

Pavilion Pediatrics Summer Newsletter

June 2024



In this newsletter, you will find...

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1. Office Update and Reminders

We are happy to report that we will be renovating our office this summer. I know you're probably thinking, "what needs renovating?" ;), but we're eager to freshen up and update our environment for you all. To accomplish the laying of new flooring, we will need to close our office on Friday, July 5th and Saturday, July 6th. We apologize for the inconvenience. As always, we remain available through our "on call" service should you need assistance and will make televisits available as well.

Please also remember that our **Quick Sick Clinic** is available **M-F 7:30-8:15 AM** for acute sick issues. You do not need an appointment for these visits and will be seen on a first come, first served basis. These visits are designed for acute issues such as cough and cold symptoms, ear pain, sore throat, rashes, etc...If your child has a more complex medical issue or there is concern for a chronic condition, please be sure to call the office to schedule a dedicated visit for your child with his or her primary care provider.

We are also open **Saturday mornings** for acute sick visits. These visits, unlike Quick Sick visits, **do require an appointment**. You can call and schedule these same day visits starting at 8:30 AM on Saturdays.

For urgent sick needs that arise outside of our office hours, we always have our **on-call service** available to you. This is staffed by our physicians and nurse practitioners. Please keep in mind that we are unable to prescribe any medication for your child without a visit. In instances where you are unable to come into the office, and at the discretion of the on-call providers, we may be able to conduct these visits via televisit.

Finally, please note that we are unable to send in **medication refills** over the weekend. Please plan ahead to call during the week so that your child is not left without needed medications over the weekend. As a reminder, you can now use our patient portal to request refills. If you need assistance accessing the portal, please reach out to the office.

2. Summer Safety Reminders: In Brief

1. Apply Sunscreen. At least 40 SPF. Reapply often.
2. Always keep an eye on your children when they're swimming or near water (especially true for emerging or novice swimmers)
3. Since we are in a lyme endemic area, it is a good idea to watch for ticks on the skin. If you find one, you can remove it, but it is not necessary to send it to a lab

for testing as it does not change our management. Ticks need to be adhered at least 48-72 hours before they can transmit lyme disease. If you have found a tick on your child's skin, we can treat prophylactically with a one time dose of doxycycline to prevent transmission. As always, we advise a visit with your provider to determine if this is the right course of action.

4. Talk to your older children ahead of time to determine safety contingency plans should they find themselves in a situation where they are not safe to drive or are a passenger in a car where a driver is under the influence.
5. Encourage young adults transitioning to college life to think ahead and make these "in the cold light of day" decisions about how to handle exposure to various risk-taking behaviors.

3. In the News: What to Eat?

Just the other day in the office, I was talking with the mother of a six month old. When I asked her how her daughter was liking solid foods, she said, "I feel paralyzed," She explained that she felt mired in too much information. She had looked up how to introduce solids to an infant and found there were so many different and conflicting suggestions. I sympathized, reflecting on how just when you're looking for a clear cut, how-to recipe for how to do anything in parenting, you find there's more art than science to it.

The history of our recommendations for introducing solid foods hasn't helped. Not long ago, we cautioned parents against introducing potential food allergens like peanuts and eggs in the first year of life for fear of triggering food allergies. However, like many scientific discoveries, astute observation led the way to rethinking this advice. Observers noted that the rate of peanut allergy in Israel was much lower than that in the United States. Looking further, it was observed that, unlike in the United States, Israeli infants were often exposed to peanut protein early on in a puffed snack called Bamba. A study then confirmed that infants exposed to peanut protein early in infancy (as early as four to six months

of age) had a decreased likelihood of developing a peanut allergy later in life, compared to those who avoided peanut exposure throughout infancy. The infants in the original study were evaluated again, now at age 13, and the original findings persist even into adolescence. Of course, if there is a strong family history of peanut or other food allergy, it is wise to discuss how and when to introduce certain allergens to your infant's diet, but remember, what once was dogma with regard to food science may later be found to be an incomplete understanding.

What we do know is that enjoying food together as a family is good for kids. Routine family meals have been shown to decrease the likelihood that a child experiences mental and other significant health issues later on. As hard as it may be at times, try to keep the energy around food fun and light. Let your kids explore different foods and textures, and remember that tastes evolve and change over time. As always, bring us your questions.

4. Looking Ahead

It's camp and school form season. Please remember that we can fill out camp and school forms so long as your child has had a physical exam in the last year. You do not need to wait to submit the forms until the physical. Please refer to our website for information on how and where to submit these forms.

<https://www.pavilionpediatrics.net/>

Our summer schedules tend to be busy. Please call to schedule your child's physical as soon as possible, so that you are not in a bind with regard to school forms.

That's it. Have fun, be safe, be kind. Love those wonderful kids of yours.