

Zöe Pediatrics Newsletter (Thomaston & Barnesville)

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"Your Child Doesn't Have to be Sick to Get Better!"

Call for an appointment! November 2013



Thanksgiving 2013!

Stephanie H. Kong, M.D. (Pediatrician)

Let me be the first to wish you a happy Thanksgiving! May your turkey be brown and tasty, the dressing hot and spicy, your team win the football game and all your family show up, enjoy the dinner and return for seconds. Last year, while everyone else at our table was thankful for family. Our Grandson's reply was: "Today, I can truly say I am thankful that I am not a Turkey!"

Our life's work at ZOE is to contribute to the health and well being of all the children who walk through our door. We will have a grand future if they all grow up to be "Healthy, Wealthy and Wise". I want to thank all the parents of Middle Georgia who come to us for the care of your progeny. We hope we earn your trust at every visit. We are encouraged by the very positive feedback. While all children are a blessing, my experience is that healthy kids are delightful as they are engaging, give and receive lots of loving hugs and kisses. If you have not been getting your share of hugs, your child may just be suffering from annoying allergies or something that can be easily corrected. It is important that you do not wait for sickness as children do not have to be sick to get better.

According to **Johannes A. Gaertner**: "To speak gratitude is courteous and pleasant, to enact gratitude is generous and noble, but to live gratitude is to touch Heaven." For what we have, may the Lord make us truly thankful. My mother was fond of telling me that what we do for ourselves die with us, but what we do for others is immortal.

Happy Thanksgiving!



Feedback

Dr. Campbell: I would like to thank you for being such a wonderful doctor. We are blessed to have you as our children's Pediatrician. If it wasn't for you, I don't know what would have happened to my daughter. You played a big part in giving her a better quality of life. Much love and appreciation. **Melissa Evans.**

Dr. Kong: Do you want to know why I love my Diva Doc? I just got a letter saying you were sorry about the long wait the last time I saw you. While I didn't mind, your thoughtfulness is appreciated. **Jasmine Riddle**

Dr. Kong: I think it is just great how you are always giving back to the community by sponsoring events such as the day at the Rock Ranch. That was special. **Latunya P. Roah**

Dr. Kong: I love the fact that you take the time to listen and not cut parents short. You even take time to listen to our children. **Anelia Zorn**

Insurances We Accept

Aetna
Amerigroup-Medicaid
Blue Cross Blue Shield (PPO, POS, HMO)
Cigna
Coventry
Georgia Medicaid
NoviNet
Peachstate-Medicaid
Secure Health (**URMC employees only**)
Starcare
SuperMed
Tricare (**Standard ONLY**)
United Healthcare
Wellcare- Medicaid
and Self Pay Patients are Welcome!

The Safety of Your Children

Charlaya Campbell, M.D.,
Pediatrician

One of the most important jobs as a parent is to ensure your child's safety. While many parents may recall large families piling into a car to go to church, riding on the bumper or sideboards and even sitting on their father's lap and steering the car, laughing as the automobile speeded up. Times have changed.

In March 2011, the American Academy of Pediatrics released its revised Child Passenger Safety recommendations. Even though the child safety law in Georgia was passed over ten years ago, not all children are being properly restrained in an appropriate child passenger safety seat or booster seat. Please, please, please comply with the law.

Children's Healthcare of Atlanta reported that over the last four years 95 percent of the children they saw for injuries resulting from a motor vehicle crash were improperly restrained. In just one year, hospital charges for 248 children hospitalized in traffic-related injuries were about \$7 million. The pain, suffering and resulting guilt is just not worth ignoring the law or these recommendations. In addition, there are severe fines if you are caught not complying.

Let us protect our children and comply with these guidelines:

1. Infants and toddlers should ride facing the rear of the vehicle until 2 years of age.
2. Young children should ride in car safety seats with a harness until at least age 4.
3. School-aged children should ride in belt positioning booster seats until age 8 or until the seat belt fits correctly, as described by the AAP and NHTSA.
4. Children should ride in the rear-seat until age 13.
5. Seat belt laws should apply to all vehicle occupants



Down and Dirty with the Kids

Theresa Schornack, C-PNP



It is understandable that parents want to keep their kids and their homes clean. Moms wash bottles in hot water, clean pacifiers that fall on the ground, and take dirty things out of their kids' mouths. But we may have it backwards: With a few exceptions, it turns out that germs are good.

Over the last twenty years, we have seen a dramatic increase in the number of people affected by allergies. In trying to explain this, some scientists proposed the "hygiene hypothesis." In 1989, Dr. David Strachan noted that children from single-child homes were more likely to suffer from hay fever, allergies, and eczema than children from larger families. He suggested that children living in large families are more likely to come into contact with germs and dirt, compared to an only child.

From the time a child is born, he must learn to defend himself from the myriad of foreign invaders living in his new home. If a newborn is kept in a germ-free environment, the immune system does not have this learning experience and remains unable to prevent attacks by bacteria and viruses. On the other hand, if children have the opportunity to be exposed to pathogens as they are growing up, their immune system learns how to fight off these infections.

Developing immunity to common bacteria will have a huge payoff as they get older with fewer ear infections, tummy aches, diarrhea, urinary-tract infections, food allergies, coughs, colds, and fevers. This world of purity sounds good and we are attracted to the idea of killing off those bad germs but it does not fit with how we are designed. We are meant to encounter some microbes and dirt when we are young.

According to Dr. Mary Ruebush, author of "Why Dirt is Good": "Let your child be a child. If your child isn't coming in dirty every day, they're not doing their job. They're not building their immunological army". The next time your kids drag dirt or mud into the house, don't freak out. Instead, give yourself a hearty pat on the back for raising happy well-adjusted children."

"There has never been a better time or a better place to be a child than these United States in 2013!" Stephanie Kong, M.D.