

ZOe Pediatrics Newsletter

Barnesville
231 Hwy 41 North
Barnesville, GA 30204
(678) 359-1700

Columbus
959 17th Street
Columbus, GA 31901
(706) 992-6940

Thomaston
210 Hannahs Mill Rd
Thomaston, GA 30286
(706)938-0990

zoepeds.com

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



Happy Thanksgiving

Stephanie Kong, M.D., CEO
"Pediatrician"

May your turkey be brown, juicy and tasty, the dressing hot and spicy; your team win the football game, 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!"

For what we have, may the Lord make us truly thankful. My mother was fond of telling me that what we do for ourselves dies with us, but what we do for others is immortal. So, if you are grateful for what you have, share it! Your candle can light a million other candles and take nothing away from yours. So, let your light also light up the world.

Thanks to our parents and patients who visit us at our Thomaston, Barnesville and Columbus offices. We truly appreciate you and your decision to partner with us to nurture children who grow up to be healthy, wealthy and wise. ZOe means "Life as God intended!" Our commitment to you is to practice medicine in a manner that is pleasing to Him.

We have put down roots in Middle Georgia. We not only own a home there, we purchased office buildings in Thomaston and Barnesville. We even have plans to open a practice in South Atlanta in the Spring. In anticipation of this expansion, we are recruiting and training other providers who buy into the Zoe philosophy. You may see new Pediatricians from time to time and we welcome your feedback.

My husband and I have fallen in love with Middle Georgia and plan to be here as long as we are needed. Dr. Waine is now the President of the Thomaston Kiwanis and we are otherwise heavily invested in community development. We love our patients and are truly blessed. This is OUR life as God intended. Again, **Happy Thanksgiving!**

"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

~Melody Beattie~

Dear Dr. Kong, Your surprise stop in at my party was quite surprising. Not many people get the chance to have their doctor come to their party, much less give them a gift. Thank you for all you have done for me and my gift. They will both help me later on in life and as I go to college. ~**Noah Martin**~

ZÖe Peds: Thank you all for always being very supportive! From the start, you all have always been the best! Our family loves you all very much. Then when you all were 'supporting' our family/kids during Christmas time, it meant more to us than you all will know! Each and every one of you will always hold a special place in our hearts. We love you! ~**Josh, Amber, Carlee & Kamryn**~

ZÖe: Thank you all for everything! **Dawn and Jessica**

ZÖe Peds: Thank you all very much for taking such good care of my son this week. We appreciate all you did to make him feel better. Thanks again for being so awesome! ~**Ashley, Ashli, & Treyton**~

Insurance we accept

Aetna

Wellcare

Amerigroup

Peachstate

Alabama Medicaid

Georgia Medicaid

Peach Care For kids

Blue Cross Blue Shield

UMR

Cigna

Coventry

NaviNet

First Health

Secure Health (*URMC employees only*)

Starcare

SuperMed

Tricare (*Standard ONLY*)

Humana (*Military Only*)

United Healthcare

and Self Pay Patients are Welcome!



Call For An Appointment!!!

When Parents Cannot Agree

Charlaya Campbell, M.D., Pediatrician

In parenting, as in diplomacy, it is best to present a “united front.” That is, if Parent One says “No dessert,” Parent Two had better not be sneaking a scoop of ice-cream onto junior’s plate; and, likewise, if junior suddenly very lovingly asks Parent One “pretty please” for a favor, the wise parenting veteran knows to check if Parent Two has already said No.

In our office, parents are assumed to be a united front. That is, it’s usually one parent bringing the child for an appointment and authorizing us to provide medical care, so we do not ask the other parent if they agree. However, medical decisions involve many emotional and weighty issues in families, and, when parents disagree, the Pediatrician’s hands may be tied until the conflict can be resolved.

Parents have the right to agree or disagree on the many medical options and treatments Pediatricians recommend. Ninety-five percent of the time there is no disagreement. However, if we are on notice that the other parent disagrees, or when parents share decision-making and don’t agree, it poses a problem. For instance, what if Parent One agrees to the prescribed medication but Parent Two forbids the child from taking the medication? What is a Pediatrician to do?

Decision conflicts arise primarily because both parents love their offspring and are invested in keeping their children healthy and safe. They may just disagree on how that is to be achieved. But please keep in mind that when a decision must be made, seek guidance from other health care professionals, family and friends and make decisions that are in the best interest of your children.

After all your efforts, if parents still cannot agree, the court may have to designate a “Guardian Ad Litem” to make these decisions after consultation with the parents.

Attention ZÖe Patients!

ZÖe Pediatrics will be celebrating Christmas at The Rock Ranch on Thursday, December 18, 2014 from 6-8pm. All ZÖe patients are invited to see the lights and assemble at the Barn for hot chocolate and cookies. Singing Christmas carols and exchanging yuletide greetings should be fun for the entire family!
(Tickets are required)

Enterovirus D68

Bande Virgil, M.D., Pediatrician, FACP

Its Flu and virus season and we have had many parents asking about this virus. To put things in perspective, Enterovirus and Rhinovirus are the two (2) common viruses that cause the common winter cold. There are no antibiotics that can cure a virus. When infected with the common cold virus, your children will have a mild self-limiting cough that lasts a week accompanied by a low grade fever. If these symptoms progress (gets worse) or lasts longer than a week, we need to see your child.

This year Enterovirus has been in the news because four (4) children have died FROM lung complications after being infected with Enterovirus, strain 68. To put some perspective on this information, there are 10,000,000 children living in the United States. Since August (2014), there has been about 500 children infected with Enterovirus 68 and of those 500 cases there has been four deaths. The children who died had underlying lung disease (asthma) and they died from the respiratory complications which are a result of the mucus production caused by the virus NOT from the virus itself. The majority of children will be just fine and get better from this virus. Enterovirus D-68 can cause very serious breathing problems in some kids with sensitive lungs, like children with asthma

The Providers at ZOe Pediatrics know that winter and spring are the seasons when our patients will have more wheezing and coughing secondary to viruses and allergies. We use the summer months to notify our patients who are being treated for asthma and reactive air-way disease, to come in for a “Tune-Up” or Asthma Action Plan. This is the visit in which we train our parents on what to do when their children start coughing and wheezing and when they should get immediate medical care. ZOe is able to treat the symptoms of asthma and our providers know when children need a higher level of care, including hospitalization. We are here to work with our parents including calming their fears.

Good hygiene is the best defense against infections from the virus. Remind children to 1) cough into their elbows, 2) carry hand sanitizer to clean their hands after touching common areas in school like doors and banister, and 3) NOT TO DRINK AFTER OTHER PEOPLE. Having said this, ZOe Pediatrics stay on top of advisories from the Centers of Disease Control (CDC), and our strategy includes:

1. Having separate sick child and well child waiting rooms.
2. Offering masks to anyone who come to our office with symptoms or who ask for one.
3. A process that cleans our waiting rooms and exam rooms throughout the day.
4. Reminding our parents to watch their children and to keep their little ones from putting toys into mouths.
5. Providing hand sanitizers throughout the office and common areas.

On a final note, if your child hasn’t had their Asthma Action Plan, make sure you make an appointment to do so.