

ZÖe Pediatrics Newsletter

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August, 2014

Your Child doesn't have to be Sick to Get Better!



Events Worthy of Note

Stephanie H. Kong, M.D.

The first Sunday (August 3) is friendship and forgiveness day. Make new ones but don't forget the old--- even if they disappointed you in the past. Evoke the healing power of forgiveness. Look up some old friends and find opportunities to make some new ones. Since it is also National Watermelon Day, share some tasty red juicy watermelon. This will certainly make you smile. And since this is also National Smile Month, you can celebrate by just smiling a lot.

Here is a wonderful way to celebrate "Family Fun" and "Catfish" month together. Take the family out to the "Catfish Hole" or some place that serve up corn fed catfish for some family fun.

Ten percent of the population is left handed. If you have a southpaw in your family, remind them that this is their month. While they never do anything right, show them some love by buying a left handed mouse. It is said that everyone was born right handed, and only the greatest overcome it.

This is a reminder that August is "Eye Exam" month. Bring in your child for a "well child" visit that includes an eye exam.

Ms. Lawanda Williams, our Medicaid specialist, has been helping many of you reinstate your coverage. She asked me to remind you not to keep reapplying for coverage as this will confuse the system and delay your approval. She can, however, help move the first application forward. Give her a call (706)-938-0990.

Finally, I was happy to see so many of you who participated in our ZOe summer picnics in Thomaston/Barnesville and Columbus I believe over 500 of you participated. *Laissez les bons temps rouler!* (Let the good times roll!)

FEEDBACK:

Dear Dr. Kong: Thank you for taking care of me, especially when it was your day off.

Coleman Jordan

Dear Dr. Kong: I would like to thank you and ZOe Pediatrics and Ms. Lawanda Williams for helping my daughter establish her benefits. Ms. Williams was understanding and helpful. Thank you for making her available to us.

Linda Matthews

Dear Dr. Kong: The best gift any parent could get is healthy/happy children. As you can see my children are very happy & healthy because of what you and your staff do every day. Thank you for the best gift and God Bless You for all you do!

Love Elizabeth, Joseph and Sherry Cochran

Insurance we accept

Aetna
Alabama Medicaid
Amerigroup-Medicaid
Blue Cross Blue Shield (PPO, POS, HMO)
Cigna
Coventry
Georgia Medicaid
NaviNet
Peachstate-Medicaid
Secure Health (URMC employees only)
Starcare
SuperMed
Tricare
United Healthcare
Wellcare- Medicaid
Peach Care For kids
...and Self Pay Patients are Welcome!

Who are you going to call to keep your children healthy...
ZÖe Pediatrics!



Call For An Appointment!!!

Diet and Exercise

Bande Virgil, M.D., Pediatrician



There is no mystery to maintaining optimal weight and staying in shape. We all know that if we eat more than we burn up, the rest will be converted to fat. If we burn up more than we eat, we lose weight. If you don't eat for a week, you will lose weight even if you don't exercise. Human beings can live without food for over two weeks.

So, why are most of us (from childhood to old age) overweight and even obese? Why would we run the risk of a shorter life expectancy, diabetes, high blood pressure, arthritis and heart disease when we all know how to prevent these health problems? Why is it so hard to lose weight? We all have our reasons. I cannot afford to belong to a gym; everything I like is fattening; I just cannot find the time; I cannot find the motivation. How do I make myself get up from watching shows that I enjoy to go do things I don't enjoy? Before we know it, time has slipped away and we add 10 more pounds. If you gain just one pound per month, in ten years, you will have gained over 100 pounds.

If you've ever seen the movie, "What's Eating Gilbert Grape" (1993), there's a scene where the son's friend asks, "Wasn't your mother a beauty queen in high school? How did she gain 400 pounds 20 years later?" Gilbert's response: "She just ate".

Fortunately our kids still have time. In fact, we can all get healthier together! Kids love to play and frolic with exuberance. They love to run and jump, ride bicycles, dance, kick balls, and chase each other. These are wonderful ways to keep them active. They will also eat whatever adults provide. So think about what's in your refrigerator and cabinets?

If its motivation you need, try this. Does making money appeal to you? Well, health and wealth go hand in hand. If you are overweight, sick or sickly, you are wasting money and time at the doctor's office, in and out of a hospital, and not being able to do the productive work that brings money into your household.

At ZÖe, we are trying to develop models that work for a lifetime, long before diabetes, high blood pressure and heart disease set in. Good doctors treat disease; really great doctors also prevent disease.

The Ny'teria Raines Story

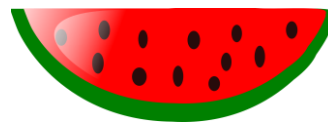
B. Wayne Kong, Ph.D., JD

While the rate of obesity in the United States is doubling every ten years, everyone will readily admit that it is extremely difficult to lose weight and keep is off. So are we doomed as a nation to get more and more obese? Not so fast. Ny'teria Raines, an eighth grader, lost 58 pounds in three months. She went from a 20 dress size to a 10. According to Dr. Stephanie Kong, her Pediatrician: "It is just amazing. I am just so proud and impressed with Ny'teria's discipline and perseverance. I absolutely believe she will get down to a size 8 because she made up her mind to get there."

So Ny'teria, how did you succeed where so many others failed? "Well, I told Dr. Kong that I was being teased about being fat and I just didn't like the way I looked so I asked her what I should do." She told me that I had just taken the first step by admitting that I need to do something about my health. She also said there were no drugs or quick fixes. "What it takes Ny'teria, is good sense and determination. If you just stop drinking sodas, have desert only once a week, get sugar, hot dogs, hamburgers, bacon, sausages and other fried foods off your menu, you will be surprised how much difference it will make."

So, with support from her mother, for breakfast, she learned to enjoy yogurt, oatmeal, hard boiled eggs, grits, banana, grapefruit and, a variety of other fruits. For lunch and dinner, she will have broiled fish, chicken, veggie meatballs, and lots of other vegetables. Dr. Kong said I could eat all the fruits and vegetables I wanted but to drink water. "Everything that isn't water is polluted water." For exercise, Ny'teria is making frequent trips to the Civic Center and joins in with whatever is going on. She especially enjoys softball. She now feels so good about herself she is considering cheerleading. "I really like how I look."

According to Ny'teria, the one weakness is her grandparents. "I just cannot say no to my grandma. I just cannot refuse. I love what she prepares for me."



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"Good, better best. Never let it rest until your good gets better and your better is your best."

(Tim Duncan)