

Pedia Tracks

Tracking, what's new for you!

Summer 2012

The Rocket's Red Glare

Firework displays are part of many summer activities including ball games, State Fairs, and of course the Fourth of July.

When watching professionally-run displays there is little chance that you will be injured, but when dealing with fireworks at home both those setting off the fireworks and bystanders run the risk of mild to fatal injuries. It is important to remember that fireworks are made with gun powder and do not always function in a predictable manner. For example, firecrackers that explode sooner than expected or rockets that have a delayed explosion. Even sparklers which we tend to think of as harmless can ignite clothing, causing severe burns.

Please remember that fireworks can cause blindness, third degree burns, and permanent scars. Keep yourselves and your children from becoming one of the seven thousand people who suffer firework injuries each year.

..... NEWFLASH.....

This summer area **Libraries** made a bold pre-emptive strike and exploded the famous "I'm bored" statement once and for all. In a covert operation staff members worked into the wee hours the night before school ended to arrange massive displays of irresistible new books, games, and videos. Stunned and disappointed, the young people planned to devise a new complaint but didn't have the time.

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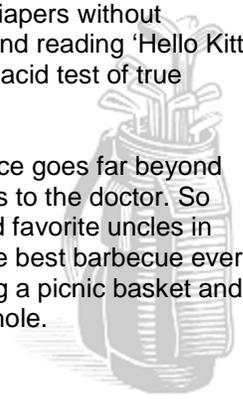
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HAPPY FATHERS' DAY

Sunday June 17th, 2012

Every day fearless fathers bring their offspring into PYAM offices, changing messy diapers without wincing, comforting crying kids, and reading 'Hello Kitty' books. (Which we all know is the acid test of true manhood.)

All joking aside, a father's influence goes far beyond helping with laundry or taking kids to the doctor. So celebrate the dads, grandpas and favorite uncles in your lives this year by pitching the best barbecue ever, exploring a State Park, or packing a picnic basket and heading to dad's favorite fishing hole.



SOS...SOS...Save Our Skin

Summer can alleviate dry skin but has its own skin challenges—mosquitoes, wasps and bees, swimmers itch and the sun itself can all cause pain and even damage to our protective outer layer. Here is a refresher course on the problems and solutions.

PROBLEM: Ticks

Deer Ticks are smaller than Dog Ticks



Example of 'Bull's Eye' rash



Last winter's warm temperatures followed by an equally mellow and early spring have jumpstarted the outdoor season by several weeks. Flowers are blooming, trees are blooming and wood ticks are...well they aren't blooming, but they are running way ahead of schedule and experts are predicting larger-than-usual numbers this year.

Woods are not the only place to pick up these tiny hitchhikers—long grasses, weedy areas and even backyards can sustain tick populations. What's the big deal with Lyme's disease? When ticks infected with the bacterium bite a human, the disease is transmitted through the blood. Left untreated, Lyme's disease spreads throughout the body and can cause a large and diverse number of symptoms. In addition to a tell-tale 'bull's-eye' rash, people often experience flu-like symptoms of fever, aches and chills. Left untreated, the disease can cause pain and swelling of joints, meningitis, Bell's palsy and muscle weakness.

When treated early with antibiotics, nearly all patients make a quick and complete recovery. The problem is, the bulls-eye rash only presents on about 20% of infected individuals, making diagnosis a bit trickier. Still, blood tests can positively identify the bacterium responsible for Lyme's disease. If your child becomes ill and you suspect that she might have been bitten by a tick, call your pediatrician right away.

PROBLEM: Mosquito Bites

It is tempting to think of mosquito bites as minor irritations but the insects spread disease in the temperate zone just like they spread malaria in the tropics. Equine Encephalitis is but one of the very serious diseases that mosquitoes transmit to people in our region.

And it should be remembered that some people have a stronger sensitivity to the anti-coagulant that mosquitoes inject into the skin and therefore have a greater degree of swelling and itching.

Another problem for small children is their slow reaction time: by the time they have processed that something is hurting them the mosquito will have had time to bite two or three times. Infants, toddlers and even pre-schoolers are ill-equipped to protect themselves and need our help.



SOLUTION for Ticks and Mosquitoes

The use of insect repellents has become a somewhat heated topic but the fact is products containing the active ingredient DEET are deemed safe in concentrations of 5% to 50%. The lower concentrations are as effective as higher ones but only last 1½ to 2 hours, and must be applied more frequently. DEET is safe for children over the age of 2 months, although PYAM doctors prefer the 5% concentration for infants.

For more information on this and other product options please read Dr. Balfanz' article on our website www.pyam.com

PROBLEM: Sunburn



At this point in time everyone is aware of the dangers of sunburn—the painful burns that occur during and after over-exposure to the sun—as well as the long-term damage that can lead to skin cancers.

But in spite of this, every year, urgent care clinics and emergency rooms treat people for sunburns that could have been prevented. **Perhaps the problem isn't lack of knowledge but lack of preparedness.**

Keep a bag or box of preventative supplies in the family car at all times, then when you head for the beach or park, or attend an outdoor event you already have the things you need to keep everyone's skin safe.

Kit Should Include:

- Tubes, bottles, jars of sunscreen (make sure some is for use while swimming and reapply frequently during water play.
- Hats, visors and sunglasses
- Extra tee shirts, loose-fitting and light-colored
- If you bring a cooler add some ice packs.

SOLUTION for Sunburn

- Take an anti-inflammatory such as Ibuprofen (Advil, Motrin, etc.) **avoid aspirin in children under the age of 12**
- Use cold compresses on the burns or take cool baths or showers.
- Drink fluids
- Don't break blisters that form
- Keep using moisturizers

See your doctor if the sunburn:

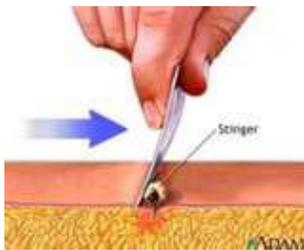
- Is blistering and covers a large portion of the body
- Is accompanied by a high fever, extreme pain, headache, confusion, nausea or chills
- Doesn't respond to at-home care in a few days.

PROBLEM: Wasp and Bee Stings

Every mom knows the blood-curdling scream that tells her one of her brood has found the wrong end of a bee or wasp. This can be tough to prevent since no matter where you live, these stinging insects will be around. Teach young children to avoid bees and wasps and not to swat at them. No matter what, though, most kids get stung occasionally, so here's what to do:

SOLUTION for Wasp and Bee Stings

- Check to see if the stinger is still imbedded. If it is, flick it out using a credit card
- Wash the sting area with soap and water
- Apply cold compresses to relieve pain and ease swelling
- Apply a paste of baking soda and water onto the sting site



Usually, pain subsides within an hour or two. A single sting is only dangerous for people who are very allergic to bee venom.

When to see a doctor:

- Call your doctor if a small child is stung multiple times.
- Seek emergency assistance if the child has swelling of the tongue or throat, or difficulty breathing
- Call your doctor if the sting site becomes infected

Make a BIG SPLASH WITH WATER SAFETY

When Mother Nature cranks up the heat folks in Minnesota and Wisconsin head for water. Whether it's the lake, or beach, a pool, or even your own backyard, playing in water is one of the best ways to cool off and still be active. We are fortunate to have so many area lakes, pools and water parks to choose from; most of us are only minutes away from some kind of recreational water facility.

Because so much of our summer activity revolves around water PYAM pediatricians recommend swimming lessons for all children. Even if your child doesn't master swimming in one session, he will still be taught basic water safety rules. That alone can save lives.

Here are the sobering facts: 3,000 drowning deaths annually in the United States; children aged four and under have the highest death rate from drowning; and lastly, drowning is the second leading cause of death for children aged five years to 24 years.

To protect children from drowning, there is one cardinal rule that must be followed every time your child is near water: **NEVER LEAVE A CHILD ALONE NEAR WATER, NEVER.**

When planning for parties and nights out, responsible adults designate sober drivers—so, when your kids are near water, **designate an adult to stay focused on the children**, even if there are lifeguards on duty. Take turns being 'it' and have frequent shift changes. The larger the group you are with, the more vigilant you need to be. With two or more families, it is easy for one child or toddler to wander off and be missed in the head count.

In addition to the Water Safety Rule #1, here are some other reminders that can help you and your kids have a happy and safe summer.

- Buddy system—pair kids up and explain the importance of watching out for each other.
- No running, pushing or shoving near pools.
- Even kids who can swim need supervision.
- When the weather is bad avoid the water
- Use age-appropriate life jackets—small children need a device that will keep their heads above water
- Floaties and inflated toys are not to be used in place of approved life-vests or other flotation devices.
- Never dive into less than 9 feet of water. If the depth of the water is unknown, jump in feet first.

Remember that whenever people spend a lot of time in the sun, they need to rehydrate. Kids can get so wrapped up in the moment that they don't want to stop for a drink. Make them, those little bodies dry out much faster than our adult models do.

Don't forget that sunlight reflected off water accelerates burn times.

By all means bring snacks, but try to include some healthy selections. And just so you know, kids don't need to wait an hour after eating before heading back into the water. There is not one documented drowning from swimming too soon after eating. Myth busted.

Packable Snackables

Make a selection of cut up raw veggies (bring dip only if you have a cooler)

Fresh fruit such as apples, bananas, melons, pineapple slices, peaches and grapes. Happily, many seasonal fruits are cheaper during the summer months. Use yogurts for fruit dips.

Crackers with nut butters

Granola bars, low-fat oatmeal cookies, graham crackers, corn chips.

Create more space in your cooler by freezing bottled water and using the bottles instead of ice packs to cool your beach or picnic food.

Cool Suppers for Hot Weather

After battling through traffic to get home on a hot summer afternoon, it's a pure joy to reach into the refrigerator and pull out a delicious cool salad that is table-ready. Obviously you have to pay it forward and make the salad ahead of time, but most salads keep nicely in the refrigerator for two or three days and provide you with some 'ice-tea' time after work, in addition to an extra meal or two.

Here are some recipes that have been tested by staff members for ease of preparation, good taste and overall nutrition.

Couscous Chicken Salad 4-6 servings

This salad really does go together in under 20 minutes. It has wonderful Middle Eastern flavors with a light citrus/spice dressing. PYAM staff members gave this one a big thumbs-up.

Dressing

¼ cup vegetable oil (olive or canola)
1/3 cup orange juice
1 tsp. cumin
1 tsp. dried coriander
½ tsp. turmeric
½ tsp. salt
¼ tsp. cinnamon
¼ tsp. pepper

Salad

2 chicken cooked chicken breasts, cubed
1 2/2 cups uncooked plain couscous
2/3 cup dried apricots, chopped
1 ½ cups boiling water (or chicken broth)
11 oz can mandarin oranges
1 cup garbanzo beans, rinsed and drained
1/3 cup slivered almonds chopped

In a small bowl whisk together all the ingredients for the dressing and set aside.

In a medium bowl combine couscous and apricots; add boiling water and cover. Let stand for 5 minutes, then fluff with fork.

Add chicken, oranges, almonds and dressing and toss gently to coat. Cover and chill. Serve with slices of cucumber and cantaloupe.

Turkey Wild Rice Salad

This recipe is a classic and if you have never tried it you should. It can be made with either turkey or chicken, red grapes or green and there is almost nothing you can do to make this recipe fail—guaranteed every time.

3 cups cooked wild rice (rinsed and drained)
3 cups cooked, cubed turkey/chicken
½ cup thinly sliced green onions
½ cup chopped celery
1-8 oz can sliced water chestnuts (rinsed and drained)
Halved, seedless grapes, green or red
2/3 cup cashews (optional)

Mix together and pour over salad
2/3 cup mayonnaise
1/3 cup milk
2 Tbls. lemon juice
¼ tsp. dried, crumbled tarragon

Melon Ambrosia

Try this for a light and refreshing dessert

1 cup watermelon balls or cubes
1 cup cantaloupe balls or cubes
1 cup honeydew balls or cubes

1/3 cup lime juice
2 Tbls. sugar
2 Tbls. Honey
Fresh mint
¼ cup flaked coconut (toasted or not)

Put melons in a bowl; combine other ingredients and pour over melon, toss to coat. Sprinkle with coconut and garnish with sprigs of fresh mint.



