

Summer 2008 Newsletter: NEWS TO USE!!!



PEDIATRIC &
ADOLESCENT
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New Physician Joining PAA

PAA is pleased to announce the addition of Dr. Brad Gore effective in June 2008. Dr. Gore has been a practicing pediatrician in Lexington for 18 years and will be working part time at PAA. You may schedule appointments with him by calling our main number at (859) 277-6102. Please welcome Dr. Gore to our office.

Poison Ivy! Yikes!

Many of us remember from childhood having an itchy skin rash caused by contact with poison ivy, poison oak or poison sumac. An allergic reaction to the oil in these plants produces the rash. The rash occurs from several hours to three days after contact with the plant and begins in the form of blisters, which can be accompanied by severe itching.

Contrary to popular belief, it is not the fluid in the blisters that causes the rash to spread. That occurs when small amounts of oil remain under your fingernails or on your clothing or on your pet's fur and are then carried to other parts of his body. The rash will not spread to another person unless the oil that remains also comes in contact with that person's skin.

Poison ivy grows as a three-leafed green weed with a red stem at the center. It grows in vine like form in all parts of the country except the Southwest.

“Leaves of three, beware of me”

Looking for “leaves of three” is just one way to notice poisonous plants. An even better saying would be, “leaflets of three, beware of me,” because each leaf has three smaller leaflets. (Poison sumac has a whole row of paired leaflets.)

Treating reactions to poison ivy is a straightforward matter.

- Prevention is the best approach. Know what the plant looks like and teach your children to avoid it.
- If there is contact, wash all clothes in soap and water. Also, wash the area of the skin that was exposed with soap and water for at least 10 minutes after the plant or the oil has been touched.
- If the eruption is mild, apply a calamine lotion preparation three or four times a day to cut down on the itching. Avoid those preparations that have anesthetics or antihistamines in them, as they can often cause allergic eruptions themselves.
- Topical 1% hydrocortisone creams can be applied to decrease the inflammation.

The pediatrician should be called if you notice any of the following:

- Severe eruption not responsive to the previously described home methods.
- Any evidence of infection, such as blisters, redness or oozing or fever.

Poison Ivy (*Rhus radicans*)

Description: climbing or trailing vine

Leaves: alternate, compound with 3 leaves, smooth above, hairy beneath

Flowers: clusters hanging from leaf axils; unisexual, on separate plants; early summer

Fruit: yellow, smooth to hairy; fleshy with 1 hard, stony seed; August to November

Habitat: in disturbed area, margins, flood plains

Range: throughout

Symptoms: allergic contact dermatitis caused by volatile oil in all parts of plant; itching, redness, swelling, and blisters may result

Poison Sumac (*Rhus vernix*)

Description: tall shrub or small tree with smooth, gray, black-speckled branches; 6' to 20'

Leaves: to 1' long; 7 to 13 pointed leaflets, not toothed

Flowers: small, yellowish-green on purplish leafstalks; in loose clusters arising from lower leaf axils; May to July

Fruit: whitish, berrylike, in clusters; August to spring

Habitat: moist soils, swamps

Range: Ontario and Quebec; New England south to Florida; west to eastern Texas; north to Minnesota

Symptoms: skin irritation more virulent than poison ivy; contact with plant may cause inflammation, itching and blistering

Calling all bike riders!

You may think you're a pretty good biker, but crashes happen all the time to very good riders. In fact:

- Wearing a bike helmet is the single most important thing you can do to protect your brain - and your life - when you ride your bike.
- Children between ages 5 and 14 have the highest rate of injury of all bicycle riders.
- Each year, more than 500,000 children go to hospital emergency rooms or doctors' offices due to bicycle injuries.
- More than half of these collisions happen on neighborhood streets, sidewalks, or playgrounds.

Ten tips for safe bike riding:

1. Always wear a bike helmet.
2. Stop and check traffic before riding into a street.
3. Don't ride at night.
4. Obey traffic signs and signals.
5. Ride on the right-hand side of the street.
6. Check your brakes before riding.
7. Give cars and pedestrians the right-of-way.
8. Wear light or bright-colored clothing so that motorists can see you.
9. Be extra careful turning left - motorists don't expect it.
10. Avoid broken pavement, loose gravel and leaves - which can cause you to lose control of your bike.

LAWN MOWER SAFETY

Source: <http://www.aap.org/family/tiplawn.htm>

- Try to use a mower with a control that stops the mower from moving forward if the handle is let go.
- Children younger than 16 years should not be allowed to use ride-on mowers. Children younger than 12 years should not use walk-behind mowers.
- Make sure that sturdy shoes (not sandals or sneakers) are worn while mowing.
- Prevent injuries from flying objects, such as stones or toys, by picking up objects from the lawn before mowing begins. Have anyone who uses a mower wear hearing and eye protection.
- Do not pull the mower backward or mow in reverse unless absolutely necessary, and carefully look for children behind you when you mow in reverse.
- Always turn off the mower and wait for the blades to stop completely before removing the grass catcher, unclogging the discharge chute, or crossing gravel paths, roads, or other areas.

Do not allow children to ride as passengers on riding mowers.

Retail Store “Health Clinics”

Major retail, food and pharmacy chains are establishing clinics in stores across the country. These store front clinics are staffed by physician’s assistants or nurse practitioners who, in a normal office setting, would practice under the supervision of a physician. However, Kentucky does not require that the supervising physician be on-site during the diagnosis and treatment of a child’s illness. Parents need to be very cautious when considering seeking care for their children at these clinics. Those who are delivering care often have less formal training than the average medical student. In light of the risks involved, we at PAA, along with the American Academy of Pediatrics, recommend that our patients avoid these clinics.

We are proud to be able to provide office hours for children who are ill 364 days a year and consider this to be your child’s medical home. After hours sick visits should be made either at Kids Trax at Saint Joseph East Hospital, or in the ER at Central Baptist Hospital or the University of Kentucky.

At PAA, your child will be seen by a board-certified pediatrician. Our physicians have completed four years of medical school, three years of pediatric residency and are certified by the American Board of Pediatrics. We practice under the guidelines of the American Academy of Pediatrics. Our nurses and staff provide outstanding care of the children in our practice. We consider it a privilege to provide medical care for your child and urge all our families to avoid using urgent treatment centers store front clinics.

Get Moving!

Turn off the TV! Say no to Game Cube and X Box! Keep them safe and sound by encouraging outdoor play activities! Make some lifelong memories!

FUN IN THE SUN

Sunburns hurt. Sunburns can also cause dehydration and fever. If your child gets sunburn that results in blistering, pain or fever, contact your pediatrician. Otherwise you may treat the affected skin area with soothing moisturizers or aloe gel. Also try to keep the skin cool and encourage drinking fluids.

What can I do to protect my child from the sun?

Babies under 6 months:

- Avoiding sun exposure and dressing infants in lightweight long pants and long-sleeved shirts and brimmed hats are still the top recommendations from the AAP to prevent sunburn. However when adequate clothing and shade are not available, parents can apply a minimal amount of sunscreen to small areas, such as the infant's face and the back of the hands.
- Apply sunscreen at least 30 minutes before going outside, and use sunscreen even on cloudy days. The SPF should be at least 15. Reapply sunscreen every two hours, or after swimming or sweating.

Stay in the shade whenever possible, and avoid sun exposure during peak hours.

This summer, “Waterproof” your child.

We all love swimming in summer, but along with the sand, surf and pool come some dangers. According to the Centers for Disease Control, drowning is the second leading cause of unintentional injury-related deaths to children under 14, and a swimming pool is 14 times more likely than a motor vehicle to be involved in the death of a child under four.

- Children, especially non-swimmers, should never rely on floats, water wings or other floatation devices to go into water that they cannot stand in. This gives them a false sense of security, and it can easily turn into tragedy if the child falls off or is knocked off the float into the water, either shallow or deep.
- Life jackets should be worn by people of all ages on all watercraft, even when it is anchored or at the dock. The wake of a passing boat can make the boat rock, causing loss of balance, which can lead to someone falling in the water unexpectedly.
- Children should always wear water-resistant sunscreen with an SPF of at least 15, as directed (fairer children will require a higher SPF) on all parts of their body, including the face, lips and earlobes. While this will eventually need to be reapplied, it will not wash off as quickly, allowing for additional protection in the water.
- Take advantage of accredited swimming classes in your area. Children should be familiar with basic swimming skills, so that they can get themselves out of a dangerous situation. Non-swimming adults should also take classes in the event that they have to jump in to save their child. It is never too late to learn how to swim.

- Take notice of lifeguards at the beach and pool. Swim close to where the guards are stationed, and don't swim when guards are not on duty. Take heed of signs/flags indicating treacherous swimming conditions.
- Have children swim with a buddy at all times.
- Children with sensitive ears should wear earplugs to avoid swimmer's ear.
- Water at the beach and pool isn't the only threat to children. If you are washing your car with a bucket filled with water, make sure to monitor it and dump it when through. Small children may lean into the bucket, lose their balance and submerge their head, causing injury or death in even a few inches of water.
- Remember that no form of water protection can replace the most important one -- PARENTAL/ADULT SUPERVISION. Most drownings or submersion injuries (brain damage) can occur in the amount of time that it takes an adult to run and answer the phone -- even in shallow baby pools. NEVER LEAVE ANY AGE CHILD UNATTENDED IN OR NEAR WATER!

FIREWORKS SAFETY

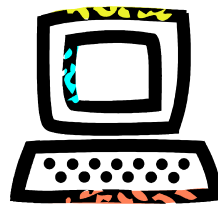
Source: <http://www.aap.org/healthtopics/safety.cfm>

- **Fireworks can result in severe burns, scars and disfigurement that can last a lifetime.**
- **Fireworks that are often thought to be safe, i.e. sparklers, can reach temperatures above 1000 degrees Fahrenheit, and can burn users and bystanders.**
- **Parents should attend professional fireworks displays rather than using fireworks at home.**
- **The AAP recommends prohibiting public sale of all fireworks, including those by mail or the Internet.**

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WWW.PAALEX.COM

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policies and



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health and has links to other great websites including fun

sites

just for kids!

website has information
physicians as well as office
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