

Pedia Tracks



Tracking What's New For You!

Winter 2016

Remember to Remember:

Don't be a homebody when there are so many excellent things to do outside in the winter. Just to remind you, here are a few:

- Lake Harriet Kite Festival
- Powderhorn Park Art Sled Parade
- USA pond hockey championships
- Red Bull Crashed Ice event
- St. Paul Winter Carnival
- Hudson WI Hot Air Affair
- Snowshoe, cross country skiing and skating at night in Eagan's Lebanon Hills Park and other parks.
- Ice fishing contests at several venues

Saying Good-bye to Dr Coyne



December 31st marks the close of 2016, but sadly, it will also be the close of Dr Terrence Coyne's years of practice with PYAM. We have been very fortunate to have him as a pediatrician with PYAM for 43 years.

Many parents who bring their children to PYAM saw Dr Coyne, themselves, as children. They knew that they could entrust him with the well

-being of their children based on their own experience.

They fondly remember his whistling birdcalls that distracted them when they were little, and also recall how he hugged babies after giving them shots.

Dr. Coyne summarizes his time with PYAM as a privilege, caring for so many beautiful babies; watching them grow throughout childhood, adolescence, and finally, adulthood, with families of their own.

In addition, he says, "I appreciate the loyalty you have shown to me throughout the years and hope you will extend that loyalty to other providers at PYAM...each of them has been an excellent partner, and they will provide outstanding care for your children."

"This has been a difficult decision to make, I will miss you...and I can't express how grateful I am for having been allowed to care for your children. I wish each of you the fullest of lives and the best health."



Drs. Balfanz, Baron, Leonard, Coyne and Skar, at a recent gathering.

Please join us in saying good-bye to Dr. Coyne and wishing him not only a Happy New Year, but also, a happy new beginning.



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New Developments in vaccines

There is a lot of well-deserved criticism of drug companies in the news these days (in particular, for overpricing.) And while there is just cause for this, it would be nice if the flip side of that was also reported on— namely some positive things about vaccine producers. Many people think conspiratorial thoughts about *big pharma*, the companies that produce medicines and drugs, and the possible under-the-table link to clinics and physicians. That is not the reality in the vaccine realm of the pharmaceutical industry.

The truth is that vaccine producers spend large amounts of money to develop and perfect the vaccines that are available today. That is important because diseases are living organisms that change, not some static creature that is always the same, and therefore always treatable with the same drug. This is not only true for antibiotics but also for vaccines. Below are a couple of examples of how vaccine manufacturers are continuing their effort to produce safe, effective products.

Prior to 2013, there were several known species of meningococcal meningitis which could largely be prevented with vaccines. Then suddenly, another strain appeared—one that was not prevented by current vaccines—but had the same destructive and potentially deadly effects. At this point in time researchers isolated the bacterium and went to work developing a vaccine that would protect high school and college kids from Serotype B meningococcal meningitis. The end product of that research was a vaccine that works. It is called Trumenba and it is available at all five PYAM offices. If you have a student who is leaving for college, please discuss this vaccine with your PYAM provider.



Although meningococcal meningitis is relatively rare, 1,000-2,600 cases reported are annually, one third of those are teens and young adults. Each year more than 200 persons die from it. Even with aggressive medical treatment, those who survive can suffer loss of limbs, deafness, brain damage and permanent neurological problems. It is, by anyone's standards, a very nasty disease. Another sad fact about meningococcal meningitis is that it can kill in less than 36 hours.

Because so many victims of meningococcal meningitis are high school and college students, many universities require vaccination for students who attend.

Finding a vaccine that protects against such a serious disease is decidedly a benefit to society.

HPV Vaccines



Another good thing that Research and Development departments have done lately is to continue testing of the already-existing HPV vaccine and developing a new version called Gardasil HPV-9 which covers more strains of the virus than the previous vaccine.

The newest development with the HPV/ Gardasil vaccine is research-driven data that shows only two doses of the vaccine are needed to protect patients aged 9 through 14. Teens and young adults who start the series of vaccination between the ages of 15 and 26 will still need a three-dose series for full protection.

Essentially, then, the manufacturers of this vaccine have worked to improve their product and to recommend using less of it (two doses versus three) whenever possible.

This is good news that didn't make the news.



Did You Know that PYAM has Saturday morning appointments available from **9am until 11:40am**? Phones open at 7:30am.

Safe and Snug all Winter long

The winter holidays provide feasting, fellowship and joy while breaking up an otherwise cold and grey time of year. For too many families, though, this same time of year brings unnecessary and avoidable tragedy in the form of fires, carbon monoxide deaths, and children burned by candles or injured by unsafe toys.

Simply living in northern regions predisposes people to greater risk from house fires caused by misused or malfunctioning space heaters, unsafe ductwork or clogged chimneys. The holidays heighten the risks with strings of lights, Christmas trees, and lit candles.

While we have all heard the warnings, it is easy to think that these things only happen to other people. The truth is that we are all the 'other' people.

Here is a brief list of safety checks from the Fire Marshall:

Holiday decorations: If you have a real tree, water it daily. Do not combine more than three light strings unless the product directions say you can. Do not overload electrical outlets. Keep wiring for lights hidden from children—it poses an injury risk, and may also contain lead. Check light strings carefully before putting them on the tree.

Candles: Place candles on a solid base, away from decorations and other flammable materials. Do not leave burning candles unattended, and keep them away from children. Consider using flameless (battery-powered) candles; they're attractive, safe—even scented—and affordable.

Heating and Fireplaces: Make sure your central heating system is clean and working properly. Use space heaters carefully—follow directions and keep them away from combustible materials. If you have a fireplace, keep the chimney clean and free of creosote. **NEVER burn** wrapping paper in your fireplace. Furnaces should have maintenance checks in the fall. Keep ductwork professionally cleaned on a regular basis.

Cooking: Stay on top of things when you cook—don't leave the stove unattended. Don't try to cook if you're sleepy, taking medications, using alcohol or otherwise impaired. Keep pressurized containers and flammable materials—including cleaning products—away from the stove. Keep your stovetop clean and free of grease. If you have a grease fire, **DO NOT** try to put it out with water; water will spread the flames. Don't move the cooking vessel. Instead, smother the fire with a lid or cookie sheet and turn off the burner.

Smoke detectors and Carbon Monoxide Alarms:

This one is easy—if you don't have them, get them, if you have them, test them every fall to check on the status of the batteries. The months when you are using your furnace is when colorless, odorless carbon monoxide can threaten your family. Side wall direct vents are another way for carbon monoxide to build up in your home, here's how:



Many homes and buildings are constructed without a vertical chimney. With this construction system, hot gasses are blown out of the building with a powerful fan. These fans are vented in different places on the building's exterior. Heavy snowfalls can block the escape of the gases and you can guess what the consequences will be.

Homes have fresh air inlets as well. These can get clogged and stop bringing fresh air into the home. If your home has one of those external vents, check them throughout the winter and make sure to keep them unblocked by deep snow. If you don't know, before or during the first snow of the season, would be a good time to determine if your home has a vertical chimney or side wall direct vents.

With a few common-sense safety checks each fall and again during the holiday season you and your family will be safe and free to enjoy the holidays in good health.

Discovering the Joy of Giving



Nostalgic and beautiful, this antique Christmas card reflects what most of us think about Holiday giving—but there are many ways to give and many different kinds of gifts.

We all want to raise children who understand the importance of charity and community. The holiday season provides many opportunities to demonstrate this to children, even the very young.

One way of helping kids understand the true meaning of giving is to donate time with them as a family at an organization like **Feed My Starving Children** or serving holiday meals at a **local church**, or **Salvation Army** location. Children understand the concept of being hungry and are usually pleased to help others who might not otherwise have a hot, nutritious meal. This important discussion is continued on the next page.

Another way to help kids understand the importance of giving of oneself is by helping them make simple gifts to present to friends and family members. What better place to start looking for ideas than the internet? It's hard to imagine what moms did for inspiration in pre-WWW.Com Days.

Gifts of goodies are always fun for kids to prepare and there is no shortage of ideas and recipes online. The recipe highlighted here is from England but there are probably other versions swirling temptingly through cyber space. And your favorite Christmas cookies and special baked items make welcome gifts. Today, stores stock pretty gift bags and boxes so you can present your goodies in style.

While the providers at PYAM always promote good nutrition, at the same time they recognize that foods are an important aspect to celebrations and realize that sweets are acceptable on special occasions.

Recipe for White Christmas Bark/Fudge

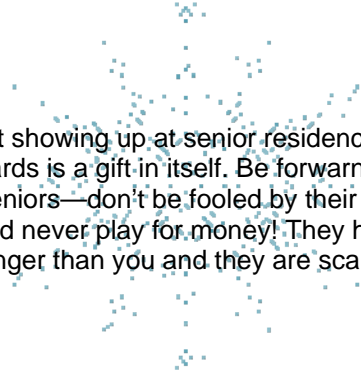
14 oz white chocolate broken into bits
2.5 oz heavy cream
2.5 oz shelled pistachios, roughly chopped
2.5 oz apricots, roughly chopped
1¼ oz raisins or sultanas (golden)
3.5 oz Craisins

- Line cake 13 X 9 cake pan with parchment paper let some paper come up to the top of the pan.
- Bring a pan of water to boil. Turn off the heat place the chocolate and cream into large bowl and place bowl over pan, making sure it doesn't touch the water. Let sit for 15 minutes stirring occasionally until melted and smooth.
- Add all other ingredients into melted mixture and stir until well mixed.
- Spoon the mixture into prepare container. And level the surface with a spatula. Put in fridge for two or more hours, until completely set.
- Remove from the container by lifting sides of parchment paper. Place on board and cut into pieces of desired size.
- Store in air tight container in fridge

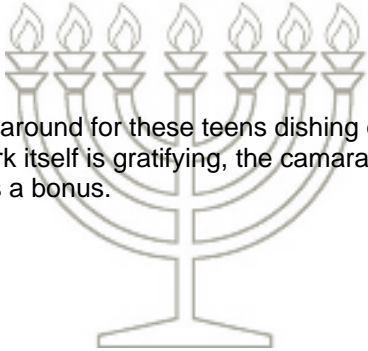




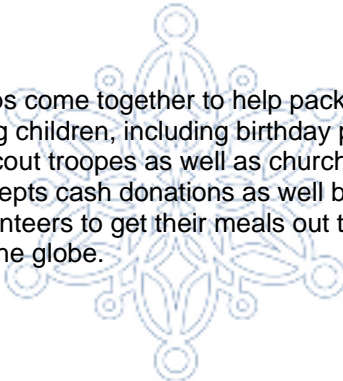
Sometimes just showing up at senior residence to share a meal or play cards is a gift in itself. Be forewarned about card-playing seniors—don't be fooled by their innocent appearance and never play for money! They have been playing a lot longer than you and they are scary-good at it.



It's smiles all around for these teens dishing out a hot meal. While the work itself is gratifying, the camaraderie with other teens is a bonus.



All sorts of groups come together to help package meals for Feed my starving children, including birthday parties, girl scout and boy scout troops as well as church groups. This organization accepts cash donations as well but really depends on volunteers to get their meals out to needy families across the globe.



Chances are there's a senior facility or residence not far from your home. Some church groups and individual families 'adopt' seniors who no longer have family to visit them.



Simple Gifts for Small Hands



Starlight Mint ornaments

Line your baking sheets with parchment paper and place starlight mints into cookie cutters. Bake at 375° for about 10 minutes. While still warm, use a straw or toothpick to

create hole for hanging, cool for a couple of minutes before removing from cookie cutters. Definitely allow kids to help with placing mints into cutters but for safety sake only adults should remove them from the cookie sheets.



Little ones are thrilled that they helped with these amazing ornaments or candies

Don't forget about popsicle sticks!



This little picture frame is simplicity itself and perfect for grandparents.

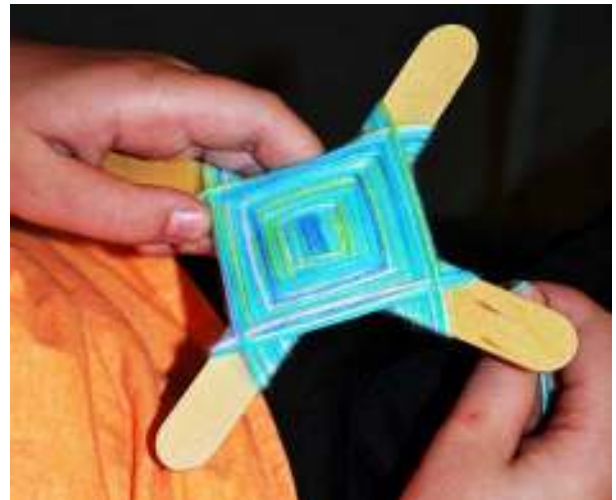
Whether you call them popsicle sticks or 'craft sticks' these humble items can be used to create kid-friendly holiday projects and gifts. Here are a few examples of some easy projects for holiday gift giving.

Here's a practical project idea— a pen holder like the one shown here. Just help the elves glue the sticks onto a soup can and finish off with a bow.



Or, you can stick with simple one dimension ornaments like these.

For a slightly more sophisticated age group, the Ojo de Dios can be made in holiday colors or not, and proudly given as Christmas tree ornaments. Try some fancy yarns like the multi-colored hombre yarns that come in all sorts of color combinations, or yards with sparkly filaments in them. Find directions for this awesome craft online.



The Challenge of Eating Well

As recently as three generations ago, grocery stores carried fewer varieties of fresh fruits and vegetables, especially in the winter. In addition, frozen food processing was in its infancy. Now in the 21st century most grocery stores carry a huge inventory of healthy food choices. Why then, are so many kids today suffering from obesity, early onset cardiovascular disease, and Type 2 diabetes? While kids and adults of the depression could only fantasize about having enough to eat, children today are burdened with having too much to eat—at least too much of the wrong kinds of food.

Parents today have a much greater challenge providing good nutrition for their children. Income is not as big a problem as the hectic daily schedules most families face day in and day out

While nobody wants their children to be overweight and have the associated health problems, PYAM providers understand why it is hard for parents to manage good eating and lifestyle habits—both parents have to maintain their jobs as well as their kids' schedules. The hectic holidays don't help much either. This time of the year, there are parties, and special events as well as more sweets around the house. Providing good nutrition does take more thought and planning but like anything else it can become habitual.



When you are coming home from the game/recital/practice, **try swapping** out pizza for a hot, already prepared rotisserie chicken from the grocery store. Add frozen veggies, frozen potatoes, a salad, and serve a fresh fruit and cheese plate for dessert. In about the same amount of time that you would wait for the pizza delivery you can have a hot, balanced, almost-home-made meal. The cost is about the same, but the nutritional difference is huge. There is nothing wrong with occasionally having pizza for supper. But with busy schedules it is too easy to slip into bad habits like Monday pizza, Tuesday McDonalds, Wednesday Jimmy Johns, etc.

Another helpful tip is to make some big batches of something nutritious on weekends and freeze the extra for busy week nights when there just isn't time to cook. Many parents find that one part of the solution. If you are having trouble with what constitutes a nutritious and well-balanced meal go back to the 'my plate' image shown here along with explanations of the food groups.

While it isn't possible to keep fresh **Vegetables** in your refrigerator crisper all the time, remember that frozen and yes, even canned food processes have made great strides in offering better-tasting veggies without destroying all their nutrients.

Fruit is really a no-brainer. Apples, oranges, tangerines, and grapes all keep well for fairly long periods of time. Bags of frozen fruits can tide the household over between trips to the grocery store.



Wholesome **Grains** take a little bit more effort, but frozen and microwavable packs of brown and wild rice are in stores and are quite handy to use and quinoa cooks up in minutes.

For Proteins, think smaller amounts of lean protein. Chicken, fish, eggs and lean beef are all good choices. Nuts and nut butters can provide additional protein. (Nut butters only, during the first year of life.) Remember that beans of all sorts have protein and fiber as an added bonus.

Lastly there is the **Dairy** serving. Notice how small it is in relation to the other portions. Remember to use smart dairy while you are at it: 1% or 2% milk for kids over the age of one year. And for heaven's sake, read **the ingredients on yogurt containers**. Most of the flavored brands (that kids like) have as much sugar as puddings or other desserts. A good yogurt will have a high concentration of protein, low carbohydrates and low sugar.

The winter holiday season is indeed a difficult time to keep good nutrition on track, but Just remember, everything in moderation. By all means, enjoy your family's favorite cookies, but bake smaller batches and dole them out wisely.



Ask your PYAM provider for more ideas and assistance on the important topic of feeding those little bodies, the way they were designed to be fed. Check out our website for more on this subject-www.pyam.com

Don't let the gobbles get you down

After Thanksgiving or Christmas, do you have too much turkey left over? What a happy complaint! The chicken's larger (more flavorful) relative is a meaty, juicy and healthful alternative to beef. Once again, we discuss what to do with leftovers, since food budgets are a concern for so many families. The good news is that turkey lets you serve leftovers with style—from tasty á la kings to sandwiches boasting savory aioli. Each of these recipes has different versions and withstands experimentation. Just for the record, Minnesota and Wisconsin are the top turkey-producing states in the entire country.

Turkey á la King



This delicious-looking photo shows just one way to make and present Turkey á la King

Turkey ala king is a perfect dish to use leftover vegetables and, once made, can be served with rice, noodles, mashed potatoes, or baking powder biscuits.

Traditional Recipe

2Tbsp butter
3 or 4 fresh mushrooms washed and sliced
1 Tbsp flour
1 Cup chicken broth
½ cup cream
1 Cup chopped turkey
1/3 Cup frozen peas thawed
Salt and pepper to taste

In a large skillet over medium low heat, cook butter until golden brown. Sauté mushrooms until tender. Stir in flour until smooth. Slowly whisk in chicken broth, and cook until slightly thickened. Stir in cream, turkey and peas. Reduce heat to low, and cook until thickened. Season to taste with salt and pepper.

It is only fitting that we include our regional specialty—a hot dish. And this one is a winner—a hearty, reasonably healthy, tummy-filler for a cold winter day.

Turkey Wild Rice Casserole

It doesn't get more 'Minnesota' than this--turkey and wild rice! Make a big batch and freeze some for another day.



3 Cups cooked turkey
1 medium onion chopped
1 Cup chopped celery
1 can cream of mushroom soup
3 Tbsp low-sodium soy sauce
1 5-oz can water chestnuts, chopped
1 4 oz can mushrooms, drained
1 Cup cooked wild rice
1 Cup turkey or chicken broth (more or less)
Chopped pimentos for color (optional)
Put all ingredients in a sprayed casserole; cook one hour at 350°

Turkey Divan



This dish was popular in the 70's—not so much now, but it is still a delicious recipe that gets kids to eat broccoli without complaining!

2 Tbsp butter
2 Tbsp flour
1 ¼ Cups milk
1 egg yolk slightly beaten
¼ cup grated cheddar cheese
2-10 oz pkgs frozen broccoli cooked and drained
2 ½ Cups sliced turkey
2 Tbsp grated Parmesan cheese
¼ tsp dry mustard
¼ tsp salt
dash pepper

Melt margarine in skillet. Add flour and cook, stirring until mixture bubbles. Remove from heat. Gradually blend in milk and egg yolk. Add spices. Cook, stirring until mixture is thickened and starts to boil. Add Cheddar cheese and cook stirring until cheese is melted. Arrange hot broccoli and turkey in a 12X8 inch dish, spooning sauce between layers and on top. Sprinkle with parmesan cheese. Broil about 4 inches from heat until cheese is browned.

Dear Dr. Coyne I'm Marques
Your patient always I will
miss and I enjoyed how
you made me feel better always.
I love you B
Sincerely Marques