

Dinosaur Dialogue

At Suburban Pediatrics, you child is our priority: our goal is to provide quality care in a courteous, efficient, and professional manner.

WELCOME, NATHALIE CARRIZOSA!

Suburban Pediatrics is happy to announce the arrival of Certified Pediatric Nurse Practitioner **Nathalie Carrizosa**.

Nathalie is a graduate of UNC and happily admits she is "the one with the funny accent", being a native of northern England. She has been in pediatrics for six years, after careers in journalism and marketing.

Patient education and teaching are very important to Nathalie and one of the reasons she became a nurse practitioner. Look for more handouts and information in a variety of ways soon!

Complimentary and Alternative Medicine (known as CAM) is another interest of Nathalie's and she strives to stay current on the large amount of information available.



Nathalie also enjoys working with children with chronic diseases like asthma as well as children with blood disorders or cancers.

She and her husband enjoy ballroom dancing and caring for their 4 dogs. Horses are another life-long interest of Nathalie's

and she is also a prolific gardener.

With her engaging personality and depth of knowledge, we are sure you will enjoy meeting Nathalie Carrizosa, CPNP, soon—if you haven't already! Her schedule is open for well child check-ups of all ages as well as same day visits. Additionally, she is offering a new walk-in service (see article below) from 7 to 8 AM on Mondays, Tuesdays, and Fridays for minor illnesses.

NEW WALK-IN CLINIC

CONVENIENT...get IN AND OUT in MINUTES... DON'T NEED an APPOINTMENT...

Sound good? These are all features of our new walk-in clinic. Offered as a service to our **established patients only**, the hours are from **7:00 to 8:00**



AM on Mondays, Tuesdays, and Fridays.

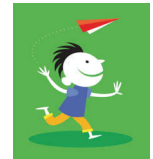
Visits to the walk-in clinic are designed for an acute minor illness like sore throat, pink eye, ear infection, etc. The visit is designed to address one problem only—multiple issues will need a regular appointment as will chronic or complicated medical

situations.

Staffed primarily by Nathalie Carrizosa, CPNP, this clinic should offer working parents, schoolchildren, etc., a convenient way to have a minor illness assessed without an appointment.

Let us know what you think!

May 2010



DOES YOUR CHILD HAVE ASTHMA???

Suburban Pediatrics is participating in a project designed to improve the care of children with asthma.

LET US KNOW your child has asthma when making appointments (even if it's NOT for asthma!) and when checking in... we want to make sure your child is included!!!



Where is Dr. Garrison?

Don't worry, Dr. Mary Garrison is still here! She is currently seeing patients at both clinic locations, with more time at our Renaissance office. Eventually 100% of her time will be there. You may schedule appointments at either location with her by calling 704-403-7740.

Food Poisoning

This edition's health tip centers on food poisoning, a topic that is applicable year round—but especially comes to mind during warm weather. Why? Food poisoning is most often caused by bacteria growing in food that has not been prepared or stored properly. With picnics, group events, celebrations, vacations, and all sorts of eating opportunities on the calendar, it pays to review some basic information.

Food poisoning is a general term that describes illness that comes from eating food that contains toxins or germs that cause infection. Usually the symptoms occur soon after eating the food. Nausea, vomiting, and other symptoms are caused by the toxins—once the toxins leave the body, your child should feel better.

With some types of food poisoning, symptoms develop more slowly. These include certain viruses as well as *Salmonella* or *Shigella* bacteria. Sometimes it is difficult to tell if food is what made your child sick. If symptoms don't clear up in a day or two, or if bloody diarrhea occurs, call our office.

Common symptoms of food poisoning include:

- Nausea and vomiting
- Diarrhea
- Belly pain and cramps

Symptoms may develop within a few hours after eating contaminated food or may take a day or two to develop.

Rarely, more serious symptoms may develop such as **bloody diarrhea** or **muscle weakness**. *Call our office right away if these occur.*

Causes of food poisoning can be bacterial or viral. When symptoms develop within 4 to 12 hours, the usual cause is *staph* bacteria, or rather the toxins produced by the bacteria.

Symptoms that develop after a day or two may be related to *Salmonella* or *Shigella* bacteria. It may also be due to a virus. Since the symptoms develop more slowly, people do not always realize the infection came from food. Instead, it may be called the "stomach flu", or "stomach bug".

As mentioned earlier, there are uncommon but serious food-related infections. *If you see any of the following symptoms, seek medical attention right away:*

- Bloody diarrhea may be caused by a bacteria called *E.coli* O157:H7. Complications of this type of infection include anemia, kidney damage, and even death.
- Muscle weakness may be caused by *Clostridium botulinum* (botulism) or by toxins found in certain foods like shellfish and mushrooms.
- Allergic reactions are sometimes mistaken for food poisoning. Anaphylaxis, or allergic shock, is life threatening and can include itching, hives, difficulty breathing, and low blood pressure.

Most cases of food poisoning do not require a visit to our office. The exceptions are listed above. If your child has any of the common symptoms of nausea, vomiting, diarrhea, belly pain, and/or cramps, you can take care of him/her at home. Food poisoning usually clears up within a few days—once the toxins leave the body, the symptoms go away. The main problem to watch for is dehydration (not enough liquid to drink).

If your child is vomiting frequently, offer very small amounts (half to one ounce) of a clear liquid to drink every 30 minutes. Call us before giving any anti-nausea medicine. If diarrhea is the main symptom, it may be helpful to hold dairy foods for the first 12 hours, then no dietary restrictions are needed. Giving anti-diarrhea medicine is NOT usually helpful as it slows the body's clearance of the toxins.

Preventing food poisoning is the best way to keep your child healthy and happy. Here are some tips:

- Wash hands before cooking or preparing food
- Keep kitchen utensils and surfaces clean
- Don't let raw meat come into contact with other foods
- Fully cook all meats to recommended temperatures
- Keep foods refrigerated—don't leave food out for a long time, such as at picnics
- Check expiration dates on food and discard anything outdated as well as anything that smells or looks "off"
- Don't use food from bulging cans

What is 2009 H1N1 flu?

Formerly known as "swine flu", 2009 H1N1 flu is a new influenza virus causing illness in people. It was first detected in people in the United States in April of this year. The virus is spreading worldwide, person-to-person, much like any other flu virus. Because of the large numbers of people getting sick, the World Health Organization (WHO) stated that a "pandemic" of 2009 H1N1 flu was underway in June.

The virus was originally called "swine flu" because lab testing showed that many of the virus' genes were similar to flu virus seen in pigs (swine) in North America. Further study has shown that this is not true. In fact, the 2009 H1N1 flu virus has two genes from flu strains that are normally seen in Euro-

pean and Asian pigs, as well as bird (avian) genes and human genes. This new, or novel, mixture of genes is thought to be why so many people are not immune to it and are falling ill. Interestingly, people 64 years and older seem to be more immune to 2009 H1N1, indicating they may have had exposure to similar flu virus before.

2009 H1N1 flu acts very much like seasonal flu. It is spread by infected people coughing and sneezing virus into the air and onto objects. Healthy people can infect themselves by touching an object with flu virus on it and then touching their mouth, eyes, or nose. A sick person can spread flu virus from 1 day before

getting sick to 5 to 7 days after. Children may spread the virus longer.

Symptoms of H1N1 flu include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue. Some people are also reporting diarrhea and vomiting, which is not typical for seasonal flu.

Most people sick with H1N1 flu will have a mild illness not requiring medical treatment. However, hospitalizations and deaths from infection with this virus have occurred. People who appear to be at higher risk for H1N1 flu complications include: pregnant women, children younger than 5, and people of any age with a chronic medical condition.

Avoiding ALL flu!

While getting seasonal and H1N1 flu vaccines are important ways to protect you and your children against flu this year, there are also some everyday actions you can take to help prevent the spread of germs like flu virus.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after



you use it.

- Wash your hands often with soap and water, especially after you cough and sneeze.
- Alcohol-based hand cleaners may be used in place of soap and water.
- Avoid touching your eyes, nose, or mouth. Germs spread this way.

- Try to avoid close contact with sick people.
- Try to keep children under 5 out of crowds (shopping, events, church). People are spreading virus before they know they are sick.

Treating the flu

What if you or your child GETS the flu,,, seasonal or H1N1? Here are helpful tips:

- **STAY HOME.** Keeping away from others at school, work, church, shops, etc. helps limit the spread of the flu. You should stay home at least 24 hours past your last fever (without the use of fever-reducing medication). Wear a facemask around others whenever possible.
- Seek medical care if you have severe illness or you are at high risk

for flu complications.

- Drink clear fluids and rest.
- Use separate linens and dishes. These may be cleaned as usual.
- Wash hands or use hand gel frequently.
- If antiviral medicine is given, take all of it as directed.
- Take Tylenol or Motrin as needed for fever and pain. Do NOT give aspirin or Pepto-Bismol to children under 18 years.

SEEK EMERGENCY CARE IF YOUR CHILD EXPERIENCES ANY:

- Trouble breathing
- Blue or gray skin color
- Absence of urine for >8 hours
- Severe or persistent vomiting
- Not waking up or not interacting
- Irritability to point of not wanting to be held
- Flu symptoms that improve but then return with fever and worse cough

Flu MYTHS

Some interesting and FALSE information is spreading around our community almost as fast as the flu virus! See if you've heard any of these:

I can get swine flu from eating pork. The H1N1 flu virus is not spread by food, including pork. See page 3 for an explanation of where the name "swine flu" came from earlier this year.

"Swine flu parties" are a good way to get natural immunity to the flu. A swine flu party is where healthy people deliberately have close contact with a person who has H1N1 flu. While most people are only having mild illness with H1N1 flu, there is no way to predict those who will have severe disease, other complications, or even death. So this strategy is risky and not recommended.

I will get the flu from the flu vaccine. This is heard every year, probably because anytime a sore throat, cold, or any other symptom happens remotely near the time a person receives a flu vaccine, it makes it easy to blame the vaccine. The truth is that there is no whole virus in the vaccine capable of causing symptoms. Do we get meningitis

from the meningitis vaccine? Measles from the measles vaccine?

It's OK for my baby to go to the store with me because I'll have him in his car seat. Even if your baby touches nothing, he is breathing in germs from everyone else during flu season. A blanket will not filter the air properly. Also, you will be touching many things and may not remember to wash your hands before touching him or his belongings every time.

Flu is only spread through the air. Flu virus can live on objects and infect a person for 2 to 8 hours. It is important to regularly clean surfaces where a sick person has been. Use a household disinfectant according to directions.

I should stop nursing my baby if I get the flu. Breastmilk will not pass virus to your baby and may have helpful antibodies in it. If possible, have someone who is not sick feed your baby your expressed breast milk. If you must nurse directly, wear a face-mask and carefully wash hands when caring for your baby.

My baby should stop nursing if she

gets the flu. Give your baby many chances to breastfeed throughout the illness. The fluid babies get from breast milk is better than water, juice, or Pedialyte® because it also helps protect your baby's immune system.

I can catch the flu from drinking water. Tap water that has been treated by conventional disinfection processes does not pose a risk of transmitting flu virus. The levels of chlorine used in drinking water are high enough to inactivate flu virus. This is also true of treated water in pools, spas, and water parks. Remember, however, that flu virus can be spread at recreational places just by people contact or by touching objects that are virus contaminated.

I got the swine flu shot in 1976, so I don't need the swine flu shot now. The 1976 virus and the 2009 H1N1 virus are different enough that it is unlikely a person vaccinated in 1976 has full protection from the 2009 H1N1. The 2009 vaccine should still be given, especially if you are in a high risk group for flu complications.

A Final NON-FLU Note!

FINALLY... something to read that is NOT about flu! Suburban Pediatrics held its 11th Annual Golf Tournament this past July 28th. Traditionally held the fourth Monday of July each year, we were once again blessed with some cloud cover and weather that was a wee bit cooler than average.

Cabarrus Country Club graciously opened its facility to our 61 youngsters who had signed up to play. Wonderful adult captains were available for the teams, including Drs. Guerriero, Greenlee and Lods. For the first time ever, Dr. Stegman was unable to attend and he was missed (though he did request a

shirt!).

After a lot of fun on the links, everyone enjoyed a pizza lunch and cooled off with snow cones. First place honors in the tournament went to "Team Livengood": the sons, nephew, and husband of our Medical Supervisor Susan Livengood.

Many, many thanks to our office staff who volunteered their time to organize this year's tournament and ensure a fun day for our children. Come play with us next year!



fun day for
dren. Come
us next

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Inside Story Headline



This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your read-



Caption describing picture or graphic.

ers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find "filler" articles by accessing the World Wide Web.

You can write about a variety of topics but try to keep your articles

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

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"To catch the reader's attention, place an interesting sentence or quote from the story here."

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message



Caption describing picture or graphic.

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Think about your article and ask yourself if the picture supports or enhances the message

you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place

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