



Hand in Hand News

A Quarterly Newsletter from Advanced Pediatric Associates

Advancing Pediatric Care for Our Patients!

Introducing Breastfeeding Solutions – a new program for Nursing Mothers!

Advanced Pediatrics is very pleased to announce a new program that we think will provide a valuable service for our nursing mothers! Our providers often work with mothers and babies to make sure the nursing process is successful, baby is thriving and mother is happy. Oftentimes, however, new mothers need a little more help getting started or have special issues that require more expertise. Our new program – **Breastfeeding Solutions** – is now available to help meet those needs.

In a pilot project at our Parker office, nursing mothers will have the opportunity to make an appointment with Nicole Luetjen, RN and Certified Lactation Counselor. Nicole is the Director of Clinical and Nursing Services at APA and has over five years of experience as a lactation specialist and family educator. The Breastfeeding Solutions program offers the following services:

- ◆ Assessment of current breastfeeding progress and identification of potential problems
- ◆ Assistance in learning breastfeeding techniques

- ◆ Measurement of milk transfer
- ◆ Recommendations, treatment plan, training and follow-up
- ◆ Coordination with APA providers who are caring for the baby

Appointments are moderately priced at \$50 for a 45-60 minute session and are not generally covered by insurance companies.

New mothers will be given general information about breastfeeding and a Breastfeeding Solutions brochure at their baby's 2-3 day well-care visit. If you have already had your 2 day appointment, but would like to learn more about our Breastfeeding Solutions program, ask your provider for a brochure. Appointments with our lactation counselor can be made by calling **720-974-7171**. In addition, some simple questions about breastfeeding problems may be able to be answered over the phone by leaving a message at **720-974-7171**. Our lactation counselor will normally return calls within 24 hours. (Calls made on Friday - Sunday will normally be returned the following Monday.)

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Working to Build a Better Community!

Stephanie Stevens, MD
Director of Healthy Beginnings Clinic at Denver's Warren Village



Dr. Stephanie Stevens is the Director of the Healthy Beginnings Clinic (which she founded during medical school) at Denver's Warren Village. Warren Village is a nonprofit organization whose mission is to promote personal and economic self-sufficiency for single parents through providing affordable housing, family services and quality child care. Warren village provides local families with 93 apartments of varying sizes, quality childcare/early childhood education for 200 children, and a Family Services Program which provides comprehensive case-management; vocational assessment; evening life-skills classes; child enrichment activities; mentors; and resident-initiated

leadership opportunities. Applicants who are accepted into the program must be committed to making changes in their lives. To remain in the program they must demonstrate consistent progress toward personal and economic self-sufficiency goals. The success of Warren Village relies heavily on volunteer efforts from the Denver community. As Director of the Healthy Beginnings Clinic at Warren Village, Dr. Stevens is responsible for supervising and teaching the medical students who provide health care to families living at Warren Village. In addition to managing the clinic, Dr. Stevens also sees patients as a volunteer physician and helps to plan educational classes on parenting, safety, nutrition and other health related topics. For more information on Warren Village or on how to donate needed funds, items or services to support this valuable community service, please visit: www.WarrenVillage.org

Hand in Hand for Healthier Children



Our Central Appointment Line is More Convenient Than Ever!

Our Central Appointment Line is now more convenient than ever. Just one number, **303-699-6200**, can now connect you with all of the services at Advanced Pediatrics. When dialing our central appointment number you can now select from the following choices:

- ◆ Option 1 - Appointment Line
- ◆ Option 2 - Nurse Advice / Lactation Line
- ◆ Option 3 - Prescription Refill Line
- ◆ Option 4 - Referral / ADD Line
- ◆ Option 5 - Lab / X-Ray Results Line
- ◆ Option 6 - Medical Records Line
- ◆ Option 7 - Staff Directory
- ◆ Option 8 - Business Office



Managing the Busy Winter Season!

Calling Us on the Telephone

Are you aware that our telephone lines are open at 7:30 a.m.? During the busy winter season we recommend calling early if your child is ill and needs a same day appointment. Our phone lines are busiest from 8 - 10 a.m., especially on Monday mornings. If you are calling to make a well-care or consultation appointment, please think about calling us in the afternoon.

Parking at Our Centennial Office

When our parking lot is crowded we would like to remind our Centennial patients that there is additional parking available on the top level of our building. This parking can be located by driving around to the back side of our building and entering the upper level parking lot. Easy access to our office is available by walking through the building and down the stairs or elevator to the first floor.

Advanced Pediatrics Announces New Partner!



Stephanie Stevens, MD recently became a partner of Advanced Pediatrics. As a partner, Dr. Stevens joins Dr. Michael Kurtz, Dr.

Mark Pearlman, Dr. Freeman Ginsburg, Dr. Paula Levin, and Dr. Brandon Davison-Tracy as owners of the practice. The partners of Advanced Pediatrics share a vision and philosophy

of providing quality pediatric care to the community, as well as a goal of building a strong business that provides needed medical services as well as jobs in the communities they serve.

Lee Thompson, MD, Receives Career Scholar Award!

Dr. Lee Thompson, one of the founding Partners of Advanced Pediatric Associates, has been honored by the University of Colorado Health Sciences Center by receiving the "Career Teaching Scholar Award". The Career Teaching Scholar Award was created in 1996 to recognize exceptional accomplishment and commitment to education by full-time and

clinical faculty. Recipients are recognized as gifted teachers who have made outstanding contributions to pediatric education throughout their careers. In addition to seeing patients, Dr. Thompson is a Clinical Professor of Pediatrics and has provided training for 15 medical students and 12 residents (including Dr. Stephanie Stevens) from the University of Colorado

Health Sciences Center over the past 35 years. Dr. Thompson was honored at an award reception at The Children's Hospital in December.



Welcome Brigitte Denning, PA-C!



Brigitte Denning graduated from the University of Colorado Health Sciences Center Physician Assistant/Child Health Associate program and received her Master's of Science degree in 2005.

Following internships at Advanced Pediatrics, The Children's Hospital, University Hospital

and a number of other medical clinics in the Denver area, she joined Advanced Pediatrics full time in September of 2005. Brigitte is a member of the American Academy of Physician Assistants and The Children's Hospital Grassroots Advocacy Network. She is certified by the National Commission of Physician Assistants. In addition, she is learning to speak Spanish and is a volunteer for several Denver-

area non-profits promoting children's health and safety. Her interests in pediatrics focus on children with special needs and dermatology. Her personal interests include playing tennis, skiing and walking with her husband and two flat-coated retrievers. She and her husband are expecting their first child this summer.

Children's ER Open 24/7 at Parker Adventist Hospital!

The Children's Hospital at Parker Adventist Hospital now has pediatric emergency medicine physicians and nurses on staff 24 hours a day, 7 days a week. We recommend the Parker Children's Hospital emergency room as an excellent facility for emergency care for patients living in proximity to the hospital. For life threatening emergencies, however, please call 911 to be transported to the nearest emergency facility. For other urgent care, please call our Central Appointment Line and speak to one of our nurses or our after hours service to determine the best course of action.

Employment Opportunities at Advanced Pediatrics

Come join the APA team! We often have positions open at our offices and invite qualified applicants to apply. Applicants must possess appropriate experience, have great customer service skills, and enjoy working with children and their families. Advanced Pediatrics offers competitive salaries and benefits and is an equal opportunity employer. For information on current job openings at Advanced Pediatrics, visit the employment page of our website at www.AdvancedPediatricAssociates.com. If you do not have access to a computer, you may call our Human Resources department at 720-886-9408 for more information.



Health and Safety Tips



Tips to Prevent Winter Viruses

Winter is here and along with snow and cold weather come the flu and other viruses. Advanced Pediatrics recommends the following common sense approach to preventing winter viruses:

- ◆ Eat well balanced meals and get plenty of rest.
- ◆ Wash hands frequently after being in public or after contact with anyone with a cold or the flu.
- ◆ Use alcohol based hand sanitizers after using the restroom, before preparing

food, after diaper changes and at other key times.

- ◆ Teach your children to turn their heads and cough or sneeze into a disposable tissue or the inside of their elbow if a tissue is unavailable. Do not sneeze or cough into your hands.
- ◆ Limit exposure to large crowds such as shopping malls, grocery stores, etc.
- ◆ Avoid close contact with others who may have a cold, the flu or other viral infection, and do not share anything that goes into the mouth.

A Reminder about Using Antibiotics

Antibiotics are only effective against bacterial infections, NOT VIRUSES, and frequent and inappropriate antibiotic use leads to the development of antibiotic-resistant bacteria. For proper antibiotic use:

- ◆ Be sure your child takes antibiotics **exactly** as prescribed, completing the full dose prescribed.
- ◆ Never give your child antibiotics without a prescription.
- ◆ Don't pressure your provider for antibiotics if your child has a virus.

Pacifier Use Lowers SIDS Risk



According to the American Academy of Pediatrics, six recent studies have found that pacifier use significantly lowers sudden infant death syndrome (SIDS) risk. While experts still don't know the cause of SIDS, the current theory is that it is a disorder of arousal. It is believed that certain babies have an immature arousal center. When these babies fall into a deep sleep in a compromising position (on their stomach or against a pillow) they could suffocate because they don't wake up. The reasons that pacifier use may reduce SIDS are not clear. One theory is that pacifier use may change the sleep state of babies causing them to sleep less deeply. Another theory is that that using a pacifier may help

maintain the baby's airway during sleep. As a result of these new findings, the American Academy of Pediatrics now recommends that all infants up to one year of age be **offered a pacifier when putting them on their backs to sleep** to reduce the risk of sudden infant death syndrome.

Winter Safety Tips

Advanced Pediatrics offers the following tips for winter safety:

Frostbite

- ◆ Remember to dress children warmly in layers when playing outside, paying special attention to keep hands, feet and ears warm.
- ◆ If you suspect frostbite, place affected parts in warm (not hot) water or apply warm washcloths to frostbitten nose, ears and lips. Do not rub frozen areas.

Sledding

- ◆ If numbness continues for more than a few minutes, call our office.
- ◆ Make sure terrain is free of obstacles and far from traffic.
- ◆ Check to be sure handholds are secure.
- ◆ Review steering devices with child.

Skiing/Snowboarding

- ◆ Enroll in a lesson to learn safe control of speed, turning and stopping.

- ◆ Use caution when entering and exiting ski lifts.
- ◆ Be aware of other people on the slope.
- ◆ Wear a ski helmet, eye protection and sunscreen.
- ◆ Never ski/snowboard alone. Children should always be supervised by an adult.



New Food Pyramid Promotes Healthy Eating and Exercise



The providers at Advanced Pediatrics encourage families to check out the new Food Pyramid developed by the U.S.

Department of Agriculture. One of the key differences between the new Food Pyramid and the old one is the addition of exercise into an overall plan to maintain a healthy weight. Another feature of the new Food Pyramid is that it can be personalized based on age, sex and level of physical activity. By logging on to www.MyPyramid.gov, families can find customized recommendations for diet and exercise,

as well as fun online nutrition related games for children. On this website, parents can input a child's age, sex and level of physical activity to find specific eating recommendations for their child. For an average 10 year old child's 1,800 calorie diet, the new Food Pyramid recommends the following daily:

- ◆ 6 oz. of grains (at least half should be whole grain)
- ◆ 2 ½ cups vegetables (of varied color)
- ◆ 1 ½ cups fruit (go easy on juice and make sure it's 100%)

- ◆ 3 cups milk, yogurt or cheese (lowfat or fat-free)
- ◆ 5 oz. meat and beans (lean meats, baked, broiled or grilled – not fried – and nuts, seeds, peas and beans)
- ◆ Eat only a small amount of oils (corn, soybean and canola)
- ◆ Limit solid fats and foods that contain them
- ◆ Choose food and beverages low in added sugars and other caloric sweeteners
- ◆ Perform at least 60 minutes of exercise



Focus on Wellness



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14 Ways to Show Your Child Love on Valentine's Day!



- ◆ Use plenty of positive words with your child.
- ◆ Respond promptly and lovingly to your child's physical and emotional needs and banish put-downs from your parenting vocabulary.
- ◆ Make an extra effort to set a good example at home and in public. Use words like "I'm sorry," "please," and "thank you."
- ◆ When your child is angry, argumentative or in a bad mood, give him a hug, cuddle, pat, secret sign or other gesture of affection he favors.
- ◆ Use non-violent forms of discipline. Parents should begin instituting both rewards and restrictions many years before adolescence to prevent trouble during the teenage years. Once youngsters reach adolescence, allowing them to break important rules constantly without being disciplined only encourages more rule violations.
- ◆ Make plans to spend half a day alone with your young child or teen doing something he enjoys.
- ◆ Mark family game nights on your calendar so the entire family can be together. Put a different family member's name under each date, and have that person choose which game will be played that evening.
- ◆ Owning a pet can make children, and especially those with chronic illnesses and disabilities, feel better by stimulating physical activity, enhancing their overall attitude, and offering constant companionship.
- ◆ One of the best ways to familiarize your child with good food choices is to encourage him to cook with you. Let him get involved in the entire process, from planning the menus to shopping for ingredients to the actual food preparation and its serving.
- ◆ As your child grows up, she'll spend most of her time developing and refining a variety of skills and abilities in all areas of her life. You should help her as much as possible by encouraging her and providing the equipment and instruction she needs.
- ◆ Your child's health depends significantly on the care and guidance you offer during his early years. By taking your child to the doctor regularly for consultations, keeping him safe from accidents, providing a nutritious diet, and encouraging exercise throughout childhood, you help protect and strengthen his body.
- ◆ Regardless of whether you actively try to pass on your values and beliefs to your child, he is bound to absorb some of them just by living with you. He'll notice how disciplined you are in your work, how deeply you hold your beliefs and whether you practice what you preach.
- ◆ One of your most important gifts as a parent is to help your child develop self-esteem. Your child needs your steady support and encouragement to discover his strengths. He needs you to believe in him as he learns to believe in himself. Loving him, spending time with him, listening to him and praising his accomplishments are all part of this process.

◆ *Don't forget to say, "I love you" to children of all ages!*

Reprinted from the
American Academy of Pediatrics

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