



Pedia Tracks



Tracking What's New For You!

Summer 2016

FATHER'S DAY
SUNDAY, JUNE 19th



DOES YOUR SON OR
DAUGHTER NEED A
PHYSICAL EXAM

DON'T WAIT!
CALL SCHEDULING NOW
651-256-6714

AND DON'T FORGET
YOUR PAPERWORK

Inside This Issue

- 1 Summer Health Concerns
- 2 FLU MIST 2016-2017 INFLUENZA SEASON
- 3 Hot Town, Summer in the City
- 6 Terrible, Horrible, No Good, Very Bad Plants
- 8 Nutritious, Delicious, Very Good Plants

Summer Health Concerns

Late summer presents some potentially dangerous health issues for both children and adults. You might have heard something about these things on the nightly news. As usual, the more you know, the less you have to worry about your family's safety. Here is the low down on a few things that can crop up in the summer.



There is a new tick in town—the lone star tick—that is capable of transmitting **erlichiosis** and **STARI**, two Lyme's-like diseases that produce flu-like symptoms. Ehrlichiosis rarely produces a rash but STARI, also known as Southern Tick Associated Rash Illness, sometimes generates a 'bull's eye' rash

like Lyme's. Both diseases are easily treated with antibiotics, especially with an early diagnosis.

A singular concern with ehrlichiosis is that it can temporarily cause individuals to have an allergic reaction to meats, such as beef, lamb, and pork. The severity of reaction can range from hives to anaphylaxis. It should be noted that this allergic condition is thought to be very rare.

Lone star ticks differ from our native dog and deer ticks in other ways. Mostly, they are much more aggressive and don't wait to accidentally land on mammals who happen by. Instead, these guys are out actively hunting for a host. In the past, this species of tick had only been seen in southern states. Recently there have been sightings in Wisconsin, increasing in number each year. At present there have been no sightings in Minnesota. Lone star ticks are easily identified by the white circle on the middle of their back. Judicious use of insect repellants that contain DEET, permethrin or picardin can help protect everyone from ticks and mosquitoes. Check out the article on our website:

www.pyam.com.

The use of repellants brings up another topic of concern—mosquito-borne **West Nile Virus**. This disease is relatively new here, first appearing in 2002. It tends to be a seasonal issue most prevalent July through September when the West Nile mosquito is most active. In 2015, the first case was reported in July in Murray County. The western and central counties of Minnesota have the highest populations of this species of mosquito.

The good news is that 80% of all West Nile infections are subclinical which means the person will have no symptoms and no illness. When people do become ill, they have flu-like symptoms such as fever, headaches, fatigue, muscle pain or aches, malaise, nausea, vomiting, and rash. This is known as West Nile Fever. Only one percent of these infections will result in encephalitis or meningitis which are, of course, extremely serious with a 10% mortality rate even today. All tick- and mosquito-borne illnesses can be largely prevented by using insect repellants, especially at dusk and dawn when mosquitoes are most active. For concerns about Zika Virus (another mosquito-borne illness) see the article elsewhere in this issue.



Another problem we see this time of year can't be avoided by sprays or any other repellant. It is a condition that *can* occur in our lakes during hot weather and is usually a benign part of the lakes' food chain cycle. Different species of algae are always present in our lakes and are simply food for other animals. During the hottest weather, residential and farm run-off spills large amounts of phosphorus into the watershed fueling a 'bloom' of blue-green algae. Another name for

these algae is cyanobacteria and when conditions are right an unknown mechanism causes the bacteria to produce toxins that are harmful to pets and people alike. When this happens the event is known as an HAB or harmful algal bloom.

ATYPICALLY this bloom can happen at any time of the year after ice-out—even as early as late May.

What makes these blooms so dangerous is that they look like just blooms that don't produce toxins. You can't tell by looking at a lake. The DNR cautions 'When in doubt, get out.' Another barometer is if you can't see your feet when standing knee-deep in water get out and stay out until the water clears. The shallow water near the shoreline contains the highest concentrations of the toxins that cause skin and eye irritation, vomiting and diarrhea, and even liver damage. Use caution and common sense when near water during the dog days of summer.

Lastly, a fatal amoebic infection (*Naegleria fowleri*) can happen in small, shallow bodies of water where the water temperatures are high. The easy way to avoid exposure to this one is to keep kids and animals out of small bodies of water, especially in late summer. Don't take chances with this one. While the infection is rare in Minnesota and Wisconsin, the outcome is always death.

FLU MIST 2016-2017 INFLUENZA SEASON Advisory Committee on Immunization Practices (ACIP)

On June 22, 2016, the Advisory Committee on Immunization Practices recommended that Flu Mist not be used in the 2016-17 influenza season due to poor effectiveness. The Centers for Disease Control and Prevention (CDC) and the American Academy of Pediatrics (AAP) are supporting this recommendation.

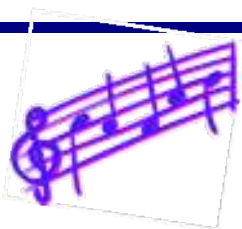
PYAM will also be supporting this recommendation given by the ACIP, CDC, and AAP, and has cancelled all orders for Flu Mist. We are reaching out to our vendors and hope to be increasing our supply of the injectable thimerosal-free influenza vaccine so that all PYAM patients can be vaccinated during the 2016-2017 influenza season. At this time, we will receive a limited supply of the influenza vaccine this fall, and have been put on a waiting list with several vendors for more vaccine as it becomes available.

We understand that the absence of the Flu Mist is likely to be disappointing for many of patients. PYAM strongly believes that every child should be vaccinated with the Influenza Vaccine. Please watch our web site at www.pyam.com and our face book page for updates on the Influenza Vaccine.

Thank you,
PYAM Providers and Staff



Hot Town, Summer in the City



Every year, quaint, quiet, Saint Paul explodes into one rocking little river town—hosting a summer full of outdoor music festivals. Don't worry if you miss your daily workout—just slap on your boogie shoes, head downtown and move to the music. Is there any other form of exercise more fun than dancing?

[The Minnesota History Center's Nine Nights of Music and Dance](#), now in its twentieth year, stands out from other events for a number of reasons. First, the series runs every Tuesday night during July and August. Then, different styles of music are performed on each of the nine evenings. Finally, dance instructors from Tapestry Folk Dance Center arrive half an hour before the band starts, demonstrating that evening's dance style and providing free dance lessons. What a sweet deal—free music and free dance lessons. This July and August reserve your Tuesday evenings for the hottest venue in town at the Minnesota History Center.



Bossa Nova, Salsa, or Cha Cha? Be there this summer and you won't have to guess what dance step is being taught.

Arrive early to enjoy free admission to the museum galleries from five until eight pm and to secure a parking space in the History Center's parking lot. Bring your own lawn chairs, blankets, beverages and picnic suppers or grab something from the Café Minnesota terrace grill. Then, sit in the shade or picnic in the sun on the grassy bank, but be sure to get out onto the dance floor!

The relaxed atmosphere of these concerts is a super way to expose yourself and your kids to styles of music and dance you might not know existed.



Elvis suggested, "If you can't find a partner, grab a wooden chair..." or you can just groove by yourself as this young lady demonstrates.

This free series is presented by Xcel Energy with additional support from MPR and Tapestry Folkdance Center. For more detailed information about the scheduled performers listed below, see the History Center's website. The site also offers information about additional parking suggestions and rainy weather arrangements.

2016 Schedule for Nine Nights of Music At the Minnesota History Center

- Tue. June 28 Chords Karma Band
- Tue. July 5 Divas Through the Decades
- Tue. July 12 Rondo Night with Bruce A. Henry & Friends
- Tue. July 19 Lush Country with Dan Chouinard, Prudence Johnson and the New Shoes
- Tuesday July 26 ADA Night with Tamarak
- Tuesday August 2 Itchy Fingers
- Tuesday August 9 Tim Patrick and his Blue Eyes Band
- Tuesday August 16 Mariachi Mi Tierra
- Tuesday August 23 Tjärnblom
- Tuesday August 30 Wild Colonial Bhoys





"The Twin Cities Jazz Festival perfectly represents what we're celebrating... here in Saint Paul. Our streets fill with people, our clubs become packed with crowds, and some of the best musicians in the world come right here to Saint Paul!" ~Mayor Chris Coleman

Now in its 18th year, the Twin Cities Jazz Festival draws over 40,000 spectators to the environs in and around St. Paul's Lowertown. Just as Chris Coleman called it, the finest jazz musicians in the world participate in this festival that helps keep Jazz a vibrant musical force. 2016 is no exception, with the following musicians playing the AARP main stage in Mears Park:

Jazz Patriarch and Pianist **Ellis Marsallis** and his quartet
Delfeayo Marsallis trombonist and music producer
 Guitarist **Russell Malone**
 Guitarist **John Pizzarelli**
Michael Franti and Spearhead
 Jazz piano wonder-kid **Joey Alexander**

In addition to that incredible list of headliners, there will be eighty (80) local groups and musicians playing in clubs, bars, hotels and parks during the three days of the festival. Some, like Butch Thompson and the Wolverines with Maud Hixson were frequent guests on Garrison Keillor's "Prairie Home Companion." Other performers might not be as well-known, but none are lacking talent or virtuosity.

Obviously, with that many performers playing over a three day period throughout Saint Paul, there isn't space in this article to name all the groups or list the schedule of who is playing where and when. To get that information you will have to visit the TCJF website or facebook page.



JULY 22nd & 23RD

Fans of funk, fret not. The Lowertown Blues Festival has expanded its repertoire to include one full evening of that delicious, but impossible to define, style.



Friday Funk Night offers **The Family Stone, Otis Day and the Knights, and The Good, The Bad, And The Funky**. Quick thinkers will have figured out that The Family Stone includes members of Sly and the Family Stone and that Otis Day's group was in the film National Lampoon's Animal House. The last group featured is a local band whose world-class vocals, five-piece horn section and soulful rhythm blows audiences away.

Things heat up further on Saturday when **Booker T Jones**, of Booker T and the MGs, takes the main stage in Mears Park. One can only hope that he brings his Hammond M3 and finds a way to sneak 'Green Onions' into the program.



Other featured musicians are **Corey Stevens, Bernard Allison Group, The Butanes Soul Revue, Lil' Ed & the Blues Imperials**. Playing Saturday on the Juke Joint Stage will be **Kim Simmonds** of Savoy Brown, Songwriter and guitarist, **Joel Zoss**, and **Hurricane Harold & Doug Otto** on mouth harp and guitar, respectively, intermixing old school country blues along with their own original works.

[This is one weekend when St Paul will have the blues.](#) [Music in Mears](#) has thirteen years of experience bringing top local groups and performers to lovely Mears Park. The concerts are scheduled on all Thursday nights from June ninth through August 25th.

The June 23rd concert is part of the Twin Cities Jazz Festival (elsewhere in this article.) While all the concerts are free, tax deductible donations are welcome. You can go to the Music in Mears website to find out which the bands are scheduled as well as which food trucks are expected on any given Thursday night.

Rhythm in Rice

New in 2016! Friday nights in St Paul's Rice park will present world music featuring local bands and artists. The action starts at six and goes until nine pm. For a listing of artists, street vendors and food trucks, you guessed it—go online.

Lastly, if your musical preferences run toward the ethnic, here are some ethnocentric events that are sure to please:

German Fest:



Coming up with possibly the best tag line ever— **“If polka’s wrong we don’t want to be right”**—this family-friendly version of Oktoberfest celebrates German culture and heritage through food, crafts, music and yes, dance. Brush off your lederhosen and dirndls

before driving over to the Historic Schmidt Brewery at 900 7th St West, St Paul June 17-19

Irish Fair:

Not all Minnesota settlers came from Nordic countries, as St. Paul’s Irish sons and daughters are happy to point out. Now in its 16th year, the Irish Fair draws top local musicians as well as international stars from the old sod. Visit a traditional tearoom or browse through the Celtic market for food, jewelry, crafts and so much more. This rollicking weekend is a popular event which draws large crowds every year. Harriet Island, Saint Paul August 12-14th



India Fest:



Featuring Indian cuisine from local restaurants, live Bollywood music, dance performances, cultural displays, and a large bazaar, with henna, face painting, kite flying and chess. Sports fans who attend might be able to find someone who will be able to explain the rules of cricket while you watch a live match.

The State Capitol Lawn, Rev Martin Luther King Jr. Blvd St Paul August 20

Japanese Lantern Lighting Festival:



This one-day-only event features demonstrations of traditional Japanese culture, crafts and music. Not much dancing at this one, but the festivities culminate after dark with lighting paper lanterns to float on the dark waters of the pond—a sight so beautiful we just had to include this one. There is a modest fee of \$5 adults and \$3 children, but this celebration is worth every penny of the cost. Check the park’s website for more details.

August 21st at Como Park’s Marjorie McNeely Conservatory.

Bigger, fancier cities have nothing on St Paul when it comes to summer music festivals. The depth of talent and the broad scope of styles are enough to prove that point! In addition, most of these events are free and sensitive to families with young kids. No excuses not to get out and enjoy the fine weather along with some great music and dancing!

Summing up Summer in St.Paul:
Tuesdays.....Minnesota History Center
Thursdays.....Music in Mears
FridaysRhythm in Rice
June 23-25.....Twin Cities Jazz Festival
July 22 & 23.....Lowertown Blues and Funk Festival
June 17-19.....German Fest
August 12-14....Irish Fair
August 20.....India Fest
August 21.....Japanese Lantern Lighting Festival



Terrible, Horrible, No Good, Very Bad Plants



Not only have plants been around longer than humans, but they also have wider diversity and greater complexity than we do. For example, the loblolly pine tree's genome is seven times longer than ours.

Plants might outnumber us, but we have made them serve us— for food, shelter, medicines and decoration. In addition, it is plants and their products that keep paper and fabric mills in business. So with all that going for them what makes a 'bad' plant bad?

That can depend on whom you ask. People with food allergies such as wheat or peanuts would think those plants are bad. But for most people, wheat products and peanuts are dietary basics. So it really isn't accurate to define them as 'bad.' There are other plants though, that are toxic for all people if ingested. That is surely one way in which a plant could be defined as bad. Other plants are 'bad' because they cause rashes, burning, or pain when they come in contact with our skin.

The last issue of *PediTracks* had an article about unsafe substances in the home and houseplants were briefly mentioned. Many houseplants have chemicals that can cause sickness or even death **so it is best to just assume that all houseplants are poisonous if ingested.** Toddlers are naturally curious and will put anything they come across into their mouths. Therefore it is important to keep plants out of their reach, even if that means going without houseplants for a time.

Toxic Indoor Plants

Dieffenbachia varieties are common tropical houseplants that are sometimes referred to as 'dumb cane' because the sap contains crystals of calcium oxalate which causes numbing, pain and swelling of the mouth and throat when leaves are bitten into. **Dieffenbachia** is described as a plant with medium toxicity but it can be fatal for pets who chew the leaves. Because the toxins within the plant are so fast acting, children usually spit the leaves out very quickly, minimizing the amount of toxin they take in.



The toxicity of houseplants is of greater concern because babies and toddlers gain mobility before they have learnt not to chew on everything they come across. In addition, their low body weight means that they can ingest a relatively small amount of a toxin with a devastating effect.

Toxic Outdoor Plants



Three deadly beauties: Monks-hood, Foxglove, and Queen Anne's Lace

Sure, there are landscape plants and common weeds that are toxic enough to drop a horse, literally, but by the time kids get outdoors unsupervised for any length of time they are typically old enough to know not to eat plant leaves or flowers. One word of caution though, is that even older kids might try tasting berries of plants and berries can be as—or more toxic—than other plant parts. This is why parents need to stress with their children the need to always ask permission before eating anything, especially something from outside.

Outdoor Plants Harmful to Skin

In this part of the world, poison should be considered the poster child for plants that are bad for human skin. Curiously, a few people are immune to the chemical irritant in poison ivy but if you are unsure, always assume that you will be one of the unfortunate ones who develops the painful, itching, blistering rash that contact with this plant causes. Poison Ivy isn't really ivy, but it is a woody vine and can reach three feet or more. The woody stems persist all winter just like any other hardy shrub or vine. People need to stay away from the stems and the white berries, as well. Even after contact with the plant, washing the skin within 15 to 20 minutes with soap and COLD water or rubbing alcohol will prevent or moderate the rash. Over the counter poison ivy soaps do the same thing. They don't take up much space and are a great addition to summer first aid kits.



Pretty flowers and tempting red berries of nightshade--all parts poisonous if eaten.



'Leaves of three, let it be,' teach kids early on how to identify poison ivy leaves and berries. Did you know that poison ivy develops a beautiful bright red fall color? Or that all plant parts contain the oil that causes the rash?

Home remedies work well enough for mild cases but when a large area or the face is affected, contact your provider or take your child to an urgent care facility for steroids that will help treat the rash faster than calamine lotion or caladryl alone. Other helpful treatments include oatmeal baths and baking soda along with over-the-counter anti-itch creams.



Here are two images of rashes caused by poison ivy. Contrary to popular belief, the watery blisters don't increase the spread of the rash, nor can one person give the rash to another.

While one person can't infect another person with the rash—their clothing can! So if you suspect a family member was exposed to poison ivy wash his garments with regular laundry detergent at the highest temperature setting. Remember to handle the unwashed clothes with rubber gloves. This might sound like overkill, but the urushiol oil from poison ivy can remain active on clothing a year or more.

Like poison Ivy, stinging nettle contains an oil that causes a painful burning sensation. The best treatment is to very gently wash the affected skin with COLD water --excess scrubbing and warm water just drives the offending oil deeper into the skin tissue, intensifying the discomfort. Contact with nettle can cause irritation but doesn't cause a rash like poison ivy.



Stinging nettle lives up to its name.



Perhaps you remember stepping on a thistle while running around outside barefooted. Bull thistles are fuzzy looking and have the misleading appearance of a velvety texture. This plant's basal rosette can be very low and is easy to miss with

the eyes, but causes instant pain when touched or stepped on. Canada thistles tend to grow in huge patches and are also unpleasant to step on or rub against with bare skin. Both of these plants can leave thorn-like parts under the skin that will need to be tweezed out or allowed to work their way to the surface of the skin.

Sand Burs-- If you think legos are the worst things to step on with bare feet—check out these bad boys.



All in all, plants make our survival possible. This summer, teach your kids how to enjoy our beautiful green world while keeping their skin safe.

~CORRECTION~

PYAM would like to clarify statements made in our Spring 2016 Newsletter. While Dr. McMahon of Allergy & Asthma Center of Minnesota does practice out of some of our offices, he is *not* a PYAM provider. He is one of the many specialists who our patients are referred to see. However, each specialist has their own list of accepted insurances, and each insurance has its own rules on accepted specialists. If you speak with your PYAM provider and he or she recommends that you see a specialist, we encourage you to please call the PYAM Referral Department at 651-227-7806, opt 7. The Referral Department would be happy to assist you through the referral process. We then recommend that you follow up with your insurance company PRIOR to making an appointment to confirm that the providers you were referred to are in network and that you have appropriate coverage for services.

We apologize to all affected parties for any inconvenience or confusion the article may have caused.

Nutritious, Delicious, Very Good Plants



You might not think that a cool, crisp salad needs to be improved, but someone in your family might. So here are our favorite ideas for giving salads extra flavor and nutrition. Always remember to go easy on the dressing which can be high in fat and calories.

1) **Romaine** – romaine lettuce has large, crisp leaves that provide a crunchy texture sharp flavor making it the perfect selection for Caesar salads. It has a decent shelf life in the refrigerator and can be found in both green (the more common) and red varieties. 2) **Arugula** – arugula lettuce has a peppery, pungent flavor that goes great with milder greens as a contrast flavor. At some stores you can find arugula sold on its own, but it is usually found in pre-made spring mixes. 3) **Radicchio** – radicchio has a beautiful purple color with a bitter, peppery flavor when eaten alone, but goes well mixed in with milder greens. 4) **Watercress** – watercress is a peppery green that goes great in salads, sandwiches, and in soups. It also makes a great garnish for any meal. Watercress is highly perishable so it is recommended that you use it as soon as you buy it. 5) **Butter** – Butter lettuce (or Butter head lettuce) consists of both Bibb and Boston lettuces. These lettuces have soft tender loose leaves that can be used in salads, on sandwiches, or as a bed for other dishes. 6) **Bibb** lettuce tends to be smaller, more flavorful, and more expensive than Boston lettuce. **Leaf lettuce** comes in both green and red tip varieties that can be used interchangeably. Leaf lettuce has a tender, sweet, mild flavor that makes them versatile for any salad. 7) **Mizuna** – mizuna lettuce is a Japanese green that has tender leaves with a pleasant peppery flavor. Mizuna lettuce is commonly seen in spring green mixes. 8) **Endive** – endive lettuce is a category that includes Belgian endive, curly endive, and escarole. Belgian endive has crunchy, bitter leaves usually used to make hors d'oeuvres but can also be chopped up and added to salad. Curly endive / Frisee is also a crisp bitter green that can be used in salads or as a side dish. Curly endive is often seen on salads to add visual interest over flavor. The outer leaves are more bitter than the paler, tender, and mild inner leaves. 9) **Iceberg** – Iceberg lettuce is known for its crisp texture and long shelf life in the refrigerator. However, iceberg lacks most of the flavor and nutrients that other lettuce varieties contain

- See more at: <http://www.eatchicchicago.com/blog/2010/01/23/lettuce-varieties/#sthash.BEvH2pwm.dpuf>



Other ingredients for happier salads

- Many kids who refuse to eat tomatoes will eat the smaller, sweeter grape tomatoes. These are as fun to grow as they are to eat!
- (Like grapes, they should be at least quartered for kids under four years of age.)
- Sugar snap pea pods or snow pea pods cut in half are sweet and crunchy additions to salads.
- Chunks of creamy avocado add beneficial fats and nutrients.
- Sunflower seeds, pumpkin seeds or sliced almonds add flavor, protein and interest.
- Craisins—does this require any further explanation?
- Cut up fruit—either fresh or canned.

