



Johns Creek Pediatrics, P.C.

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Children, Our Bridge to the Future

Pediatric Pages

Fall 2010 Edition



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The school year is well under way and the crisp days of autumn are upon us. This can be a stressful time of year, as school work becomes harder and schedules are

packed with homework and extra-curricular activities. How can you help your child transition into a successful year? Establish routines such as a consistent bedtime and regular healthy meals. Encourage your child to eat a healthful breakfast. Many children say they don't feel hungry in the morning. A fruit smoothie may be a quick compromise. Try to get up early enough that your child doesn't feel rushed. Starting the day "stressed" isn't good for anyone! Plan ahead by getting homework packed, clothes picked out and lunches made the night before. Packing lunch is often a better option — you can pack your child's favorite healthy comfort foods and know what they are eating (or not eating). If he buys lunch, talk about making healthy choices, but allow your child to make his own selections. IF after school activities have you sitting in traffic, bring a snack and work on homework like spelling words and math facts. Try to eat an at-home family meal at least three nights a week. The family meal gives you an opportunity to spend time communicating with each other and eating healthy. If you find yourself eating out more often than you would like, look for healthier selections like soup and salad or sub sandwiches. Teach children to manage portions by sharing the meal or dividing food at the beginning of the meal into a take-home container. Avoid sugary drinks and snacks. Make snack time count toward good nutrition by offering carrot sticks, apple slices, yogurt and other healthy selections.



Check Our Website!

www.johnscreekpediatrics.net

- Schedule advance appointments
- Request prescription refills
- Request school forms
- Updated regularly with news



Office Hours

- ☉ Monday through Friday 8:30 am—5:00 pm
- ☉ Saturday Same Day Sick Appointments 9:00-11:30

Flu Shots and Flu Mist are in!



How do you stay healthy during cold and flu season?

- ✓ Get your flu shot! Flu shots are recommended for all children from 6 months of age to 18 years of age. They are especially important for children with asthma, diabetes, prematurity and conditions that weaken the immune system. Pregnant women and caretakers of people at high risk should also get a flu shot. The flu shot is available thimerosal free. It is a myth that you can get the flu from the flu shot as it is not a live virus vaccine. You can get a low grade fever and soreness at the site. For children over age 5, we have Flumist, which is a nasal spray immunization. Protection with no ouch! This is a weakened live virus vaccine that can cause a few days of a runny nose.
- ✓ Wash your hands! Germs are spread from person to person by respiratory droplets. Washing hands prevents germs from entering your body.
- ✓ Eat healthy and get plenty of rest. Your immune system works best when you take care of your body.
- ✓ Wear your jacket. (This is not proven, but it makes your mother happy, and this is never a bad thing!)





IS IT A COLD OR ALLERGIES?

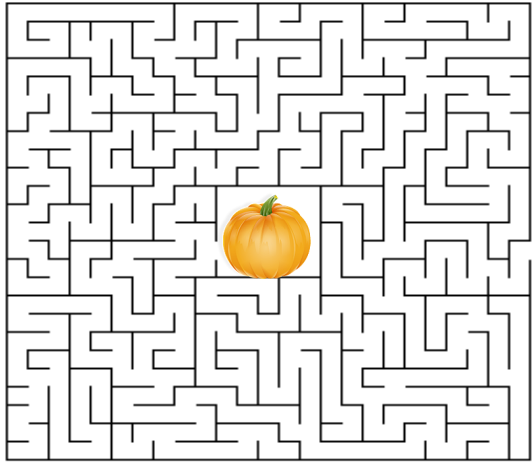
Fall allergies begin in August and continue until the first frost. Ragweed and mold are the culprits. Over the counter allergy treatments, such as Loratidine (Claritin) or Cetirizine (Zyrtec) are often effective. If your symptoms do not respond to over the counter medications, or if you have asthma, talk to your doctor about other options. How can you tell if your symptoms are allergy or cold?

Allergy symptoms often begin gradually and include clear runny nose, watery itchy eyes, and sneezing. Cold symptoms come on abruptly, often with thicker more discolored nasal drainage, low grade fever, cough, sore throat and headache. The symptoms of a cold get better after a few days, whereas allergy symptoms may last for several weeks. If your symptoms persist and you are not sure, come see us!

Fall allergies to weeds and molds will be with us until around Thanksgiving.



A-Mazing Autumn



Help the scarecrow find his way through the pumpkin patch.

Johns Creek Pediatrics News

Welcome to Wanda Hayes, our new office manager.

You will see a few other new faces at the front desk, welcome to Paige and Christine.

Taylor joins our nursing staff. She brings a wealth of experience as a former oncology nurse at Children's Healthcare of Atlanta.

We wish Dr. Bramwell farewell as she joins a practice in Atlanta to spend more time with her family.

All of us at Johns Creek Pediatrics remain committed to the care of your most precious children!

Children's Healthcare Of Atlanta

Urgent Care Centers

Hours:
Mon-Fri 11am-9pm
Sat-Sun 9am-9pm

Locations:

3795 Mansell Rd
Alpharetta, GA 30022
404 785 8540

2660 Satellite Blvd
Duluth, GA 30096
404 785 8330

For immediate wait times call
404 250 KIDS
For call ahead care call
404 785 CALL
For map
www.choa.org

Hospital and Emergency Room
Children's Healthcare of Atlanta at Scottish Rite
1001 Johnson Ferry Rd
Atlanta, GA 30342

WHAT DO I DO IF MY CHILD IS SICK WHEN THE OFFICE IS CLOSED?

- ☺ Remember, we have Saturday morning hours. Also, there is always a doctor available to assist you after hours if you have an emergency. Just call our office number. Our answering service can send your call to the nurse advice line, or they can page the on-call doctor. The nurse or doctor can help you decide if you need to seek care immediately, or she can give you advice that will help your child until the office opens.
- ☺ If your child cannot wait until the office opens, we recommend going to a Children's Healthcare of Atlanta urgent care center. They can handle fevers, sore throats, minor injuries and illnesses.
- ☺ If your child has a more serious illness or injury, or is sick past the operating hours of the urgent care centers, we recommend the Emergency Department at Children's Healthcare of Atlanta. If you call an ambulance, ask to be transported to Children's Healthcare of Atlanta, unless the child is too sick to be transported there.
- ☺ **Children are not little adults!** They require special equipment and specially trained staff with experience. There are many emergency rooms and urgent care centers in our area that do not specialize in the care of children. The pharmacy-based walk-in clinics are staffed by nurses, and do not have expertise in children. Consider this when making choices about where to get your child's care.

