



Pedia Tracks



Tracking What's New For You!

Spring 2017

Mothers Day 2017 Sunday May 14th



Some things never change; a mother's love is as predictable as the sunrise and as limitless as the universe.

Here are some thoughts about mothers by some famous writers.

The moment a child is born, the mother is also born. She never existed before. The woman existed, but the mother, never. A mother is something absolutely new. ~Rajneesh

The phrase "working mother" is redundant. ~Jane Sellman

Sweater, n.: garment worn by child when its mother is feeling chilly. ~Ambrose Bierce

Some mothers are kissing mothers and some are scolding mothers, but it is love just the same, and most mothers kiss and scold together. ~Pearl S. Buck

All women become like their mothers. That is their tragedy. No man does. That's his. ~Oscar Wilde, *The Importance of Being Earnest*, 1895

Thou art thy mother's glass, and she in thee
Calls back the lovely April of her prime.
~William Shakespeare

Call your mother. Tell her you love her. Remember, you're the only person who knows what her heart sounds like from the inside. ~Rachel Wolchin



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Camp, Sports, and Kindergarten Physicals



Please Schedule Now!



Please schedule these and other physicals for your children early in the summer. Our providers can only perform so many exams in one day, and we don't want to turn any patient away. We have openings for physicals in June and July, too, and our PYAM providers would be happy to see your children then. So, before school is out for the summer, check with your child's school to see if she will need a physical to play spring/summer sports or before September.



"The flowers appear on the earth; the time of the singing of birds is come." The Song of Solomon

Hush little baby, don't you cry



Newborns with colic can carry on like the infant in this picture for much longer than the parenting books say they can.

New life is almost synonymous with springtime, but some new parents aren't hearing the merry chirping of birds. Instead they're listening to the piercing shrieks of a very unhappy newborn. All that wailing doesn't fit in with anybody's expectations of becoming a mother or a father. But there it is, all hours of the day and night, and you just don't know what's wrong.

Are you doing something wrong? Why doesn't your baby fall into blessed slumber after feeding? The answer to both those questions is the same. Your baby has colic. You are not doing anything wrong and with a little information and perhaps some help there are things you can do to ease your little one's discomfort.

What Causes Colic?

Unfortunately, there is no definite explanation for why this happens. Most often, colic means simply that the child is unusually sensitive to stimulation or cannot "self-console" or regulate his nervous system. (Also known as an immature nervous system.) As she matures, this inability to self-console—marked by constant crying—will improve. Generally this "colicky crying" will stop by three to four months, but it can last until six months of age. Sometimes, in breastfeeding babies, colic is a sign of [sensitivity to a food in the mother's diet](#). The discomfort is caused only rarely by sensitivity to milk protein in formula. Colicky behavior also may signal a medical problem, such as a [hernia](#) or some type of illness.

Although you simply may have to wait it out, several things might be worth trying:

- First, of course, consult your pediatrician to make sure that the crying is not related to any serious medical condition that may require treatment. Then ask him which of the following would be most helpful.
- If you're nursing, you can try to eliminate milk products, caffeine, onions, cabbage, and any other potentially irritating foods from your own diet.

- If you're feeding formula to your baby, talk with your pediatrician about a protein hydrolysate formula. If food sensitivity is causing the discomfort, the colic should decrease within a few days of these changes.
- Do not overfeed your baby, which could make her uncomfortable. In general, try to wait at least two to two and a half hours from the start of one feeding to the start of the next one.
- Walk your baby in a baby carrier to soothe her. The motion and body contact will reassure her, even if her discomfort persists.
- Rock her, run the vacuum in the next room, or place her where she can hear the clothes dryer, a fan or a white-noise machine. Steady rhythmic motion and a calming sound may help her fall asleep. However, be sure to never place your child on top of the washer/dryer.
- Introduce a [pacifier](#). While some breastfed babies will actively refuse it, it will provide instant relief for others.
- Lay your baby [tummy-down](#) across your knees and gently rub her back. The pressure against her belly may help comfort her.
- [Swaddle](#) her in a large, thin blanket so that she feels secure and warm.

When you're feeling tense and anxious, have a family member or a friend look after the baby—and get out of the house. Even an hour or two away will help you maintain a positive attitude. No matter how impatient or angry you become, [a baby should never be shaken](#). Shaking an infant hard can cause blindness, brain damage, or even death. Let your own doctor know if you are depressed or are having trouble dealing with your emotions, as she can recommend ways to help.



Source:
Caring for Your Baby and Young Child: Birth to Age 5, 6th Edition (Copyright © 2015 American Academy of Pediatrics)

READY, SET, GARDEN!

A vegetable garden is a wonderful thing, but so ephemeral! Every year it has to be started from scratch all over again. This is part of the fun, being able to try new plants or grow more of this crop or the other; still, it would be nice to have some permanence in the garden.



Small fruits can be permanent features and some are relatively easy to deal with. Here are some to consider:

Rhubarb is a plant that could be called the 'big easy' simply because it is. This very tough, winter-hardy plant is not really a fruit, but is mostly used as such. Rhubarb prefers organically rich soil and sunny, well-drained sites but will grow well in most soils. Once established, the plant is drought-resistant. Do not use any pesticides on or near the plant, which shouldn't be necessary anyway, since rhubarb doesn't have too many pests. Give each plant three feet or more and don't harvest the first year, but always remove flower stalks as soon as they appear. Rhubarb is one of the first crops that can be harvested in the spring.



Raspberries are expensive when store-bought, because they are soft and difficult to transport. So growing your own is an excellent idea. There are many great varieties of raspberries to choose from—with red, golden, purple and black fruit. Most produce in July while some produce two crops a year; once in June and again in the fall. While raspberries are self-fertile it is still a good idea to plant more than one variety to guarantee fertilization (which helps with fruiting). Growing raspberries requires some

planning, soil preparation and possibly some simple post and wire supports. Most varieties of raspberries require room and, bear in mind, they like to spread. New varieties, listed under the group name, 'Brazelberries', stay shorter and are more bush-like. These compact plants are available locally, but somewhat untried in this region.

Strawberries are another fruit that is excellent for home gardens and probably the most popular summer fruit. As with growing all small fruits, sites with well-drained soils, amended with organic matter, in full sun, are preferred.



Strawberries can be grown in rows or in raised "pyramid" planters. Each method has advantages and disadvantages. Read up on what the different varieties have to offer and then decide which ones will be best for you; some are good for freezing, but produce smaller crops or are less hardy than others. All are good for eating!

This is just a quick overview of gardening with small fruits. To get all the information that you will need to make a successful go of it, check out the U of M Extension Service for your county.

Mnext-ramsey@umn.edu if you live in Hennepin county type in Hennepin instead of Ramsey and likewise with all other metropolitan counties. There is an advantage to using your county's information because it is tailored for conditions in your immediate area.

You will be amazed at the amount and diversity of information on the extension websites.

Let's get back to the subject of growing vegetables. Yes, each year requires starting all over again, except, if you have a designated garden bed that was prepped last fall then you have that very important work out of the way. And did you keep a record of what you planted and how things went or do you remember the things that worked out or didn't? That helps too. Replant the things that your family liked and was able to use and maybe select one or two new veggies to try out.

Don't forget to visit your garden guru—the Internet! Oh so many websites and blogs and usable information! Here are a couple of tips you might be able to use:

If you want to plant **root crops**—carrots, potatoes, onions—make sure to till some sand into the soil where you intend to plant. It's tough for these crops to flourish and thrive if they are stuck in cement-like clay soils. Makes sense, doesn't it?

Another tip for those of you wishing to plant garden peas, remember that this is just about the first crop to go into the ground in the spring, so be sure to get out there and plant just as soon as the soil is workable. Also, this is a crop rabbits can't resist so protect your sprouting pea seedlings with protective fencing like chicken wire.



Some vegetables that seem tailored for beginning gardeners, or gardening with kids, are bush beans, zucchini, broccoli, spinach and leaf lettuces. The lettuces are fun because they come in so many colors and shapes. Speaking of color, chives are an easy-to-grow, perennial plant that produces pretty, edible, lavender flowers. When you make a salad with your home-grown spinach and leaf lettuce, place a couple or three chive blossoms on each plate.



Finally, spring is when two happy events coincide. The rhubarb in your garden makes its appearance just in time for Mothers Day!

Ladies, even if you have to bake this for yourself, it is worth the time and effort you put into it!



Mother's Day Rhubarb Custard Tart



Ingredients

- 1 cup flour
- 1/3 cup powdered sugar
- 1/2 cup butter or margarine, softened
- 3/4 cup sugar
- 3 tablespoons cornstarch
- 1/2 teaspoon salt
- 1/2 cup whipping cream
- 2 egg yolks
- 1 teaspoon vanilla
- 1 1/4 pounds rhubarb, cut into 1/2 inch slices (4 cups) or 1(16 ounce) package frozen rhubarb, thawed, drained
- 1 tablespoon powdered sugar

Directions

Place baking sheet on bottom oven rack. Preheat oven to 350 F. In large mixer bowl, beat first 3 ingredients until thoroughly combined. Pat into bottom and 1 1/2 inches up side of 10-inch spring-form pan. In large mixer bowl, stir sugar, cornstarch and salt to combine. Add whipping cream, egg yolks and vanilla, mixing thoroughly; stir in rhubarb. Pour filling into crust; place on preheated baking sheet on bottom oven rack. Bake until filling is set and golden brown (65-75 minutes). Cool on wire rack 30 minutes. Remove side of pan. Sift powdered sugar over top.

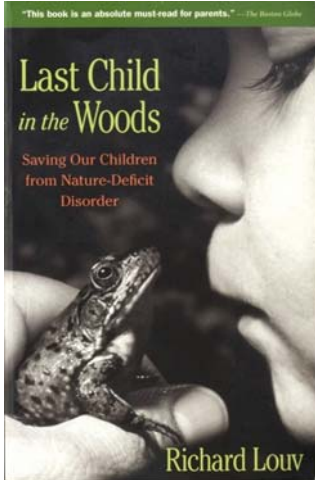
Amount: 8 servings

Tips:

Tart may be made ahead and refrigerated until ready to serve. Sift powdered sugar over tart just before serving.

How Nature Nurtures Kids

Or How to Raise Free-Range Children



There was a time when all children routinely played outdoors, in groups and alone. In fact some people have jokingly referred to the immediate-post WWII generation as 'the feral children of the fifties.' But this is no longer the case.

There are a number of causes that have driven the change from 'mostly outdoor' kids to 'mostly indoor' kids—economic pressure that necessitates two incomes for many families; the rise and

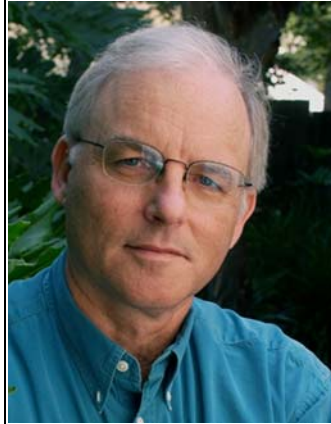
over-use of personal electronics; and even fear for children's safety. All children in Minnesota and Wisconsin lost some degree of personal freedom after Jacob Wetterling was abducted and other children either disappeared or were murdered.

So, for a variety of reasons, many kids are indoors now, much of the time. So what? It turns out there is a really big so what. Author Richard Louv has researched and written several books about the consequences of raising children in the unnatural state of separateness from nature. His research led unquestionably to the conclusion that children are physically, emotionally, and intellectually better off for spending time outdoors. Other desirable human traits like compassion are also heightened when children have close contacts with the natural world.

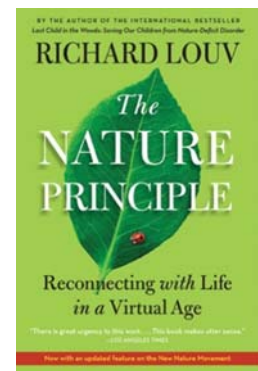
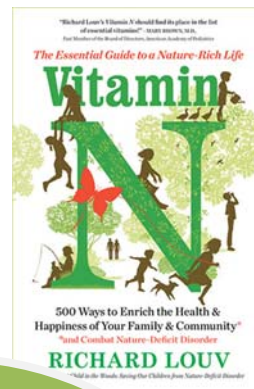
It seems that "Nature Deficit Disorder," a term that Mr. Louv coined to describe this phenomenon, has deep and far-reaching consequences for our children.

A child's hungry brain can learn so much from ordinary things like the textural difference between caterpillars and frogs or how wet leaves smell in fall. Nature provides stimulation as well as information. There is something soothing about watching waves on a lake or pond, or seeing how trees bend in the wind. It is during these moments that scientists, engineers and artists are born. Children can amuse themselves in the natural world when there is no one to play with but so much to see and do. Interacting with nature is like "outdoor

Montessori." Mr. Louv's books provide insight, as well as practical ways to get everyone in your family outdoors more, and using electronics less.



"The future will belong to the nature-smart—those individuals, families, businesses, and political leaders who develop a deeper understanding of the transformative power of the natural world and who balance the virtual with the real. The more high-tech we become, the more nature we need."
Richard Louv



"Our alienation from the rest of Creation represents a fundamental shift in human evolution. Louv has eloquently documented our schism from nature and the very real physical and psychic consequences. This book provides a way back to where we belong, a world full of reverence, joy and discovery."—
David Suzuki, author of Sacred Balance

Vitamin N is a one-of-a-kind, comprehensive, and practical guidebook for the whole family and the wider community, including tips and essays not only for parents eager to share nature with their kids, but also for adults without children of their own, for policy makers, religious leaders, teachers and pediatricians; and for those seeking nature-smart schools and even careers. It is a dose of pure inspiration, reminding us that looking up at the stars or taking a walk in the woods is as exhilarating as it is essential, at any age. Recommended by the National Science Teachers Association.

Prom Night... Planning on Tanning?



Tanning bed blues can include severe burns, skin

Dr. Crutchfield explains why you shouldn't

Recently, the "Annual Report to the Nation on the Status of Cancer" was released, showing overall cancer death rates continue to decline in the United States among both men and women, among all major racial and ethnic groups, and for all of the most common cancer sites, including lung, colon and rectum, female breast and prostate.

This is good news; however, a closer look at the data also reveals cause for concern. While cancer deaths overall are going down, one form of cancer continues to increase in Minnesota and nationwide—melanoma. In fact, melanoma rates in Minnesota have doubled in the last 24 years, making it one of the most common cancers among 20- to 49-year-olds in the state.

This jump is attributable to increased exposure to UV radiation, including an increased use of tanning beds. Tanning beds greatly increase the risk of melanoma, the most deadly form of skin cancer, as well as squamous and basal cell carcinomas.



She looks fabulous on prom night, but was that tan worth the risk of skin cancer?

Using a tanning bed, even once, increases the risk of skin cancer significantly. Using one before the age of 35 increases an individual's risk of melanoma by 75 percent.

For this reason, the International Agency for Research on Cancer (IARC), in 2009, labeled tanning beds Class 1 carcinogens—the same (rating) as cigarettes.

Many people believe the UV rays of tanning beds are harmless. This is simply not true. Tanning beds give out UVA and often UVB rays, both of which cause long-term skin damage and are linked to skin cancer. Most dermatologists and health groups advise against using tanning beds and sun lamps. This year alone, an estimated 1,130 new melanoma cases are expected and nearly 120 Minnesotans will die from the disease. These cancer diagnoses are avoidable if Minnesota takes steps to protect residents from UV rays, including prohibiting youths from using tanning beds. Currently, 42 percent of Twin Cities' girls ages 14 to 17 report using tanning beds. If we don't change this, we will continue to see rising melanoma rates. As a dermatologist, I see firsthand the devastating toll that skin cancer takes on Minnesotans. It's time to take a tangible step toward protecting health through preventing melanoma.

Charles E. Crutchfield III, M.D.

Prom night Rules for the Road

Every year, an evening that starts out as magical is jolted back to reality by a deadly car accident. All parents talk to their teens before they back out of the driveway, but how about writing up a contract that your teen must agree to and sign? Points of the contract might include:

- **Use of seat belts for all passengers at all times**
- **No more than four passengers including driver**
- **No cell phone use by anyone when the car is in motion**
- **No use of alcohol by anyone in the car before or after the prom**
- **Agreed upon times for teens to return home**
- **Since speeding is responsible for 35% of all fatal teen crashes and 55% of all teen motor violations, be sure to include rules about that in the contract**

Events like proms are gateways to adult hood, to be cherished by both parents and teens. By reminding kids of the dangers involved in careless or impaired driving you are helping them enjoy their special night safely.



What makes a runny nose run?

Determining the culprit that has your child's nose working overtime isn't always easy. In March when there is still snow on the ground, a runny nose has to be caused by a cold or flu virus, right? It would make sense, except that some notorious irritants like maple trees are budding out and blooming that early—releasing the pollen that for many causes allergic reactions. To complicate things further, allergies produce conditions in the human respiratory tract that are inviting to viruses and bacteria. What starts out as an allergic response can end up as an earache, cold or sinus infection.

Sometimes it's easy to know the cause. For example when the entire family is sick at the same time; you can assume that 'the crud' is to blame. But other times it's less obvious. Look at the chart below and see how colds and allergies can affect us differently.

What are environmental allergens? They are substances that occur indoors— like mold and mildew spores, dust mites and pet dander; or outdoors—like tree and plant pollens—that trigger allergic responses.

It is important to find out if your child is suffering from allergies for several reasons. When exposed to an allergen our body tries to get rid of the substance by sneezing and creating mucous. As mentioned above, this sets the stage for bacterial and viral infections. Kids with allergies can go from one infection to another. In addition, children with allergies can struggle with inadequate and poor quality sleep. And lastly, there is a connection between allergies and asthma. Not all children who have environmental allergies develop asthma, but some do. There is a trio of interconnected conditions at work here: eczema, allergies, asthma. The connection is real but not yet fully understood.

Many outdoor allergens are seasonal and affect people in the spring or fall. Indoor irritants can affect people continuously. Keeping track of the time and circumstances that your child has the most trouble can yield an important clue. Other things to look for are a perpetually runny nose, itchy, watery eyes, snoring and sleep issues.

If you suspect that there might be more behind your child's runny nose than just another cold, discuss it with your pediatrician. There are simple tests that can determine whether or not your child has allergies. Most importantly, there are many ways to lessen your child's physical symptoms to make her more comfortable and help prevent repeated infections.

Characteristic	Cold	Allergy
<i>Duration</i>	Three—14 days	Days to months—as long as you are exposed to the allergen
<i>Time of year</i>	Most often in winter but always possible	Any time of the year but can also be seasonal
<i>Onset of Symptoms</i>	Symptoms appear in a few days after infection with the virus	Symptoms can begin instantly with exposure to the allergen
Symptom	Cold	Allergy
<i>Cough</i>	Often	Sometimes
<i>Aches</i>	Sometimes	Never
<i>Fatigue</i>	Sometimes	Sometimes
<i>Fever</i>	Rarely	Never
<i>Itchy, watery eyes</i>	Rarely	Often
<i>Sore throat</i>	Often	Sometimes
<i>Runny or stuffy nose</i>	Often; usually yellow mucous	Often; usually clear mucous

(Chart adapted from WebMD)

Ooodles of noodles with Zoodles!



Whether you call them zoodle-makers, or spirallizers or anything else, a trove of new kitchen gadgets seems to have materialized overnight. You know the ones, a device that turns zucchini, carrots or raw potatoes into mounds of 'noodles'. Not only are they just about everywhere you look, but there are many different models that range in price from \$4 to \$40, or more.

And, believe it or not these things actually work, for the most part. The ones priced in the middle-of-the-road work quite well and provide you with the veggie noodles you want but never knew you needed.

All joking aside, slightly sautéed zucchini noodles covered with your favorite spaghetti sauce, coupled with a pair of turkey meatballs make a delicious and low carb summer supper. You can always add some carbs back in with garlic bread and if you peel the zucchini before zoodling, your kids might never know the difference.



The creativity doesn't end with pseudo-spaghetti, either. The April issue of *food network magazine* features this concept and shares several recipes for using carrots, sweet potatoes,

asparagus and the aforementioned zucchinis. Why bother with this at all? Because it creates another opportunity to get more vegetables into your family's daily diet.



The recipe for Carrot Noodles with Spicy Peanut Dressing can be found in the April issue of *food network magazine*

Something new is coming to PYAM...



...And it's Just around the corner!

The practice will be using a completely new EMR System beginning May 8th that will have some great new features like these:

- Patient portal
- Emailing to providers
- Billing payment online

There will be more information available as we get closer to our target date.