

PediaTracks

Tracking, what's new for you!

Summer 2011

WELCOME to the first-ever issue of our PYAM newsletter. We are planning to have a new issue available in our offices at the beginning of each quarter. We would like to fill PEDIATRACKS with topical articles about healthy lifestyles and updated medical information as well as recipes and parenting tips. You can help by e-mailing your suggestions or favorite recipes to: anne.pink@pyam.com

NEW HOURS

PYAM doctors and staff members realize the importance of making care available to the children of working parents. In response to patient needs, the Saint Paul office is now open every Monday through Thursday evening for appointments. Doctors Balfanz and Skar will be alternating the evening clinics. Other providers will fill in as needed.

In addition to St. Paul's longer evening hours, the Woodbury/Lake Elmo office has joined the St. Paul office in offering urgent care hours every Saturday morning from 9AM until noon.

Appointments are available by calling 651-256-6714.

HAVE YOU SCHEDULED YOUR PHYSICAL FOR CAMP, SCHOOL, OR SPORTS YET?

IMMUNIZATIONS MUST BE CURRENT BEFORE YOUR CHILD CAN GO TO CAMP, START PRACTICE, OR START SCHOOL NEXT YEAR.

DO NO WAIT TOO LONG TO MAKE YOUR PHYSICAL APPOINTMENT!

APPOINTMENTS ARE AVAILABLE BY CALLING 651-256-6714.

PYAM DOCTORS TEAM UP WITH HOSPITALISTS

It's 6:30 in the morning. You have spent most of the night in the ER with your very sick child, who was admitted about 4:30 this morning. You haven't slept or eaten, you look a mess, and your nerves are frazzled. Now, to make matters worse, a doctor whom you have never met walks in and announces that he is the "hospitalist" who will be caring for your child during their hospitalization. Hospitalist? What is a hospitalist and where is your child's PYAM physician?

The concept of medical specialists is not new in health care. When a patient has a chronic or acute health issue, he will typically be referred to another physician who specializes in a certain field for diagnosis and treatment. Similarly, when a child is hospitalized, the PYAM doctors will sometimes call upon hospitalists to assist them in providing your child with expert care and treatment, day and night.

Your PYAM doctor simply can't be at the hospital around the clock, but hospitalist can. That is what they do. They are specialists who know how to work with your doctor and how to utilize the best modern hospitals have to offer. Because the hospitalists work only at the hospital, they are available to admit your child, actively manage any ongoing issues that arise during the hospitalization, and reassess your child if their symptoms change. They can also minimize delays that sometimes occur when your PYAM physician is busy in clinic and cannot get to the hospital promptly to change orders or prepare your discharge. The hospitalists do a terrific job of communicating and collaborating with your primary pediatrician to assure you the highest quality of care.

The doctors of PYAM have specifically chosen the Allina Meds-Peds Hospitalist Service as their partners in caring for your hospitalized child based on the remarkable quality of care they provide. So while you will see a hospitalist visiting your little one, rest assured that your pediatrician is informed and actively participating in your child's care.

5-2-1-0 EVERY DAY!

Follow the 5-2-1-0 message to a healthier family

If you can remember this simple sequence of four numbers, you will have the basic guidelines for a healthier lifestyle on hand at all times. While this program was devised for children, it can be utilized by all family members. In fact, your kids will be more compliant if you adopt the changes along with them. Example can be a powerful tool. Why not suggest that the entire family go for a walk or bike ride, work together in the garden; or play sports together. The children benefit from your example, and you benefit from the healthy foods and activities.

5 or more servings of fruit and vegetables daily.

- Try new fruits and vegetables multiple times
- A meal is a family affair-have the family help plan meals.
- Frozen and canned foods can be substituted for fresh, but fresh is best.

2 hours or less recreational screen time.

- Keep TVs and computers out of the bedroom.
- No screen time under the age of two.
- Turn TV off during the mealtime.
- Plan your TV viewing ahead of time.

1 hour or more of physical activity.

- Let physical activity be free, easy, and fun!
- Take a family walk
- Turn on the music and dance.
- Use the stairs.

0 sugary drinks, more water, and low fat milk.

- Drink water when you are thirsty. It's the #1 thirst quencher!
- Keep a water bottle on hand.
- Put limits on 100% juice.

Adults don't make changes readily and neither do kids. Start slowly and introduce the changes bit by bit. Your family might never hit the target completely, but any progress toward this goal is worth the effort. Teaching children to establish healthy life habits now will keep them healthy across their lifetimes.

THIS SUMMER DON'T FORGET THE RICE

(Rest*Ice*Compression*Elevation)

It's spring! The snow is gone; the grass is turning green, and even dandelions look good to winter weary eyes. Along with the unfolding magic of the season come baseball, soccer, biking, and unfortunately, injuries. Kids have been cooped up all winter and when they finally break free, it's not always pretty. They can manage to get hurt on well-patrolled playgrounds, during adult-supervised games or just skipping down the sidewalk. They have big-muscle energy but can be lacking coordination and judgment. No matter where they are, kids can find ways to get scrapes, lacerations, sprains, and broken bones.

Teaching children basic safety rules and enforcing them helps, but ultimately you can't prevent them from getting the bangs and bruises of childhood. When they come to you crying, bleeding, or limping what do you do?

Cuts, Scratches and Scrapes:

Apply direct pressure for 10 minutes to stop any bleeding. Wash the wound with soap and water for 5 minutes. (Cautions: never soak a wound that might need sutures, because it may become more swollen and difficult to close.) Gently scrub out any dirt with a washcloth. Apply an antibiotic ointment: cover it with a band-aid or dressing. Change daily.

Bruises:

Apply a cold pack or ice bag wrapped in a wet cloth to the bruise once for 10-20 minutes to stop the bleeding. After 48 hours, apply a warm wet washcloth for 10 minutes 3 times per day to help reabsorb the blood, or simply leave it alone and it will reabsorb spontaneously.

Cuts/Lacerations:

Apply Pressure

Almost all active bleeding can be stopped by applying direct pressure with clean gauze or cloth over the site for five to ten minutes. The most common error is interrupting the pressure too early in order to peek at the wound. If bleeding starts again after five minutes of continuous pressure, reapply and call your doctor immediately. **DO NOT** use tourniquet or tie-off on an arm or leg unless you are trained in its use, since this can cause severe damage if left on too long.

R*I*C*E (continued from page 2)

Stay calm

You'll make better decisions if you are calm, and your child will be less likely to get upset by the situation. Relatively minor cuts to the head and face will bleed more than cuts to other parts of the body because of the greater number of small, superficial blood vessels.

Cleanse and dress the wound

Wash the wound with plain water and examine it carefully to be sure it is clean. Apply an antibiotic ointment, and then cover it with a sterile dressing. If any redness, swelling, or pus appears around the wound, or if bleeding recurs, consult your physicians as soon as possible.

Sprains/Fractures

It's not always easy to tell when a bone is broken, especially if your child is too young to describe what he's feeling. Ordinarily with a fracture, you will see swelling and your child will clearly be in pain and unable—or unwilling—to move the injured limb. However, just because your child can move the bone doesn't necessarily rule out a fracture. Anytime you suspect a fracture, notify your pediatrician immediately.

Call your doctor if:

- **Bleeding does not stop after using direct pressure to the cut.**
- **Looks infected (pus, redness, increasing tenderness)**
- **Doesn't heal within 10 days**

Prevention

It is almost impossible for a curious and active child to avoid some scrapes and minor cuts, but there are things you can do to decrease the number of injuries your child will have and to minimize their severity. Keep potentially dangerous objects like sharp knives, easily breakable glass objects, and firearms out of your child's reach. When they get old enough to use knives and scissors, teach them how to handle them properly and insist that they be used safely. At regular intervals make a safety check of your house, garage, and yard. If you find objects that are potentially dangerous because your child is older and can get into them, store them securely out of reach.

Growing Peanuts in Minnesota

By Anne Pink

When my grandmother planted a row of peanuts here in Minnesota to appease my younger brothers, she wasn't expecting a horticultural success. And it wasn't, although they did manage to coax a few stunted specimens out of the ground. The real reward from that exercise was watching her grandkids fall in love with gardening.

Enjoying gardening, and having a willingness to try new foods go together. These are the markers of successful gardening with children, not necessarily filling your freezer or pantry for the coming winter. Have realistic goals and be aware that they will spill the seeds; they will 'weed' the wrong plants, and of course, they will get dirty. Try not to take things too seriously—**when working with kids, taking things too seriously almost guarantees failure.** In spite of the mud and dirt, there are many good reasons for trying:

1. Gardening is a fun way for families to spend time together outdoors, engaged in moderate physical activity. Everyone can help; everyone works together.
2. Kids are far more likely to eat lettuce, green beans, or tomatoes that they have planted, watered, and nurtured themselves.
3. Children are not born with the patience or the ability to deal with long-term projects. Gardening is a good way to help them learn that some things take time.
4. There is of course a nutritional value to growing even a small amount of your family's food. Fruits and vegetables can be served at peak freshness and be as organically grown as you choose.
5. There is a financial reward here as well. Write down the cost of one package of green bean seeds and then compare the amount you harvest with grocery store prices.

Continued on page 4

Growing Peanuts in MN (continued from page 3)

Those are the reasons why; here are some tips for novice gardeners:

If you are a first-time gardener, keep it small. You might even want to start out this year with a simple container garden. Plant crops in various containers, which can be placed on your deck or somewhere in your yard. They should receive six or more hours of direct sunlight daily.

Plants in containers will need to be checked for moisture daily or twice daily in hot weather. You don't want to drown the plants either so make sure your containers come with drainage holes or add some yourself.

Starting seeds indoors-DON'T. Why? Unless you set up a light system, your seedlings will be tall and leggy and not survive the transitions to the outside world, and if they do survive, they will be weak and unproductive. Plant seeds directly into your containers at the appropriate time. Here is the opportunity to get your kids involved. Children love to plant seeds. So if they are messy and spill some of the smaller seeds, don't worry, be happy. Buy extra seeds when working with kids. And be sure to let the kids make some choices, maybe even one wacky one (peanuts, remember?)

Harvesting is another garden chore that kids love to be a part of. Show them which veggies are kitchen-ready and let them help with the picking.

So having discussed why, and how, here are some thoughts on what plants you might want to try:

Tomatoes and sweet peppers (the red, orange, and green varieties) need about one 5-gallon container per plant or try the new upside down containers. This is one crop where it is probably easier to go to a garden center and buy seedlings. Tomatoes and peppers are **hot weather crops** so make sure you put them out after danger of frost (after May 20th). They are heavy feeders and like to be fertilized. Kids often prefer cherry or grape tomato varieties.

Lettuce is a cold weather crop and can go out quite early—even April depending on the weather patterns. Sow these tiny seeds in rows, in inexpensive rectangular tubs. Try a variety of lettuce types. Lettuce grows quickly and you can reseed bare spots that you have already harvested.

Cool Bean! Green Beans are another kid-friendly crop. Decide if you want to plant bush beans or pole beans. The first kind is usually grown in rows that produce one heavy crop followed later by a second lighter one. But, these can also be grown in containers. (Continued on page 5)

ZUCCHINI CRISP

5 cups of Zucchini, peeled and sliced like apples
2 tsp. cinnamon
½-cup water
1-cup lemon juice
Boil for 10 minutes then pour into greased 9X9 pan.

Topping

1-cup brown sugar
1-cup flour
1-cup oatmeal
½-cup butter

Mix topping ingredients together and sprinkle over the top of the zucchini. Bake at 350° for 45 minutes.

This recipe is a fun way to use up all the zucchini that your garden produces. In every way it fools the senses into thinking “apple crisp.” This recipe can be doubled.

FRESH TACO SAUCE

3 cups of tomatoes chopped
1 small can of ripe olives chopped
1 bunch of table onions chopped
1 can diced chili peppers mild, medium or hot
2 Tbs. oil (I prefer olive oil)
1 Tbs. salad vinegar
Season to taste with onion powder, salt and garlic powder
Optional: Chopped cilantro

Mix all ingredients together then chill. Keep refrigerated until you are ready to serve.

This recipe is a real hit with everyone. Try it once, and then if you like, tailor it for your family's taste. It's a great way to use up tomatoes but until your crop comes in you can use store bought. The great thing is that you can make it as mild or as spicy as you like.

Peanuts MN (continued from page 4)

Pole beans need to grow up against a trellis, or something that their tendrils can grasp. Some people use straight narrow poles from garden centers or branches arranged in a 'tee-pee' shape and then plant the beans around the outside perimeter. **Voila, you have created a shady, green, outdoor play space for your little gardeners.** Pole beans tend to produce small usable amounts of beans all season long.

If your family enjoys broccoli, rejoice. It is another easy-to-grow crop and usually produces enough to freeze a few bags for later consumption. Broccoli florets should be soaked in salt water before preparing them for the table or the freezer to remove pests.

Try zucchini, a notoriously easy and productive plant that will provide you, your friends, and your neighbors with an abundance of the versatile produce. You can find creative recipes such as one that substitute's zucchini for apples in apple crisp (See page 4) or layer slices of zucchini into your lasagna.

Go on eat some flowers like nasturtiums. This plant's young leaves add a spicy flavor to salads and their flowers are safe and edible. So are the flowers of Johnny-Jump-Ups, pansies and violets. Kids adore watching the progress of sunflowers as they rise up from seed-in-hand to towering giants. If you don't want to toast the seeds for your family you to eat, you can always serve them to grateful birds throughout the fall and winter.

Lastly, devote some time and space to flowers, even if they are not edible. Homegrown vegetables feed the body, but flowers are food for the soul.

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The Facebook logo is displayed in white lowercase letters on a solid blue rectangular background.

Also our web page:

<https://www.pyam.com>

Medication Refills

Medications can be very important to your child's health. Try to foresee the need for refills and pay close attention to the amount of medication left and the number of refills available.



When you need to refill your medication

- Contact your pharmacy to request a refill of your child's medication.
- If you have additional refills authorized, the pharmacist will refill the medication.
- If no refills are authorized, your pharmacist will contact your provider for approval.
- Please allow **3** business days for processing a refill request.
- Medication refill request are not processed after office hours or on weekends or holidays.
- Medications for chronic illness need periodic monitoring by your health care provider.
- Approval for medication refills **must** come from your primary care provider. If your provider is away from the office for more than 2 days, your request will be reviewed by another provider.
- Every effort will be made to supply you with enough medication until your next appointment.
- If you are running out of refills for your medication, please schedule a follow up appointment with your provider as soon as possible.