



Newsletter for Associated Pediatricians

Publisher PAB

Volume No. I

Issue No. 4

Date Summer 2008

Office News: Technology Updates

There are two big technology changes for Associated Pediatricians this summer! First, we have had to CHANGE OUR PAGER NUMBER. At press time, the correct number will be provided by the answering machine at our telephone number (462-0555). If the doctor on call doesn't return your call within 30 minutes, we recommend that you either try the number again or contact the hospital operator (263-4600).

The second change caught us by surprise – our WEBSITE IS NO LONGER AVAILABLE. We are currently investigating another provider and will update you in the next issue!

Q & A: Summer Fun

1. What kind of sunscreen should we use? What kind of bug spray?

Associated Pediatricians doesn't endorse any specific brand name sunscreens, but we do recommend an SPF factor of at least 30. We would also encourage you to reapply the sunscreen as frequently as directed by the product. Another important factor in protecting against the dangers of sunburn is shade – hats, umbrellas, and late afternoon playdates are good ideas.

For insect repellants, we do recommend a DEET percentage less than 30%. An important factor in protecting against insect bites is avoiding insects – clearing up standing water and avoiding dusk time are good ideas.

2. Wow, my child's bug bites are big – is that OK? What can I do?

It is quite common for bug bites to cause a large local reaction in children. Some areas can be inflamed for as long as 3 or 4 days. It may even last longer if the area is scratched often. There are many topical agents to help with itching (most of them have a steroid such as hydrocortisone). We would also have you consider oral Benadryl or Claritin if the itching is affecting sleep. Most bug bites resolve without any problems, but the most common complication would be a bacterial infection. Please contact our office if you think a specific bite site has more redness, swelling, pain, or discharge than other places on your child.



Take a N.A.P. – part 2

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The Well Child: Sleep

Over the course of childhood, there will be many sleep challenges.

Newborns can be quite difficult, but should have sleeping through the night mastered by about 4 months of age. Toddlers and school age children should have a regular routine and bedtime. Teenagers require more sleep than adults, but some desire it less! A busy social life can affect regular bedtimes on the weekends. Some studies suggest that children with a TV or computer in their bedroom get less sleep. Multiple studies have shown that irregular sleep patterns can affect concentration, behavior, stamina, and school performance.

Office Policy: Swimmer's Ear

Swimmer's ear is an infection of the skin in the ear canal. It is often caused by a large amount of water flushing out wax and irritating the skin – usually from swimming. We may be able to treat this over the phone if your child meets certain criteria: Your child should be over 4 years old and tell you that the ear hurts if the outer part is pulled up and down. There should be no cold symptoms, fever, or discharge out of the ear. Of course, there should be a history of being underwater!

Doctor Trivia

Who is the only doctor who has run a full marathon?

Answer to last issue = Dr. Bukata is the soccer doctor.

Doctor News

Dr. Elizabeth Campbell will be taking call and seeing patients starting in September. She will be available in both offices. She had a healthy baby boy at the end of May. Congratulations!