialists. As a primary care medical home, Watchung Pediatrics follows up with the specialists you see for consult notes, allowing us to work with the specialist and provide you care.

2. Access to your medical records through our Patient Portal

Additionally, we provide you with a Patient Portal to help meet your needs. Through the patient portal you have access to your children's medical records. You can print out immunization records, see upcoming appointments, message your doctor or nurse, print out sports physicals and forms that we have completed for you in the past and see visit summaries.

3. Ease of Referrals

Through the patient portal you can request referrals to specialists. These are directed right to our referral specialist who can help guide you through the process of getting specialist care.

4. Your medical home will be in one location

Instead of having information from multiple doctors with no communication between them, your medical records will be followed by your provider

at Watchung Pediatrics. They will work with your specialists to follow treatment plans, and ensure you are getting appropriate care.

5. Consistency

A patient centered medical home provides you with consistency in your care. You are able to contact the provider you see with any questions you have over the portal. One provider will follow you and stay up to date on your medical records. Any other provider who may see you for walk-in or sick appointments will have access to you entire medical history, to give you better care.

In Watchung Pediatrics, your Medical Home, the patient is at the forefront of care and receives collaboration between all of their providers. Integrated care has been shown to lead to better patient outcomes, improved quality of care, reduced costs, and improved patient experience.

Want to learn more?

If you would like to learn more about PCMH or what Watchung Pediatrics is doing to improve your quality of care, look for our new column, PCMH Matters!, in upcoming editions of the newsletter. Here, we will delve deeper into the services we provide as your child's medical home. Additionally, you may visit:

<http://www.ncqa.org/programs/recognition/practices/patient-centered-medical-home-pcmh>.





WE APPRECIATE YOUR REFERRALS CONTEST!!!!

THE HIGHEST COMPLIMENT GIVEN TO US IS WHEN OUR PATIENTS REFER THEIR FAMILY AND FRIENDS. WE RECOGNIZE THIS AND THAT IS WHY WE WANT TO SAY THANK YOU, AND GIVE YOU AN OPPORTUNITY TO WIN DINNER AND A MOVIE IN OUR "WE APPRECIATE YOUR REFERRALS" CONTEST.

HERE IS ALL YOU HAVE TO DO...

- 1) TAKE SOME OF OUR REFERRAL CARDS, AS MANY AS YOU NEED
- 2) WRITE YOUR NAME ON THEM.
- 3) HAND THEM OUT TO YOUR FRIENDS, FAMILY, AND COWORKERS OR WHOMEVER YOU THINK WOULD BE A GREAT PART OF THE WATCHUNG PEDIATRICS FAMILY.

WHEN YOUR REFERRAL MAKES AN EXAM APPOINTMENT AND BRINGS IN THE CARD YOU GAVE THEM, WE WILL ENTER YOU BOTH INTO OUR DINNER AND A MOVIE DRAWING. IF WE DRAW YOUR REFERRAL CARD YOU BOTH WIN!!!

WATCHUNG PEDIATRICS

76 STIRLING RD | SUITE 201 | WARREN, NJ 07059
346 SOUTH AVENUE | SUITE 3 | FANWOOD, NJ 07023
225 MILLBURN AVENUE | SUITE 301 | MILLBURN, NJ 07041

KIDS KORNER

WINTER WONDERLAND WORD SEARCH



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

Can you find all of these in the puzzle?

Icicle	Cold
Snowflakes	Hats
Ice skating	Sledding
Snowman	Blanket
Blizzard	Winter

PINECONE BIRD FEEDER



What you will need:

1. Pinecone (preferably open)
2. String
3. Peanut butter (1/2 cup)
4. Oatmeal or cornmeal (1/2 cup)
5. Birdseed mix from the store
6. Plate or pie tin

Instructions:

1. Tie a string around the pinecone
2. Mix $\frac{1}{2}$ cup peanut butter with $\frac{1}{2}$ cup oatmeal
3. Use a spoon or fingers to spread the mix on the pinecone. Make sure to get the mix into the openings of the pinecone. It may be easier if the mix is warm.
4. Place birdseed in a pie tin. Roll the pinecone in the birdseed until it is covered.
5. Use the string to hang your pinecone outside in a tree.

Watch for all the birds!

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 6

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!