



# Newsletter for Associated Pediatricians "Take a N.A.P."

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## WELCOME !

Welcome to the inaugural edition of the Newsletter for Associated Pediatricians! This is an exciting new project and we hope to provide our patients with a new forum for receiving information. At this point, we plan to have several features:

NEWS OF THE MONTH – information about pediatric health

OFFICE POLICIES – a review of services and features that may not be generally known

DOCTOR TRIVIA – why not learn more about Associated Pediatricians?

QUESTIONS and ANSWERS – we'll make up some questions for this newsletter, but plan to respond to real questions from real people

And so it begins. Enjoy! We appreciate any feedback because we want this to be helpful for you. Feel free to drop us a letter or note to our Valparaiso Office, care of the Newsletter for Associated Pediatricians – affectionately referred to as... "Take a N.A.P."

## NEWS OF THE MONTH: NEW OFFICE

There is a brand new office in Valparaiso! It is located just north of the old office. Same doctors! Same address! Same phone number! The parking lot is even connected. Construction began in January and has been well-photographed by Dr. Ludwig. Patients in Portage may also be interested – we offer Saturday morning hours for acute visits for all our patients in the Valparaiso Office.

The new office has a lot of interesting features: a gigantic fish tank, larger baby rooms with sinks, more patient rooms, separate office work space, more counter space, brighter colors. We hope it helps to serve you better!



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## Current Events: MRSA

MRSA stands for Methicillin Resistant Staph Aureus. Methicillin is a kind of antibiotic in the penicillin family. Staph Aureus is a common bacteria. That's it. Most healthy people carry millions of bacteria on their skin every day. Some people even carry MRSA on their bodies and have zero symptoms. Under certain conditions (any break in the skin), the bacteria can start an infection. This will look like a boil - red, swollen, and tender.

MRSA is treatable with the right antibiotic. Penicillin, which used to be good for many infections, will not treat MRSA (the MRSA is Resistant).

Good hand washing can prevent the spread of MRSA. In fact, this is the easiest and most effective way to prevent getting an infection.

## Office Policies: Throat Cultures

Many patients may not be aware of a nice feature at Associated Pediatricians. Strep throat can be hard to diagnose with just an examination, so almost every time we see a child with a sore throat, we'll get a culture. If your child has a sore throat, and perhaps only a fever as the only other symptom, AND has been seen in the office for a routine physical in the last 2 years, you can request a throat culture. This can be done by the nurse and bypasses a doctor visit. If your child is positive, a prescription can be written right there. Of course, if your

child has more symptoms (rash, vomiting, etc.), we would recommend a regular office visit.

## Doctor Trivia

Which of the doctors worked in Oregon prior to coming to Valpo?

We'll have the answer in the next issue.

## Q & A

When should my child see a dentist?

We recommend routine dental care after the age of three. This is primarily because of cooperation by the patient! Either a family dentist or a pediatric dentist would do.