

ZÖe Pediatrics Newsletter

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



If you can dream it, you can achieve it!

Stephanie H. Kong, M.D., President and CEO

In addition to wishing you a happy Fourth of July, I wish to take the opportunity to honor two ZOe employees this month.

Ms. Ramona Mulleins, a really great Nurse Practitioner, works at our Columbus office. For those patients who come to our Columbus location, if your wait is a little longer than usual, it's because one of our clinicians was called up and sent off to Afghanistan. LTC Mulleins is currently on active duty and will not return to us for a year. We pray daily for her safety and anxiously await her return so she can continue to provide great ZOe care to the children of Columbus. She would appreciate your cards and best wishes, so bring them in and we will include them in the Care Packages we send on a quarterly basis.



I am soooooo very proud of Kenya Sandifur. As a ZOe patient, Kenya graduated from Upson-Lee High School in 2014. When I asked her about her future aspirations, she said that she helps to take care of her brother who has severe disabilities. I asked her if she wanted a part time job. She excitedly said yes. When she started, she got everything mixed up and our other employees put up signs that read: "Kenya Free Zone" as she created more work for everyone. When my husband asked Kenya to send out bills, Kenya addressed the envelopes back to my husband and the payments were then late. She had never mailed a letter.



On the heels of that experience, my husband, Lucy Chaney and Ms. Lauren Pitts put together an experience for Kenya. To make a long story short, it was as if she was asleep and just woke up. After just six months of spending 30 minutes per day tutoring her, she:

1. Passed her driver's license test with a score of 91
2. Saved the money we paid her and bought her own car
3. Proudly took my husband for a ride
4. Passed on her SAT and college entrance exams
5. Got admitted to Gordon College with a scholarship.

Congratulations Kenya, we love you.

Feedback From Our Patients!

Dear Dr. Kong: My son is twelve years old and this is the most thorough well child check he has ever received. Although everyone was just wonderful, Ashlyn (Nurse) was especially professional. **~Laura Narr~**

I love the Columbus location. They listen to you and they don't rush you out. They are also very kind. **~Sarah Clark~**

I transferred my children here from a well-known family owned Pediatrics office. From the very first visit, they have shown a genuine interest in the care and well-being of my family.

~Tanyita Woods~

Dr. Campbell and her staff are awesome! It's great to have a doctor that listens, validates your concerns and is actively interested in the welfare of your child. **~Carloyn Rarric~**

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
United Healthcare
And Self Pay Patients are Welcome!



Well Child Checks

Charlaya Campbell, M.D., Pediatrician

Your children are undergoing remarkable changes every day. Before long, they will be graduating from high school and moving out to live independent lives. Parents and Pediatricians are very mindful of these changes. Not too long ago, parents would wait for their children to get sick before taking them to a doctor. At ZOe Pediatrics, we believe that you should not wait for sickness. Children do not have to be sick to get better. It is important that we prevent sickness and give your child a lifetime of good health. When your children reach 100 years old, we hope they will remember to say at the big party: "I have never been sick a day in my life because of the care and the lessons I learned at ZOe Pediatrics." Are your children current on their "well child checks?"

Our "well child checks" are perfect opportunities for our caring Pediatricians to track your child's growth and development. There are ten (10) of these physical exams in the first two years of life and then about one every six to twelve months after that.

At each visit, we update medical history and immunization status, provide age-appropriate development information, improve parent's child care IQ about nutrition, routine health habits, sleep, safety, diseases that are "going around," and what to expect as your child develops, plot your child's growth and development on our growth charts, body mass index, evaluate your child's emotional and social development as well as check blood pressure, vision and hearing. The one thing we must emphasize is that we do not have X-ray vision; we must disrobe each child and poke around to be thorough. We are aware that some Pediatricians may not have done this in the past but we believe that this is absolutely essential.

We are also aware that parents are uncomfortable with the number of times we either draw blood or give your children shots.

We are aware that it is uncomfortable to see your children screaming and in tears. Again, in the interest of being thorough, we follow the recommendations of the American Academy of Pediatrics (AAP). But rest assured that we respect the decisions of parents. While we highly recommend immunizations, parents have every right to decide otherwise. We do not mind you speaking up if you disagree with any decisions about the medical treatment of your children. You are the ultimate decision maker.

Occasionally, we draw blood to evaluate cholesterol, and anemia, along with other tests to rule-out concerns about your child's health such as diabetes, allergies, ADHD, asthma, obesity, etc. During adolescence, we openly and directly address issues relating to smoking, drugs, drinking, depression, sexual activity and balancing home life, school, sports, and extracurricular activities.

The continuity of regular well child checks is invaluable. When your Pediatrician has a history and a long term relationship with your child, he or she will immediately know when things don't add up and take the steps that correct any anomalies. We can even be ahead of the curve and sometimes anticipate when things may go awry.

Our recommendation is that you write down your questions on a pad entitled: "Things to ask and discuss with Our Pediatrician" and bring it with you to each well child check. It should also be reassuring to you that we have a nurse on call 24/7 to address emergencies or pressing questions that may come up.

Spoiling Children is a Setup for Unhappiness

Steven Garmon, M.D., Pediatrician

In our zeal to instill self confidence in our children, some of us overdo it and communicate to them that they are: "superior to others", "entitled to special treatment", and they don't have to respect "lesser mortals". These may be the seeds of raising spoiled, narcissistic, self-absorbed adults who are destined for unhappiness.

Narcissistic children grow into narcissistic adults because they are encouraged by family and friends to believe they are more entitled than others. People can certainly be "better off", "better prepared" and even "better looking" but should never see themselves as "better than" or more entitled. With lots of love, affection and appreciation, children develop a healthy self-esteem not only for themselves but for their fellow travelers on the earth as well. Here is an easy test for identifying narcissism:

1. Do they believe that men are better than women or vice versa?
2. Do they believe that their religion is better than all others?
3. Do they believe having better toys makes them better?
4. Do they disrespect others and have a sense of entitlement?
5. Are they abusive of others?

Narcissists are inclined to be unpopular, aggressive and are more likely to be depressed, anxious and drug dependent. When things don't pan out the way they expect and they don't get the "adulation", "respect" and "special treatment" they think they deserve, they are inclined to become angry and frustrated. So, be leery about putting your child on a pedestal.



Happy 4th of July

"At the rate we are going, and with the dramatic improvements in healthcare and our environment, our children can realistically expect to live to be 100 years old. One hundred is the new eighty."

~Dr. Stephanie Kong~

