



# ZÖe Pediatrics Newsletter

January, 2015

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



**Stephanie H. Kong, M.D.**

Thanks to you, we have been a part of your children's lives for almost 3 years. Let's continue to help you raise soaring eagles in your households.

On January 13, we celebrate **Stephen Collins Foster** Memorial Day. He is generally recognized as the father of American music for writing songs like "Oh Susanna," "Jennie with the light brown hair," and "Beautiful dreamer, wake unto me, starlight and dewdrops are awaiting thee. Sounds of the rude world heard in the day, led by the moonlight have all passed away." Isn't that beautiful?

On January 19, we celebrate **Martin Luther King Day**. Let's celebrate this year by not only being kind to everyone we encounter but also by watching "Selma," the new Oprah Winfrey movie. We are proud of the fact that one of the heroes depicted in the film, Rev. C.T. Vivian, is someone with whom we have had many meaningful conversations.

**The Merck Diabetes Study:** We have a problem with obesity in Middle Georgia. So, we are being diligent about monitoring cholesterol, blood pressure and glucose. Our current treatment options are limited. Merck has developed what promises to be an effective treatment for diabetes in children and asked Centers of Excellence across the country to study whether this new treatment live up to its promise. If you suspect that a child you know has diabetes, please bring them in for a free evaluation. If they qualify, all treatment will be free and you will be reimbursed for all study related expenses. What we learn will contribute to the improved treatment of diabetes.

**Georgia/Alabama Medicaid:** These are confusing times. The rules relating to Medicaid changed. In order to assist our patients to continue to benefit from Medicaid coverage, we have asked Ms. Lawanda Williams, a former Medicaid employee, to help our parents negotiate and adapt to the new rules. If you need and want her assistance, please call her: [706/938-0990](tel:7069380990).



## Feedback From Our Patients!

### **Dear Zoe Pediatrics:**

Ms. Mercedes Rice has been taking care of our daughter Azilee since she was born. Even though I live an hour away, I look forward to our visits and always request Ms. Rice. In my opinion, the visits are thorough, enjoyable and more importantly, Azilee has remained healthy and is developing predictably. The entire environment is clean and pleasant. It is just a pleasure to bring my daughter to ZOE. You all are a blessing to Columbus.

*~Shelby Hartford~*

*I absolutely love these doctors. They are just amazing with my kids. ~Haley Arrington~*

## 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
  - Humana (**Military Only**)
  - United Healthcare
- and Self Pay Patients are Welcome!



# Call For An Appointment!!!

## *The rights of Grandparents* Charlaya Campbell, Pediatrician

I thoroughly believe that children should not only know their grandparents but should spend a lot of time with them. Ninety nine percent of the time they are great positive influences on children. So, in a hostile family environment, grandparents lose out and more importantly, grand children lose out big time.

Georgia legislators heeded the call and in 2012 passed HB 1198, giving grandparents and grandchildren more access to each other. Before 1198 passed, parents could block un-emancipated children from visiting with their grandparents.

If both parents decide to deny their grandparents' access to their children, there is not much that grandparents can do. Courts are required to give "deference" to the wishes of parents but at least, this is not conclusive as grandparents can argue that it is likely that the children will be harmed if parents deny the grandparents access. For example:

- The children had been living with the grandparents and emotional and physical harm will likely result from the lack of access to each other.
- The commitment of the grans to financially and emotionally support their progeny.
- The affection between the children and grandparents is pronounced (the children miss their grans so much, they are unable to sleep.)

This presumption in favor of parents can be trumped if the parents are incapacitated. Part of the inquiry is always what is best for the children. If visitation is awarded:

1. The minimum that can be awarded is 24 hours per month.
2. Parents will also be required to notify the grandparents about important events in the child's life including performances and sports events in which the children are participating, graduation, etc., as long as these events are open to the public.

One of the options the court may exercise when things get ugly is to appoint a third party (guardian ad litem) to mediate things. However, the grand parents will have to pay for the cost. As far as ZOe Pediatrics or other health care providers are concerned, whenever the children are with the grandparents, the parents must assign temporary guardianship to whoever has custody of the children.



## *Child Proofing Your Home* Bande Virgil, M.D., Pediatrician

So, your baby has arrived, and is now starting to be mobile! It's an exciting time to see your child engaging with the world around them. It's also now the time to start child proofing your home.

While curiosity is adorable and understandable in children, the leading cause of death for children are accidents and 90% of ER visits could have been prevented. Babies start to crawl around 6-9 months, walk in about a year and then they start running into, over, under and through everything soon after. Nothing stands in their way.

Child proofing your home means much more than putting everything breakable out of arms reach. Even though almost all of us survived into old age without any of these precautions, at ZOe, we preach "prevention". Anytime you can prevent an accident or a disease, it will be much better than the cure. Remember the nursery rhyme about Humpty Dumpty? If he hadn't fallen off the wall, we wouldn't need to try to put him back together again. So let's work together to prevent common accidents.

### *Here are a few good ideas.*

1. Everything goes into their mouths so to prevent choking, lock away marbles and all small objects or anything that may be poisonous. I recommend crawling around the floor at the level of your child to view the tiny objects they may see.
2. They love to drink different things, so lock away cleaning supplies or put them on higher cabinets.
3. Put plastic coverings on outlets to prevent them from inserting fingers / pens.
4. In the bathroom, get a toilet lid lock as they will put their hands in the bowl and even drink the stool water. A child can even drown in the toilet if they fall over.
5. You can also prevent them from falling in the bathtub by installing textured grip dots or mats.
6. Place a soft cover over all faucets to protect their heads from injury in the bath.
7. To prevent hot spills from stoves, please place a guard in front of the stove. Always turn handles away from reach and use back stove plates when possible.
8. Place a protective cover or edge guards on all pointy or sharp edges on furniture. You will be glad you did. The eyes you save could be your child's.
9. For their bath, only fill the tub to about three inches and never leave them in the tub unsupervised.
10. Install gates at the top and bottom of stairs.
11. Secure TV monitors and all furniture and lamps so they cannot fall over.
12. When they start riding tricycles and bicycles, helmets and knee pads are recommended.

Taking care of a child is a full time 24/7 job. In the blink of an eye they can get into trouble. Obviously it can be overdone, but an ounce of prevention is still worth a pound of cure. Finally, when you have visitors who may not be familiar with having busy bodies around, that is the time to be extra alert, especially with things like open pocketbooks. Many injuries/accidents happen when guests are visiting.

