



Pedia Tracks



Tracking What's New For You!

Spring 2016

Mother's Day Sunday, May 8, 2016

Making the decision to have a child is momentous.



It is to decide forever to have your heart go
Walking around outside your body.
~Elizabeth Stone

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Spring Allergies



The pale blush of reddish orange seen on these trees is actually maple trees flowering; those flowers produce pollen long before leaves appear.

It might sound crazy but springtime environmental allergies can start to affect people while there are still patches of snow on the ground. This is because some trees, like maples, begin pollinating quite early in the year, and it is their pollen that causes the irritation.

Snow mold is another culprit and also starts causing problems in very late winter and early spring, as snow melts and patches of ground become exposed.

Pediatric and Young Adult Medicine now partners with Dr Douglas McMahon—a board certified Allergy Specialist of the Allergy and Asthma Center of Minnesota.

If you think your child suffers from spring seasonal allergies, call the Maplewood, Eagan, or Lake Elmo office to schedule an appointment.



SAY WHAT? THE ST PAUL OFFICE IS MOVING?



Our new St. Paul office location:

**1804-7th Street West, Suite 200
In the Wings Financial Building at
W7th St and Montreal Ave
Saint Paul MN 55116**

Attention all parents!

Cut out this photo and stick it on your refrigerator for a handy reminder that as of June 1st, 2016, the Pediatric and Young Adult medicine **Saint Paul office** will be practicing at a new location.

We are sure that many of our parents and patients share memories of the twenty years of practice at our current location. Still, we are pleased to be relocating to a beautiful new facility that is located in the same West Seventh Street neighborhood.

The address is new but the phone numbers and excellence of care will remain the same.

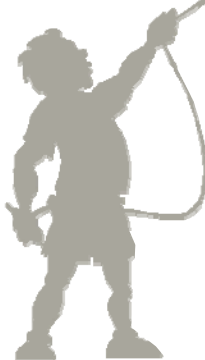
Some 'Old School' Fun and Exercise

Sometime in March, the snow pack starts to dwindle baring sections of lawn, sidewalk and driveways. As the sun creeps farther north, more and more surfaces open up putting an end to sliding and snow forts. The lawn that emerges is too fragile for heavy traffic, so what can kids do for outdoor big muscle activity? How about going retro with jump ropes and hula hoops?

There is much to be said for these simple childhood pastimes: they can be performed in a limited amount of space; they can be solitary or group activities; the required equipment is inexpensive and readily available; and the fun can move indoors on rainy days. And best of all using a jump rope or hula hoop is fat-burning, core-building exercise disguised as fun.

One great method to get kids into an activity is to do it with them; maybe not every time, but it certainly helps with younger kids, or to introduce something new. Most boys can be talked into jump rope when you explain that boxers and wrestlers rely on this exercise for stamina and agility. If you, as a parent, are interested in toning up, there is a new generation of jump ropes and hula hoops available that will ramp up the exercise aspect for you.

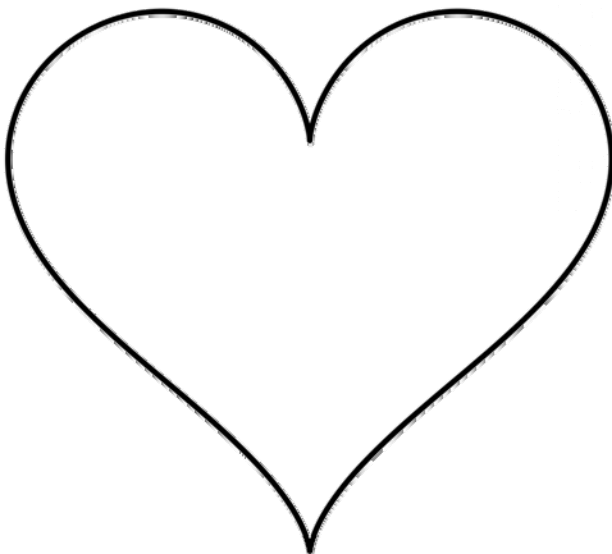
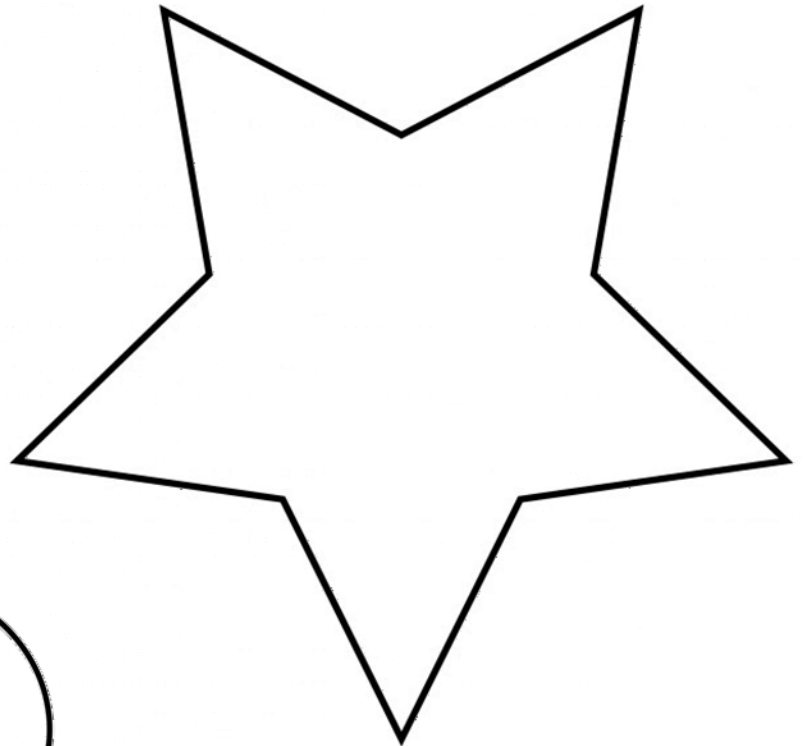
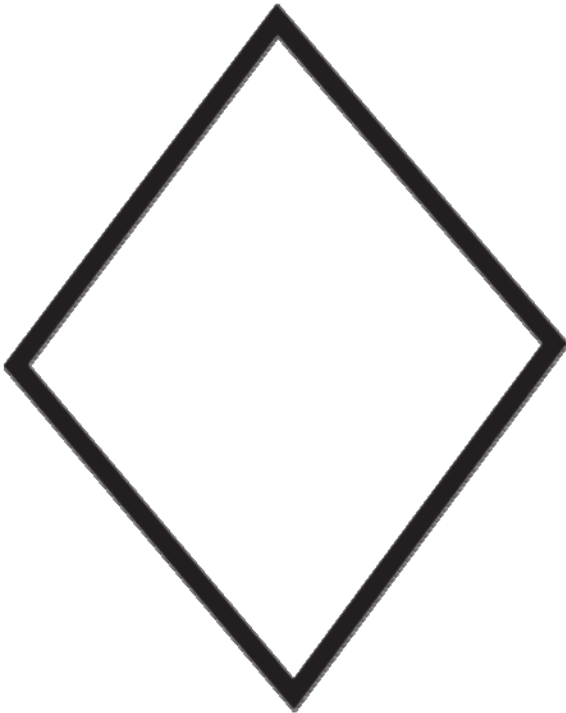
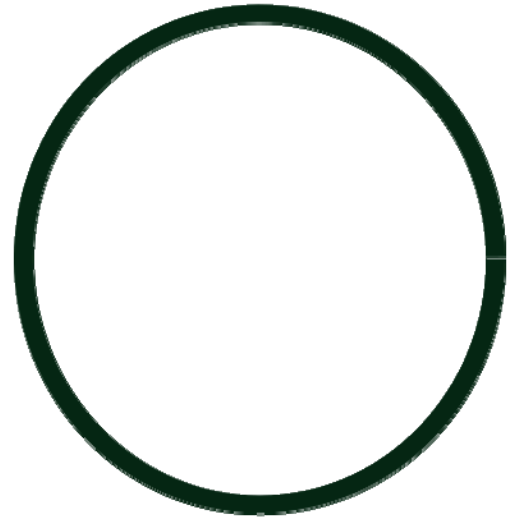
Kite flying is also a time-honored springtime activity that requires big spaces, like a public park or open field. The seasonal changes in the jet stream provide the windy days needed to get kites aloft and keep them there. Even if you and your kids don't win any competitions (some of us lack the kite-flying gene) you will all be getting a good workout running around outside. Celebrate **National Kite Month during April**. Whatever your skill level, remember that the best time for flying kites is during a steady, moderate wind. If your gang tries to convince you there is nothing to do except watch TV, tell them to go fly a kite—and mean it!



GOT GLITTER?

Mother's Day Crown Activity

Make a headband measuring 2" by about 24" out of yellow construction paper or whatever paper you have available in your house at the moment. Help kids select shapes below to cut out for the 'jewels' on your crown. Print out photos of your kids and paste to the jewel shapes, then, paste the jewels to the headband. Embellish with glitter, stickers and bling for final touches. Wear this very special crown for Mother's day breakfast at home, or out to brunch if you aren't shy.



Toxins in the Home

Who doesn't grumble about tamper-proof packaging when struggling to open a food product? It sometimes seems that the regulations for safety have gone too far. And yet, hundreds of children ingest poisons every year resulting in life-threatening injuries and, too often, death. Every day, people use products in their homes that are toxic to pets, children, and even adults.



Let's start the conversation where the problem begins: babies. New parents might not know that babies can go from one stage to another with surprising speed and without giving fair warning. As soon as your baby is able to roll which is often at 3—4 months of age, that's the time to start child-proofing the premises. This is definitely one time when you need to be ahead of the curve—there are no do-overs or second chances.

Electric outlets and cords should be first on the list, followed by blocking off stairs and other off-limit areas. Applying padding to the sharp corners on coffee tables and consoles prevents injuries when baby tries to stand up. Once your baby has mastered locomotion, it is time to get really serious with protective measures. Even very young toddlers and babies who are still crawling can figure out how to open kitchen cupboards and sliding closet doors. These are the places where they can encounter any number of dangerous and even lethal substances.

Curious toddlers and preschoolers are even more mobile, so be sure to lock even top cabinets and to keep counters and tables free of dangerous items. Did you know that the average two year old can open a 'child-proof' bottle in 30 minutes? Older kids can mistake pills for candy so it's good to teach children to always ask first before eating anything new or different.



There are so many kinds of low-cost devices to keep children away from harmful substances; there is no excuse for not using them in your home.

- Toxins in American homes now account for 90 percent of all reported poisonings each year.
- Across the United States, around 800,000 kids are rushed to emergency rooms each year because of accidental poisoning and chemical burns caused by caustic products like drain openers.
- Thirty of those children will die.
- Certain heart and pain medications are so potent that a single pill can kill a small child.
- Grandparents often take heart and pain meds and 100,000 children are poisoned annually from their grandparents' medications, accounting for 10-20% of all medication poisonings.
- Of the 2.4 million people who swallow or have contact with a poison each year, more than half are under age six.
- Statistics don't tell the full story: many children who don't die from a poisoning episode are left with permanent organ damage or other injuries that alter their lives forever.



Deadly look-alikes: detergent pods look just like candy to child, only they can be lethal if eaten.

In gathering material for this article it soon became clear that there is an overwhelming amount of statistics, reports and articles on this subject. Home poisonings are well documented and studied. Sadly, the only thing that accounts for the continued rise of pediatric home poisonings is the lack of preventative measures taken by parents and caregivers.

One final caution to hunters and gun enthusiasts:

Feel free to exercise your first amendment rights to own and bear arms but please store guns in lock boxes; store guns and ammunition separately; and keep **blue gun cleaner** locked away with either the gun or the ammunition. **BLUE GUN CLEANER IS AS LETHAL AS A BULLET IF INGESTED, WITH A 100% FATALITY RATE**



E-Cigarette vials come in an assortment of shapes, sizes, and flavorings. Some companies are switching to child-proof packaging, but parents shouldn't rely on that to protect their children.



Nicotine gums and lozenges that are used to help people quit smoking cigarettes must be considered dangerous to all children. **Nicotine poisoning** results from ingesting too much nicotine. **Acute nicotine poisoning** usually occurs in young children who accidentally chew on nicotine gum. These products are available in fruit and mint flavors.

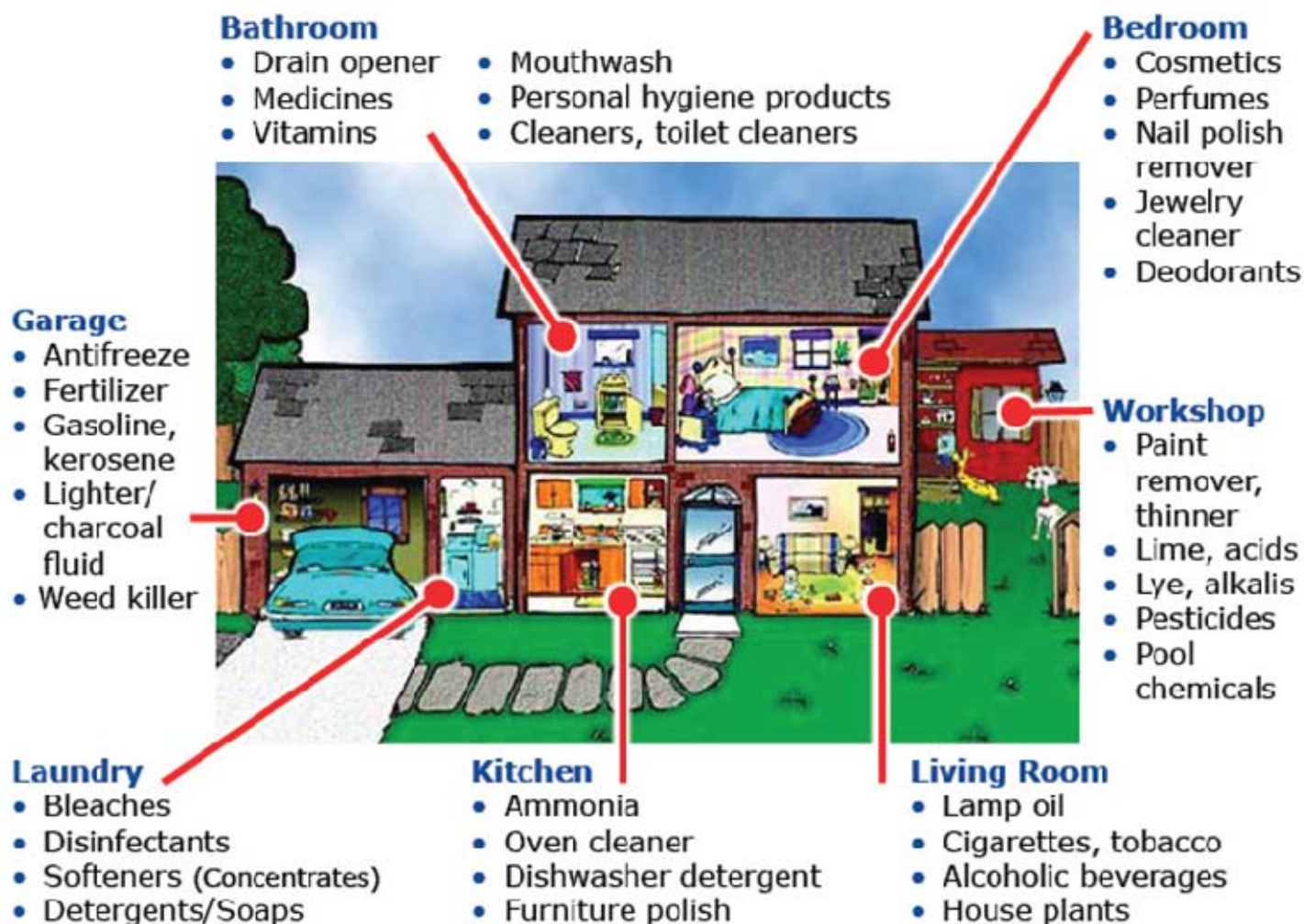
The best advice for parents and childcare providers is to be mindful of the child's abilities and try to be one step ahead of him.

Keep the poison control phone number on your refrigerator or on your cell phone, or both.

**FOR ALL INGESTIONS CALL POISON CONTROL
1-800-222-1222**

The following illustration of an average home and its contents gives a good idea of what items need to be kept away from small children.

To this illustration you should add two very dangerous new products: detergent and dishwasher pods and e-cigarette vials that contain refill solution. Another product that should never fall into little hands is nicotine chewing gum. Be sure to include these in your safety plans.



The time and expense of installing safety devices in your home is nothing compared to the consequences if you don't.

Welcome to a new provider: Anna Pokrzywinski, ARNP



Anna is a Pediatric Nurse Practitioner. She obtained her Master's of Science Nursing degree from St. Catherine University in 2015 and her Bachelor's degree in Nursing from Bellin College in 2009. Anna started her nursing career as an Air Force officer in San Antonio, TX, caring for the children of military families in a hospital setting.

She is certified through the Pediatric Nurse Certification Board.

Anna is a native to western Wisconsin and enjoys traveling, outdoor activities, singing, and reading. She is excited to build relationships with her patients and families, especially as they grow into happy, healthy young adults!

Anna will be joining us this spring as one of the regularly-scheduled providers in both Lake Elmo and Hudson, which will help keep those offices open and available to patients.

What You Might Not Know About Strep

Perhaps the one good thing about strep is that it is caused by a bacterium and therefore can be treated with antibiotics-whereas viral infections can't. But in spite of how common and widespread this contagious illness is, there might be things that you don't know about strep.

Strep Facts

- Strep throat **can infect almost anyone** but is most prevalent among school age kids.
- While there are peak periods of strep in spring and fall, the bacterium is always present and **kids can be infected anytime during the year.**

- Strep has a short incubation period and symptoms can occur in 1 to 3 days of exposure.
- Strep bacteria **can infect other body parts** like rectum, scrotum, and vagina.
- **Untreated strep throat can become dangerous** and cause scarlet fever, rheumatic fever, pneumonia, and infect wounds.
- **Rheumatic fever can permanently damage** heart valves, kidney tissue, and joints.

Strep Symptoms

- The classic symptom of strep infection is a very sore throat.
- There might be white specks on the tonsils and throat.
- Tonsils can be swollen.
- High temperature.
- Vomiting, especially in younger kids.
- When a body part other than the throat is infected, the area can be bright red with pain and/ or itching.

Diagnosis and Treatment

To positively identify strep, the infected area must be swabbed and cultured. There is a Rapid Strep Culture that gives a reading in 10 minutes and a 48 hour version as well. **PYAM doctors frequently do both** at the same time, because they know that some forms of strep might need the full 48 hours to show up.

- All strep cultures will be **read at 24 and again at 48 hours.** Parents will be notified if the culture becomes positive.
- Your PYAM doctor will prescribe the best antibiotic for your child.
- Is your child's sore throat strep or viral? The only way to know for certain is a culture.

Prevention

- Wash hands thoroughly with soap and water before eating or preparing foods.
- A child or adult diagnosed with strep should avoid school or work until 24 hours after starting on antibiotics.
- Keep wounds clean, and watch for signs of rapidly spreading redness, swelling, pain or drainage at the wound site. See a doctor immediately if a fever develops.

Spring Recipes

No matter what holidays you may or may not celebrate in spring—mild, sunny, Sunday mornings just beg for special breakfasts with a bouquet of flowers to brighten up the table.

One Nutritious Recipe...

Egg Bake

1 Cup ham cubed
8 Oz cheese shredded
1 Cup frozen asparagus (unthawed)
6-8 pieces cubed or torn up bread
(PYAM tester used 5 old hot dog buns, cubed, and this not only worked perfectly but was a great way to use up left-over hot dog buns!)
6 eggs slightly beaten
2 Cups milk
Salt and pepper
Spray bottom of glass 9X13 baking dish
Put bread on bottom of pan. Put ham, asparagus and cheese on top of bread. Lastly Add milk to eggs and pour this mixture over the top.



This is a great recipe for using up things like the last bit of a red or green pepper, or small amounts of different kinds of cheeses. If you want to add onions and peppers, sauté them first in a frying pan before adding them. You can use any other vegetable or meat. Bake in 350° oven for 45 to 50 minutes, until egg is set like custard.

...One Not So Much



Bird's nest candies are easy to make and require only a few ingredients.

Bird Nests (recipe#1)

1 (12 oz.) pkg. peanut butter flavored or butterscotch flavored chips.
1 Tbsp vegetable shortening
1 5 oz can chow mein noodles

Melt together chips and shortening in heavy saucepan over medium heat. Stir in chow mein noodles, mixing well.

Spoon approximately 3 tablespoons onto ungreased cookie sheet. Shape to form nests. Immediately press 3 candies into each center; cool. Makes about 18 nests.

Bird Nests (recipe #2)

1 (12 oz.) pkg. chocolate chips
½ cup peanut butter (chunky is better)
4 Cups chow mein noodles

Put chocolate chips into a large glass bowl. Melt in microwave. Take out and stir mixture. Return to microwave for 1 ½ minutes more or until chocolate is completely melted.

Add the peanut butter and stir well. Add the chow mein noodles and mix with two forks or spoons to get them evenly coated with the chocolate mixture.

Lay a piece of waxed paper over two cookie sheets. Drop golf ball size clusters onto the cookie sheets. Form into nests; add candies to center and let cool.

