

Pediatric Perspectives

Summer 2012

Compliments of Hand In Hand Pediatrics
Where Expert Pediatric Medical Care and Your Child's Health Go Hand In Hand
www.handinhandpediatrics.com



That Very Special Dad

The moment when a brand new father holds his newborn infant is a moment of transformation. No more Mr. Tough Guy! A helpless baby gazing into the eyes of a daddy locks this change into place for all time.

Our society has allowed the role of daddies to seem unimportant. Movies and television portray dads as silly or incompetent. This is not so in the eyes of a child, the child of that very special dad. Dads are made to be strong, physically and emotionally, and sure of themselves. Even when things seem out of control, dad always seems to know what to do, and gets it done.

Dad may not be the best one in the house to memorize a shopping list, match outfits, or make perfect braids, but that's OK. We need dad to look at a broken bike, give honest criticism after the school play, and be a defender against bullies, bees, and bumps in the night.

The Physicians and staff at Hand In Hand Pediatrics would like to take this moment to honor the dads in our lives and recognize their very special role in the lives of our children. Happy Father's Day!



Dublin Kiwanis Frog Jump



For a fun and inexpensive way to spend Saturday, June 23rd go to the Frog Jump. It will be held at Coffman Park in Dublin, OH from 10 a.m. – 3:00 p.m. Hand In Hand Pediatrics will have a booth there with free games and prizes!!! At the end of this newsletter is a frog coloring page. Print it out and have your child color it, then bring it to either the office before June 23rd, or drop it off at our booth. We will display their art work in the Dublin office and your child will receive a prize for their efforts.☺

Walk-In Sick Visits

The Dublin office has walk-in sick hours from 7:30-8:15 a.m. and 12:00 noon – 12:45 p.m. from December through May. From June through November we do not have the noon walk-in sick time; however, we do still offer the morning walk-ins.

You do not need an appointment to come to the walk-in sick hours. You must be an established patient, have a quick sick issue and patients are seen on a first-come, first-served basis. We also limit the total number of patients to 10.



Emergency Telephone Calls

We are available for emergency phone calls after regular office hours for any situation **that can't wait until the office reopens**. When you need to page a physician after hours, please remember the following:

- ★ You must call the main phone number for Dublin (614) 799-6044 or Marysville (937) 642-0535 only.
- ★ Leave one phone number where you can be reached. If you don't leave your number we can't return your call.
- ★ If it is a cell phone, make sure the battery is charged.
- ★ Take privacy blocking features off your phone or ignore your caller ID. You will not know what number the physician is calling from so please answer your phone when it rings.
- ★ Have a pharmacy telephone number and make sure the pharmacy is open.
- ★ Please put your baby down or move away from your crying child. The physician needs to be able to clearly hear and understand what you are saying.

Please remember that you should only page the on-call physician if it is an urgent issue that cannot wait until the office reopens.



Physical Season

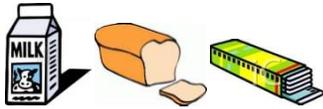
June 20th is the first day of summer! Summer brings the hope of nice weather and family fun. At Hand In Hand Pediatrics summertime also means "Physical Season". We try really hard to accommodate the high volume of physicals (also known as well child checks) that are required not only for your child's general health, but also for such things as camps, sports participation and school entry. Physicals are meant to review your child's general health and to update any vaccines that may be needed. Although physicals are given more time than a sick visit, more chronic health problems may still require a separate appointment to give a particular problem more individual attention.

To take full advantage of the time allotted for your child's physical appointment please make every effort to arrive on time. Arriving late not only leaves less time to adequately discuss your child's care, but infringes upon the next

patient's appointment time. This puts the doctor behind and leads to longer wait times.

When you come to your child's physical appointment, bring any forms you need to have filled out. There is not a charge to have forms filled out at the time of your child's physical; however, there is a charge if it is done at a later date. If your child had a physical at our office within the last year but you need a sports or camp form, please do not go someplace else for a sports physical, call our office and talk to the receptionist about how we can fill those forms out for you.

As we continue to strive to give your child the best care possible, please do your part by arriving on time and ready to ask questions! Summer is a time to enjoy the outdoors so let's all work together to make your time indoors smooth and efficient. Don't forget sunscreen!



All I Wanted Was a Carton of Milk

I went to the grocery store the other day to pick up a carton of milk. While I was there I also picked up a loaf of bread and while standing at the check-out counter I grabbed some gum. The cashier charged me for all three items even though I only stopped in for the milk. This was not at all surprising, in fact, it was expected. When we go anywhere and purchase a product or service we have to pay for everything we need. This is true for the grocery store, the car repair shop and your physician's office.

People do not realize that there is a charge for all the services and procedures they receive at their physician's office. If you call to schedule an earache and while you are there you tell the physician that you also have a wart you want removed you're charged for both. If you take your child in for a physical and your child is sick with strep throat or is having behavioral issues that require immediate attention, you are charged for all services.

It is very important that we all know what our insurance pays for and what we will be required to pay. For example, currently most (but not all) insurance companies pay for preventative services and do not require the insured to pay a copay. If you take your child in for a well child check (physical) you may not have to pay a copay (check with your insurance company to verify your coverage); however, if your child is also sick or needs a procedure done while at this appointment, you will be billed for both services. In this instance your insurance company may not charge you a copay for the preventative well child check but will charge you a copay for the additional sick visit or procedure. Make sure you understand what your insurance covers and what you will be required to pay.



Bike Helmet Safety

Bike helmets are an excellent way to reduce the risk of severe head injury or death from a bicycle accident.

It is important to establish the rule of wearing a bike helmet as soon as your child begins riding a tricycle. Be consistent and make a "no helmet equals no bike" rule.

Let your child pick out his or her own helmet so they are more excited about wearing it. Make sure that the helmet meets or exceeds current safety standards. Wear the helmet flat on the head and make sure it fits and doesn't obstruct

vision. You shouldn't be able to move the helmet more than one inch in any direction.

Children learn best by following your example – wear a helmet! It is important to remember that bike accidents leading to head injuries can occur anywhere – including your own driveway.



Billing Information

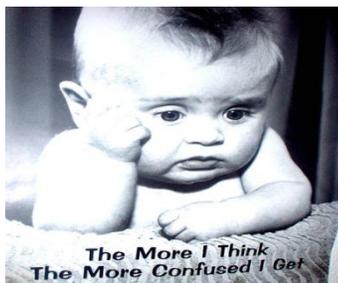
Our billing office sends out patient statements around the 15th of each month. If you receive a statement it is because your insurance company notified us that your policy requires you to pay that amount. We do not have access to your policy; this is a contract between you and your insurance company. If you do not

understand why you received the bill from us the first place you should go is to your insurance company. They either mailed you an Explanation of Benefits (EOB), which is exactly what they sent to us, or they provide online access to your EOB. If you don't understand your EOB or you disagree with the charge you should call your insurance company. If your insurance company made a mistake (and it does happen) then they will reprocess the claim and send us an updated EOB. When that happens, please call our billing department and let us know so we can make note of that on your account and watch for the corrected EOB.

If you feel we made a mistake on the charge for service, call us first so we can verify that our billing is correct. Or, if you are unsure of who to call, call us first and we will be happy to help you.

Referral or Lab Bills

When we refer a patient to another physician, Nationwide Children's Hospital or send a specimen out to a lab the patient will receive a bill for those services. The bill will not come from our office it will come from the facility where the services were performed. When you receive a bill from that facility please call them directly to discuss the bill. If you feel we incorrectly ordered something that you received a bill for please call the office's main telephone number, (614) 799-6044, and ask to speak to a Medical Assistant. Our billing department cannot help you with bills from other facilities. Our Medical Assistant will research the charge and get back to you.



Nursing Your Newborn

We offer breastfeeding/lactation consultations in our Dublin office. There are several advantages to breastfeeding your baby:

1. It stimulates the uterus to return more quickly to normal size.
2. The milk is always readily available at a proper temperature with little chance of bacterial contamination.
3. Human milk is less allergenic than formulas prepared from a cow milk base.
4. Forms a nice bond between infant and mother.
5. Significant cost savings.

We offer a breastfeeding class for expectant and new mothers. The Breastfeeding class is \$30.00 and lasts 1.5 hours. This class will introduce new mothers to the art and science of breastfeeding, or serve as a refresher course for moms who already have some experience. Class attendees will have the opportunity to learn the basics, ask questions, and interact with other new moms in a friendly and relaxed atmosphere.

We also offer private lactation consultations for new mothers. These consultations will help new mothers with any breastfeeding issues they are having and will support their decision to breastfeed their baby. The charge for these consultations is based on time.

Lactation services are at the Dublin office and are presented by Rene Warren, RN, IBCLC. Rene is an International Board Certified Lactation Consultant with 16 years experience. In addition, Rene has 35 years experience as a pediatric nurse.

Our next lactation class will be on Tuesday, July 24th from 6:00 p.m. – 7:30 p.m. For more information or to register for the class please call the office at (614) 799-6044.



BUGS 101 to 911



The very mention of the word, bugs, stirs emotions in most people. From childhood we have a natural fear of their bites and stings. Movies and television play on this fear often using bugs as an enemy in scary situations that haunt our dreams at night. Yet the reality is that bugs are a fraction of our size. Though the majority of bugs are completely harmless to humans there are a great number that can create harm through bites, stings, allergic reactions or when the insect is a carrier of other diseases that can infect humans.



Ohio is home to only two naturally deadly spiders the brown recluse, and the black widow. Though the black widow bite is rarely fatal it can be at times. The brown recluse is not common in Ohio but can be found in the extreme southern part of the state. This spider is much more dangerous.



Allergies from bugs can cause a wide variety of irritations from the common dust mite to bee stings. Reactions to bee stings cause 3-4 times more deaths in humans in a year in the U.S.A. than snake bites. It is estimated that more than 100 people die each year in the U.S.A. as a result of allergies to bugs including bee/wasp stings, ant bites, and cockroach and dust mite allergens according to the Asthma and Allergy foundation of America.



Bed bugs are making a comeback in the U.S.A in recent years, yet they transmit no disease according to ohio.gov.



Head lice are another irritating bug that does not directly cause harm other than emotional; however, scratching extensively at the infected areas can lead to infections. Even though both create unnerving stress issues to the household neither is life threatening to humans.



Mosquitoes, though not deadly themselves, can carry a number of diseases including West Nile Virus. The West Nile Virus has been reported in Ohio since 2002 and has been reported in humans 736 times between 2002 and 2011 causing 52 human fatalities according to ohio.gov. Mosquitoes are more prevalent when there is a wet spring and dry summer. They lay eggs in standing pools of water. It is best to dump any standing water you may come across to prevent breeding places for the mosquitoes.



Fleas and ticks are another cause of bug irritations. Ticks are known to carry and spread many ailments including Rocky Mountain spotted fever and Lyme disease to mention a few. Your best bet when bitten by a tick is to use tweezers as close to the skin as possible and pull it straight off trying not to crush the tick. It is not recommended that you use a match to burn the tick off. It is recommended that you take the tick to the doctor and have the tick bite checked by your doctor to prevent infection or other complications.

According to MayoClinic.com some first aid tips for bug bites and stings are:

For mild reactions - Move to a safe area to avoid more stings. **Remove the stinger**, especially if it's stuck in your skin. This will prevent the release of more venom. Wash the area with soap and water. **Apply a cold pack** or cloth filled with ice to reduce pain and swelling. **Try a pain reliever**, such as ibuprofen (Advil, Motrin) or acetaminophen (Tylenol), to ease pain from bites or stings. **Apply a topical cream** to ease pain and provide itch relief. Creams containing ingredients such as hydrocortisone, lidocaine or pramoxine may help control pain. Other creams, such as calamine lotion or those containing colloidal oatmeal or baking soda, can help soothe itchy skin. **Take an antihistamine** containing diphenhydramine (Benadryl) or chlorpheniramine maleate (Chlor-Trimeton). Allergic reactions may include mild nausea and intestinal cramps, diarrhea, or swelling larger than 4 inches (about 10 centimeters) in diameter at the site. See your doctor promptly if you experience any of these signs and symptoms.

For severe reactions to bug bites and stings - severe reactions affect more than just the site of the insect bite and may progress rapidly. Call 911 or emergency medical assistance if the following signs or symptoms occur: difficulty breathing, swelling of the lips or throat, faintness, dizziness, confusion, rapid heartbeat, hives, nausea, cramps and/or vomiting.

Many people question the use of Deet in insect repellants. According to the American Academy of Pediatrics, the use of deet is recommended only for those over 2 months of age and only at concentrations of 30% or less. The concentration of deet listed on an insect repellent is not the percent of effectiveness but the length of time it might protect an individual. It is estimated that at 10% concentration a person will be protected for approximately 1-2 hours. At 24% an individual would be protected for approximately 5 hours.

In conclusion it is best to know your surroundings, your possible bug neighbors, and prevention and treatment ahead of time so you are prepared for the best outcome to confrontations with BUGS!



Color the frog and bring it to the Frog Jump on Saturday, June 23rd for a hoppin good prize. You can also drop it off in the office the week before the Frog Jump and still get a prize! We will display all the colored frogs in our Dublin office☺

