

Spring into Action!

With the sun back from hibernation, now is the perfect time to introduce kids to an active lifestyle and prepare them for spring/summertime allergies.

Seasonal Allergies

As the title suggests, this section will take a close look at what seasonal allergies are and tips to manage them, in order to make the most out of the lovely warmer months. Many kids will be getting excited about pool parties and beach trips now that schools are nearing their final sessions. If you have questions or concerns, please contact your child's healthcare provider to ensure you are equipped with all of the tools you need to minimize seasonal allergic symptoms. (Cont. page 2)



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Spotlight: Kathleen Dempsey, APN ☺



Kathleen Dempsey, RN, MS, CPNP, received her BSN from Villanova University. She worked at Children's Memorial Hospital in Chicago and Babies Hospital at Columbia Presbyterian Medical Center in New York City as a registered nurse and head nurse of an adolescent unit.

She received her Master's degree from Rutgers University in Maternal-Child Nursing. Her advanced practice experience includes providing primary care to homeless children in Jersey City, as well as work with a pediatric neurologist.

Kathleen and her husband have 2 children and are Seeing Eye puppy raisers. Kathleen joined Dr. Katz in 1991.



April Showers Bring May Flowers... And **Seasonal Allergies**



Allergic Rhinitis

Also known as hay fever, allergic rhinitis occurs when an individual's immune system overresponds to an otherwise harmless allergen. Typically, the immune system releases histamines into the bloodstream when any agent identified as harmful enters the body. The release of histamine into the blood stream triggers a reaction commonly seen as sneezing, watery eyes or a runny nose. Seasonal allergic rhinitis can be experienced more severely in one season than another depending on which allergens in the air one's body reacts to most. The American Academy of Allergy, Asthma & Immunology(AAAAI) report 8% of Americans experience allergic rhinitis.

Common Allergens

- Pollens from plants/trees/grasses/weeds or insects
- Mold
- Dust

Common Triggers

- Insect bites/stings
- Chlorine from pools
- Smoke

Common Symptoms

- Sneezing
- Sinus Pressure
- Itching
- Drowsiness
- Runny/stuffy nose



Virus or Allergic Rhinitis

Congestion can be a symptom of cold, flu, or allergies. Congestion due to viruses is usually accompanied by symptoms such as a sore throat, headache, cough, and body aches. Speak with your child's provider to determine if your child's symptoms are due to allergies or a viral infection.

Allergy Treatments

Over-the-counter antihistamines such as Children's Zyrtec can be used in children as young as 6 months. Nasal steroids may also be recommended.

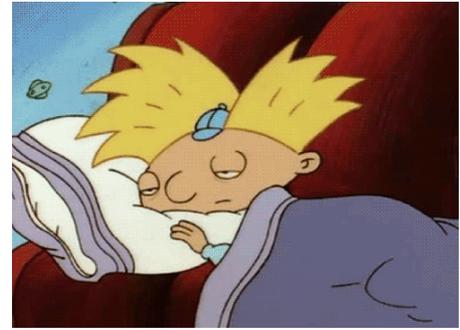
Preventive Tips

- Close windows
- Wash clothes and hair after being outside
- Avoid touching/rubbing eyes, oral, and nasal cavities to prevent irritation
- Talk with your child's provider about over-the-counter allergy medications (i.e. decongestants, antihistamines)

Talk with your child's healthcare provider about their seasonal allergic rhinitis so they can receive age-specific treatment for their symptoms & enjoy the springtime weather!

THIS SEASON'S COMMON ILLNESS: Strep throat

What is it: Strep throat is an extremely contagious disease caused by the streptococcus pyogenes bacteria. Although people of any age can be infected, strep throat is most commonly diagnosed in school-aged children. A swab of the throat can diagnose strep throat.



Common Symptoms

1. Sore Throat
2. Fever
3. Whitish patches on tonsils
4. Swollen or tender/painful lymph nodes in the neck
5. Painful swallowing
6. Headaches
7. Stomach Pain



Mode of Transmission: Group A Strep, which commonly causes strep throat, is transmitted through saliva or nasal droplets. Schools, day-care programs, colleges/universities, and any other place where many individuals are frequently in close proximity, are high-risk for exposure to the strep pyogenes bacteria.

Preventive Measures:

1. Wash hands frequently, especially before eating
2. Avoid touching eyes, nose or mouth with unclean hands or after being in contact with someone who may be sick
3. Cover your mouth by coughing/sneezing into your arm **not** your hands to avoid infecting others
4. Consult a physician if you think you may be infected***

Strep Throat vs. Viral Sore Throat (pharyngitis)

It may sometimes be difficult to distinguish a viral sore throat from strep throat. With both conditions, you may have a fever, your lymph nodes may be swollen and your tonsils can be red, inflamed or even have white patches. Strep throat however is a sore throat caused by infection of the Group A strep bacteria, whereas viral pharyngitis is caused by a viral infection. Typically, non-strep sore throats are accompanied by other cold symptoms such as a runny nose or sneezing. Sore throats from viral infections are **not** treated with antibiotics and will instead resolve on their own. Since strep throat is caused by a bacterial infection, it is treated with antibiotics. If you are prescribed an antibiotic for strep throat, it is important that you take it exactly as prescribed, even if symptoms resolve before completing the medication.

Strep throat left untreated or only partially treated can result in more serious illnesses, such as **rheumatic fever**. For this reason, it is always in your best interest to consult your child's physician if they begin having symptoms of strep throat.



The 411 on Vaping

The prevalence of vaporizer products such as E-cigarettes is increasing exponentially without substantial knowledge about the long-term effects of using such products.



Vaporizers are available in different shapes and sizes but many times are seen in a pen/cylindrical form. They eliminate the need of a mechanical lighter because they are battery-operated and contain settings to control the temperature of their e-fluids. There are different fluids available for vaporization, made from tobacco, cannabis or the common e-cigarette fluid mixture of propylene glycol, glycerin and nicotine. These fluids are vaporized and can be inhaled.

It is a common misconception that the vapor produced by these instruments is only water vapor, this is not true. Instead, these e-fluids upon vaporization, can undergo a chemical reaction where the vapor produced also forms carcinogenic particles such as free radicals, that can create harmful effects on an individual's respiratory tract.

Although the research around vaping is still relatively new, a few studies have strong evidence suggesting that vaping is very likely to weaken one's immune system by creating respiratory complications like chronic bronchitis, chronic cough or chronic persistence of phlegm. An individual is also more susceptible to diseases such as chronic obstructive pulmonary disease (COPD). Although some consider vaping a healthier alternative to smoking, research suggests that vaping also prolongs the usage of traditional cigarettes.

Vaping is becoming more prevalent amongst school-age kids. Carve out time to have conversations with your teens/pre-teens about the harmful long-term effects of smoking/vaping.



PCMH MATTERS—THE PORTAL



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You can use The Patient Portal also known as My Kid's Chart to access medical records such as, immunization records, lab results, and referrals. This portal also gives you access to communicate with your pediatrician, check upcoming appointments and even schedule appointments. All of these features and more can be accessible to you on a secured network, at just a click away! Read the sections below to learn how to log in to your parent portal—My Kid's Chart—and stay up-to-date on all of your child's health information!

Get an Account

If you would like to access the patient portal, call our office at 908-755-5437 and speak with our front desk or email us at wpportal@watchungpediatrics.com. We will need an email address and your child's information, for verification purposes.

Next, you will receive an e-mail with your temporary login information.

September 18, 2013

Dear Wilma Flintstone,

You are receiving this email because PCC Pediatric Test Associates created an account for you to access My Kid's Chart. Please contact our office immediately if you did not request this account.

Automatically [sign in](#) to My Kid's Chart or sign in manually at mykidschart.com/pccpeds.

Your sign in email address is: wilma@yabadabadoo.com

Your temporary password is: SFgqEchn

The temporary password above will expire in 1 week so please sign in today and set a password of your choice.

If you have any questions about accessing My Kid's Chart or about the information displayed in My Kid's Chart, please call our office at (800) 722-7708.

Thank you,
Dr. John

Log In to The Parent Portal

After you receive your new account e-mail, you can click on the "sign in" link or type the URL into a Web browser. You will be prompted to give your account a password. You can use My Kid's Chart on a personal computer or on your smart phone at <https://watchung.pcc.com/portal/session/new>.

Again, the portal is great because it grants you access to your child's health records. It is easy to use and confidential. If you have questions or would like to gain access to a patient portal, give our office a call!

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

Spring Word Search



BIRD
BUD
EGG
FLOWER

LAMB
NET
RAIN
SPRING



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Gluten-Free Pancakes Recipe

- 1 cup (250 mL) gluten-free flour blend
- 1 cup (250 mL) quinoa flour
- 2 Tbsp. (30 mL) sugar
- 2 tsp. (10 mL) baking powder
- 1/2 tsp. (2 mL) cinnamon
- 1/4 tsp. (1 mL) salt
- 1 1/2 cups (185 mL) buttermilk
- 2 large eggs
- 2 Tbsp. (30 mL) canola or flax oil
- fresh or frozen berries or sliced bananas (optional)

In a large bowl stir together the flours, sugar, baking powder, cinnamon and salt. In a smaller bowl, whisk together the buttermilk, eggs and oil; add to the dry ingredients and stir just until combined. Preheat a heavy skillet over medium heat and spray it with nonstick spray or drizzle with oil and rub it around the bottom with a paper towel. Ladle the batter into the skillet and if you like, scatter the surface with berries or sliced bananas. Cook until bubbles begin to break on the surface (don't wait until all the bubbles break through and the surface looks dry, or you won't get any lift on the other side); flip with a thin spatula and cook for another minute, until the other side is golden, too. Serve immediately or keep warm in a 250°F oven while you cook the rest. Serve warm with maple syrup. Makes about 10 pancakes

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!