

ZOe Pediatrics Newsletter

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October, 2014

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



Barnesville Office Move to New Building *Stephanie H. Kong, M.D., Pediatrician*

We are proud to announce that due to our remarkable growth and to serve you better, we are due to move on November 3, 2014 to a new facility at 231 Hwy 41N--just five miles north of the 36/41 intersection from the Flash Foods gas station, between Silver Dollar Road and McCoy Rd (Milner). As the only Pediatricians in Lamar County, our patients come to us from Griffin, Brooks, Williamson, Meansville, Molena, Orchard Hill, Forsyth, Sunny Side, Jackson, Flovilla, Hampton and Locust Grove. The USDA office for Lamar County is located in our building.

Please note that our telephone number is the same and Dr. Charlaya Campbell and her staff will continue to provide the high level of care you have come to expect. Come by and get acquainted with our new office. We will leave the lights on for you.

To celebrate the expansion, we invite you to our open house on Wednesday November 5th at Noon. Come help us celebrate the big move! The Lamar County Chamber will have their big scissors on hand to cut the ribbon and afterwards, lunch will be provided.

October Fun

This is the month when we foolishly invite the great pumpkin, ghosts, goblins and all kinds of ghoulish characters into our homes.

Did you know that Halloween is a contraction of "All Hallows' Evening", a time to remember our dearly departed? Typical activities include frolicking in fallen leaves, trick-or-treating, carving pumpkins into jack-o'-lanterns, visiting haunted houses, playing pranks, telling scary stories, and watching horror films.

In Middle Georgia, we are fortunate to have the **Rock Ranch**. They go all out to bring the occasion to life. Their "Not-So-Spooky" Festival on Saturday, October 25 is big fun! "Pumpkin Destruction Day" on Saturday, November 1 is even more fun. Have you ever seen a big fat pumpkins fly a hundred yards through the air and come crashing to the ground. It's more fun than a barrel of monkeys---enjoy!

Inactive Medicaid?

Ms. Lawanda Williams previously worked for Department of Family Children Services and now works full time at ZOe to assist our patients with their coverage. You can either reapply at: www.compass.gov or through your local DFACS office or the RSM line at: 1-800-809-7276. If you need help, call Ms. Williams: (706) 938-0990.

Hi Dr. Campbell:

Just wanted to update you. When came to your office the other day for my daughter's 9 month check-up, I told you that I was concerned that she was not crawling and she was not able to get her legs back. On Tuesday she started cruising. She has successfully pulled herself to a standing position from a flat bottom. I just thought you'd like to know that she is progressing and she's continuing to try to crawl and will get up on her knees. I look forward to seeing you at her 12 month appt. Thank you for all you and your office staff do. It is greatly appreciated. We feel much loved every time we are there!!!

Jessica Stonica

Dear Dr. Virgil: I am so thankful that y'all came to Columbus. I have taken my children to four different Pediatricians and none of them could figure out why my son was always stuffy with a runny nose. He was miserable and tired all the time. You gave him a blood test and found out it was allergies. He now breathes freely and has become one happy boy. That makes me a happy mom. God bless all of you.

Kelly Tibbs

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!!!

Flu Season, 2014

Charlaya Campbell, M.D., Pediatrician

Ladies and gentlemen and children of all ages, the flu has landed. In fact, this contagious respiratory virus came back as the children headed back to school. We have been seeing a lot of it. Coincidence? No. It is passed from one infected child to others through the droplets from a sneeze that are inhaled and more predictably by an infected child touching his nose and touching a surface (pens, pencils, key board) or someone else's hand who then takes the virus to their own nose. The reason that the flu is more common in winter has less to do with cold damp air and more to do with being in close quarters with each other.

The flu by any other name is still the flu. Whether you believe it is influenza or a stomach bug, it feels awful. Its fever, chills and nausea. It's the hacking cough, sore throat, vomiting. It's the headache as well as joint and muscle pain all over, and it typically last a week.

To understand the flu you must not only be on your Ps and Q's but know your ABCs. The flu is caused by one of three types of influenza viruses. Types A and B are responsible for the yearly flu epidemics, and type C flu virus causes sporadic mild illness throughout the year.

At ZOe, among other things, we often prescribe anti-inflammatories, and anti-viral medications to reduce the possibility of serious complications, and symptoms as well as reduce the amount of time in bed. We also advise our patients to: (1) Drink plenty of fluids (chicken soup and hot tea will help); (2) Rest (sleep); and keep warm with sweaters and blankets.

To protect yourself from the flu bug, get an annual flu vaccine, wash your hands often and protect your nasal passage. When you hear a sneeze go off, cover your nose. Better yet, if you have to greet someone, do as the Indians (from India) do. Namaste is spoken with a slight bow and hands pressed together. It literally means "I bow to the divine in you." or "God bless you". I prefer to believe it means: "You keep your germs and I will keep mine".

Dancing Helps Your Kids Concentrate

Bande Virgil, M.D., Pediatrician

Like the "fifteen seconds can save you 15%" commercial, there is nothing new about the benefits of exercise. But is all exercise equal? It turns out that dancing is the only form of exercise that also enhances memory. Should you sign up your kids for dance lessons? Better yet, teach them those dance steps you perfected many years ago? I am going to guess that most children rarely see their parents dance.

In most cultures, parties are for the entire family. In the United States, however, we separate age groups. Dinner parties for the adults, there are birthday parties for younger kids, teenagers, etc. The consequence is that our kids are not exposed and learn from the older members of the family. The other reality for many is families are so spread out, we may only see them at a family reunion. But when we get together, we dance! Some of us grew up doing the electric slide, now a days the wobble, and cupid shuffle. In addition to showing off and just having fun and bringing the family together, there are health benefits. It keeps us fit, increases our stamina, reduces stress, improves our sense of well being and improves memory for all age groups. I always look forward to learning what the new dance is!

A study in the New England Journal of Medicine suggested that swimming, walking, running and bicycling helped the body but these activities did nothing for the mind while frequent dancing improved both. According to the authors: Dancing combines physical and mental activity and was associated with a 76% reduction in dementia. Dance your way out of mental fuzziness.

It's important to learn something new every day, especially a new dance step. Challenge your children's minds with dance lessons. Dancing integrates several brain functions and combines music, feelings, and emotional expressions all in one activity. At the end of the day, all dancing is good even when you are alone. But connecting with others, changing partners in a socially acceptable way and showing off, add to the experience. I believe watching others dance like "Dancing with the stars" enhances our spirit as well. We hope that when ZOe kids celebrate their 100th birthday, they can say, "I have never been sick a day in my life because of the excellent care I received at ZOe Pediatrics and the lessons they taught me." One of those lessons is to dance early, dance often and dance for a lifetime!

