



Pedia Tracks



Tracking What's New For You!

Summer 2015



Father's Day June 21, 2015

The providers and staff at PYAM see the shift in fathers' roles in the family every day—gone is the clueless, helpless man unable to change a diaper, deal with school forms or



run someone to the doctor. Fathers today are contributing more than ever to child care while still shouldering their other responsibilities. On Sunday, June 21st honor the man or men in your

life. Since that day is also the 2015 Summer Solstice, you can celebrate father and sun at the same time.

Travel Abroad



Send your teen abroad to sightsee or work in a mission in Central America prepared with the right vaccines.

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Some PYAM patients will only visit foreign lands through the travel agency of the imagination while others will have the opportunity to actually spend time in another part of the world.

How should these globetrotting youngsters prepare themselves for this experience? The following website—CDC Travelers' Health web site—has all the information in an updated and easy to use format. You can easily find which vaccines are recommended for your destination country and region.

Please call us and tell us about your travel plans. We will help you get the vaccinations/prescriptions that you need for a safer, more enjoyable time abroad.

Another site to log on to is Travel Clinic MN.

SHOULD YOU

Eat the Ones that don't get Away?




It doesn't matter whether you snag your lunker in Ontario (above), Minnesota or Wisconsin—you won't know the difference when the fish hits the frying pan.


You can almost smell the balsam firs and feel the boat rocking just by looking at this iconic image of a summer day 'up north' or 'at the lake' catching fish. Most people who have grown up in this part of the country have fond memories of such days.


Years ago, people didn't question whether or not it was safe to eat the crappies, sunnies, bass and walleyes that were brought home. Today people do question the practice because of the effects of environmental pollution—toxins leak from factories, or escape into the atmosphere, find their way into lakes and rivers and end up in the fish that live in the lakes. Store-bought fishes are also contaminated and this is a shame because fish is a fine source of lean protein.

And so we come back to the question posed in the title, is it safe to eat the fish we catch? The Minnesota Department of Health has compiled a reference guide along with the Minnesota Department of Natural Resources and the Minnesota Pollution Control Agency. These guides are available at some of the PYAM offices and through the Minnesota Department of Health. Copies are free. And the answer to that question is mostly, yes.

The question of eating the fish you catch can't be answered with a simple yes or no, which is why we recommended obtaining a copy of that guide if your family eats a lot of fish—either from local lakes or bought from the store.

 Adults, both men and women who are neither pregnant nor lactating can safely eat an unrestricted amount of sunfish, crappie, yellow perch and bullheads.

 Pregnant, lactating or soon to become pregnant women and children under the age of 15 years should eat just one meal of sunfish, crappie, yellow perch and bullheads per week.

 Predator fish such as walleye, northern pike, bass both large and smallmouth, white bass, rock bass, channel catfish, flathead catfish, white sucker, drum, burbot, sauger, carp, and lake trout can be eaten once a week by the first group but only once a month by the second group.



When out on the lake catching supper, always wear life jackets and bring along hats and sunscreen—burns occur much faster on or near water.

In addition, there are other strategies to help you reduce the risk of eating contaminants:

- Eat smaller, younger fish
- Walleye < 20" Northern Pike < 30"
- Eat more panfish (sunfish, crappie) and fewer predator fish (walleyes, northern pike, lake trout.)
- PCBs build up in fish fat, so trim skin and fat, especially belly fat. Also eat fewer fatty fish such as carp, catfish, and lake trout.

Eating the fish they catch can be an exciting experience for children and it helps them understand that while they can buy food from a grocery store, the food really comes from other sources, including lakes.

Don't be afraid to eat fish this summer, just do it wisely, following the Department of Health recommendations.

To order the brochure ***Eat fish often?*** Call 651-201-4911

For the Love of Reading

Ramblings by the editor



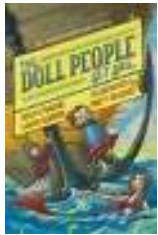
With little television programming for children, no computers or video games (yes, I am that old) my generation played outdoors as much as possible. But no matter what the season or weather conditions, we read. We read on car trips (luckily most of us didn't suffer from motion sickness) we read lying on blankets under trees, and at night we read under blankets by flashlight.

Make Reading Fun...



While our parents weren't thrilled that we often read comic books and even (horrors!) Mad Magazine, we were still reading.

So don't discourage your kids from reading 'low brow' material—by allowing a variety of books and magazines kids get the practice they need and over time develop their own individual tastes.

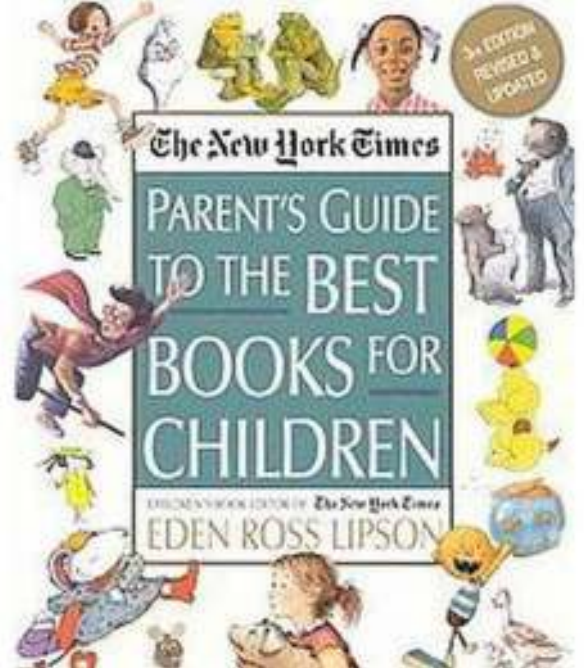


...But don't Forget Classics

Along with the comic books we read and reread the beloved 'Little House' books by Laura Ingalls Wilder and were introduced to other classics like the books of Jack London, E.B. White and many others. Just what qualities make books 'classics?' First, the book must be well-written and be accessible to people of different times. Classic books from the 19th and 20th centuries can be just as exciting and meaningful to modern readers as they were to the people who read them when they were first published. Second, the book should touch on universal themes and the human condition. For example, Charlotte's Web is a beautiful exploration of the nature of friendship and will never be dated or out of fashion.



Then too, we read biographies and histories published for young readers by Landmark Books. Learning to enjoy non-fiction makes all studies easier for kids and today there is a treasure trove of juvenile non-fiction on the market.



This is one of the best reference books for parents. It lists books that all children should be exposed to at different ages--books that have stood the test of time and are an important part of our culture

I think it must be more challenging for parents to engage children in reading at this point in time—there are just so many distractions, so much more going on. But, I also think it is every bit as important, if not more so. Human beings need quiet time or down time in their lives. There is a wonderful selfish pleasure in hunkering down with a book, just you and a book, that can't be matched electronically.

This summer keep your kids moving forward on the path to loving books. Read to them at a level higher than they can manage on their own and watch the excitement build as you read a 'chapter book' to them or a book with slightly more difficult language like 'The Wind in the Willows' or 'Peter Pan'. Set the example for children by reading yourself. Reading to kids daily and nudging them to read by themselves can be the start of something wonderful in your kids' lives, now and forever.



In addition to the above guide there are websites dedicated to steering children to great, age-appropriate books, both high-brow and low-brow.

Summer provides kids with extra time for reading for pleasure and it is also a great time to introduce kids to journaling. You can find creative writing classes for children at various places throughout the Twin Cities—from your local school district's summer enrichment classes to The Loft in Minneapolis.

A Smörgasbord of Summer Safety Tips

Can anyone appreciate a beautiful summer day more than the people of the northern tier states? Probably not. The few short weeks allotted to Minnesota and Wisconsin for summer activities is brief and therefore jam-packed with activities. Sometimes in the rush to wring the most enjoyment out of the warm sunny days, safety rules are forgotten. Soaring temperatures are part of what summer is all about but at the same time, heat can be a danger, just like some other aspects of summertime living. Here is a cheat sheet to help you keep everyone healthy and safe this summer.



Summer car safety



Children overheat **four times faster than adults**. In just 30 minutes, temperatures inside a car can rise by as much as 34°.

Car safety for children involves more than using child safety seats.

- Keep keys where children can't get them and teach kids that cars are not safe places to play.
- Keep rear fold-down seats closed to prevent kids from crawling into the trunk from inside the car.
- When there is an infant or small child in the back seat, leave your purse or brief case in the back seat, or place the child's favorite stuffed animal on the seat next to you as a reminder.

WHY? It's called **hyperthermia** and children under the age of two years are at particular risk of dying from heatstroke inside a car. Use whatever method works for you to **Remember the baby in the backseat**. Every year the lives of 35 or more youngsters end in this kind of preventable tragedy.



Basic vehicle maintenance before road trips is another car safety tip. Check tires, spare tire, oil, and windshield washer fluid before taking to the open road. Finally, it is never a bad idea to keep some bottled water in the car

along with a first aid kit that includes sunscreen, insect repellent, sunglasses and sunhats.

Food Safety

Organisms that spoil food and cause food-poisoning literally have a picnic during the summer months because:

- These organisms thrive in heat.
- Foods are often left out on picnic tables for long periods of time.
- Salads made with mayonnaise and eggs, which can spoil quickly, are summertime favorites.
- Raw meats are taken from the kitchen outside to a grill.

Review of safe food handling



Fill a small plastic pool with ice and place it in the shade--food stays cool and remains safer, longer, with this simple trick.

- 1) Wash hands with warm water for 20 seconds before and after handling food
- 2) Marinade rule: always refrigerate while marinating. Don't serve marinade that was used on raw meats for sauces—reserve some marinade to be used as sauce.
- 3) Before grilling meats preheat coals for 20—30 minutes.
- 4) Use a food thermometer to determine doneness—don't go by appearance.
- 5) All forms of beef should reach a temperature of 160° for medium; chicken should reach 165° and fish should be opaque and flaky at 145°.
- 6) Don't serve cooked meat on the same platter that you used to bring the raw meat to the grill. Leave the meat in the fridge until the coals are hot enough for grilling.
- 7) Put food and beverages in separate coolers. That will keep foods cooler, longer. Full coolers maintain cold temperatures better than one that is half-full, so pack in plenty of ice so that there is less open space. The FDA recommends the "Two Hour Rule" for all foods that require refrigeration—these foods can only be on the table for two hours, then they need to go back into the cooler or fridge. When temperatures rise over 90°, the two hour rule becomes the one hour rule.

Skin Safety



Captain America's shield has nothing on our own living, breathing shield—skin. This wonderful outer layer works overtime during the summer to protect us from too much sun, stinging and biting insects, parasites, and plants like poison ivy. If it weren't for our skin we'd all be a mess. Fortunately, there are things we can do to help our skin in its daily struggle to keep us healthy:

- Use sun screen and wear a sun hat when necessary—remember **water magnifies the intensity of sunlight** and exposed skin burns more quickly.
- Use insect repellent.
- Keep skin moisturized because sun and chlorine both have a drying effect.
- Clean scrapes and cuts, then prevent infection with antibiotic ointment.
- Teach kids to identify and avoid poison ivy.
- Bee sting allergy? Always carry Benadryl and Epinephrine.



- Have strict rules around grills, campfires and fire pits—emergency room providers see hundreds of moderate to severe burns each summer. Burns are painful, easily infected, and slow to heal—better to just prevent them altogether.

- Heat and excess sunlight can cause rashes, hives and sunburn—when in doubt about treating a skin problem, call your PYAM provider
- Use common sense and uncommon caution when dealing with fireworks, or leave the displays to the professionals.

Accidents and Injuries



Sprains, fractures, etc., are more common during the summer months—we spend more time outside and are more active, riding bicycles, skate boards, roller blades and scooters. Kids spend more time at parks and playgrounds and

playing organized sports. Recognizing this won't prevent injuries but it should prompt you to be prepared. **Keep emergency numbers where you and other caregivers can reach them quickly.** The same goes for Asthma and Allergy Action plans.

Water and Boating Safety

Living in the land of 10,000 lakes helps everyone survive summer's hottest days. Unfortunately, there is a downside to this—every open body of water has the potential to take a child's life, whether it is a pond, lake, or plastic wading pool containing just a couple inches of water. Even the five-

gallon plastic bucket you use to wash your car can be a hazard to toddlers who could fall in headfirst and be unable to get back out.



Does this photo make you uncomfortable? It should.

As boring as it sounds, the most effective water safety measures are adult supervision and consistent rule enforcement. Beyond that here is a breakdown of recommended rules.

Use
PFDs

- 1) No swimming or even entering the water unless an adult is present.
- 2) That adult should know how to swim, get emergency help, and perform CPR.
- 3) Keep a life preserver and shepherd's hook by pools.
- 4) Inflatable rings and toys are not life preservers
- 5) Teach kids how to swim when they are ready—around the age of five years.
- 6) Don't swim alone.
- 7) Don't dive in shallow water—always make sure you know the depth of the water.

There is another health risk with swimming in lakes and pools that has nothing to do with drowning. Warm water is a perfect breeding ground for organisms that give humans gastroenteritis. In fact, one such bug, *Cryptosporidium*, is chlorine-resistant and can be found in swimming pools. Preventing its spread is the smartest way to deal with *Cryptosporidium*:

- Don't swim when you have diarrhea.
- Don't swallow lake or pool water.
- Shower with soap before entering pools.
- Wash hands thoroughly after using the toilet or changing diapers.
- Change diapers often and in the bathroom not at pool-side or beachside.

Finally, although it is rare, there is an amoeba that sometimes occurs in small, shallow lakes and ponds—*Naegleria fowleri*—during excessively hot spells. The organism enters through nasal membrane and once established in the body, causes a Meningoencephalitis that is virtually always fatal. You can easily guard against this one, though, by simply avoiding the kinds of waters that might harbor the organism.

Boating



Boats, jet skis and pontoons can enhance summer-time fun when used safely

Under Minnesota law, all persons under the age of 10 on board a boat or watercraft of any kind must wear an approved personal flotation device, in Wisconsin the law is for persons under the age of 13 years. PYAM providers recommend that all boat occupants wear PFDs while boating. There is an excellent resource on-line entitled, *The Handbook of Wisconsin Boating Laws and Responsibilities* that neatly compiles all the information for safe boating in Wisconsin but would be excellent for Minnesota boaters as well.

Remember to: **B E S A F E**

by knowing about the following things before you hit the water:

- Boat
- Equipment
- Safety devices and PFDs
- Alcohol limits
- First aid and emergency procedures
- Environment (area and weather)

Enjoy life to the fullest this summer by observing safety rules for food, fires, swimming and boating.

Most boating accidents happen with craft smaller than 21 feet in length. Alcohol plays a role in over 80% of all boating fatalities.

VIP (Very Important Provider) to Retire



The news of Dr Balfanz' upcoming retirement on June 30th, 2015 has caught many patients and parents off-guard. One woman with her own young family got misty-eyed after reading Dr Balfanz good-bye letter, saying softly, "He was my doctor, too, when I was a girl." Those few words sum up the meaning of a trusted and beloved provider, someone with links to different generations. After practicing pediatrics with PYAM for forty years, the decision to retire did not come easily for Dr Balfanz, "I am going to miss seeing you and your children...it has been a privilege to serve you."





Why? Why didn't I schedule the kids' physicals earlier in the summer when all the PYAM providers had so many openings?

**Jackson won't be able to play football!
Marissa will have to miss tennis practices!
Toby won't be able to start kindergarten!
It'sall....my...fault!!!!!!!!!!**

**DON'T BE THIS WOMAN!
SCHEDULE TODAY!**

PYAM welcomes Betsy Madden NP



Betsy is a certified Pediatric Nurse Practitioner who comes to us from Children's Hospital where she previously worked for 3 years in the pediatric neurology group. She obtained her nurse practitioner degree through St. Catherine University and her undergraduate nursing degree from Marquette University. When not working she enjoys spending time with her husband and two young children. She also enjoys photography, hiking,

vacationing up-north and having dance parties with her kids. She is a native to MN and the one thing she can't live without is the Minnesota State Fair!



Backyard Fish Fry



Have you ever been to a backyard fish fry? Burgers and brats are not the only summertime fare to bring to the grill. Tubs of ice filled with cold drinks, mounds of watermelon slices and chocolate cake, with yard games for everyone and plenty of fish—just add people and you have the makings for happy summertime memories. Pull out your favorite recipes or try one of these.

Menu

- Sunfish, Crappie or Walleye*
- Grilled corn on the cob
- Potato salad
- Cole slaw
- Berry short cake

This summer don't forget about the 2 hour rule

Roasted Red Potato Salad



Prep time 25 minutes
Cook time 45 minutes
Servings 8
Ready in 2 ½ hours

Ingredients:

- 10 red potatoes, cut into bite-size pieces
- Olive oil as needed
- 3 hard-cooked eggs, chopped
- ½ stalk celery, chopped
- ¼ chopped green onion
- 3 slices cooked bacon, chopped
- 1 cup mayonnaise
- Salt and pepper to taste

Directions:

- 1: Preheat oven to 375°F
- 2: Spread potato pieces onto a baking sheet and drizzle with olive oil.
- 3: Roast in the preheated oven until tender, about 45 minutes; remove from oven and let cool at least 15 minutes.

4: Place roasted potatoes into a large salad bowl and combine with hard-cooked eggs, celery, green onion, and bacon; stir in mayonnaise and season with salt and pepper. Cover and refrigerate for at least one hour.



Grill or fry your fish--you decide which

GRILLED WALLEYE RECIPE

- walleye fillets (or pan fish)
- 2 TBS butter
- 2 garlic cloves, minced (or to taste)
- fresh lemon, cut into wedges (optional)
- fresh dill, garnish (optional)
- kosher salt and freshly ground black pepper to taste

Cover the grill grates with foil and spray with vegetable oil.

Preheat the grill to medium-high. Baste one side of the fillets with the garlic butter and cook for approximately 3 minutes, flip and repeat. Fish is cooked when it flakes easily with a fork and is opaque in color.



*Before serving Walleye, read the article about eating fish safely, elsewhere in this issue.