

ZÖe Pediatrics Newsletter

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June, 2015

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



We want to be your Sherpa!

Stephanie H. Kong, M.D., Pediatrician

An exasperated mother once reminded me that raising children is like climbing a mountain. It takes a lot of risks, effort and sacrifice, but it is so invigorating and satisfying when your progeny successfully negotiate the difficult road ahead.

If you wanted to climb Mount Everest in Nepal, you would hire a Sherpa. Sherpas are experts in mountain climbing, serving as guides to negotiate the peaks and passes of the mountain. They are renowned for their expertise, experience and, in particular, the care and guidance they provide for their charges.

We want to be your Sherpas. Wherever the road may lead, we want to partner with you so that your children will soar like eagles and reach heights not dreamed of prior to putting them in our care. Your children have so much potential. In their zeal to be all they can be, we want to plot a course that keeps them from being needlessly handicapped by illness. As Sherpas to your family, we want to protect them from harm, fix whatever may go bump in the night and help to nurture them into happy, contributing citizens.

From time to time, even a well-equipped climber will require a dramatic rescue by helicopter. We are all mountain climbers in life and sometimes live so close to the edge, some of us will fall over the precipice. As a society, we never hesitate to fix things that are broken, so we provide an expensive ambulance system that will pick us up after we fall, spend tremendous resources on hospitals, doctors and nurses to take care of those who have fallen. Wouldn't the funds be better spent if we just put up rails and barriers to keep us from falling in the first place?

June is the sixth month of the year, has 30 days, and is named after the Roman goddess Juno. But the month is about eating. Starting with Applesauce day on the 4th, Doughnut day on the 5th; Chocolate Ice Cream day on the 7th; Sweet Ice tea day on the 10th; Corn on the cobb day on the 11th; Eat Your Veggies Day on June 17th; Go fishing and fry up some of that delicious fish for "Picnic Day" on the 18th. Then on the 20th you are encouraged to drink a cool refreshing Ice Cream Soda. I believe they still serve them at Dairy Queen.

It's finally summer on June 21st.

Feedback From Our Patients!

Dear Zoe Pediatrics:

I am Grateful for Dr. Campbell and the staff at ZÖe Pediatrics. Whenever my children are sick, they take great care of them and get them well. We are blessed to have an awesome doctor.

~ Ashley Haygood~

Absolutely love everyone here. Dr. Virgil is amazing. She has even called me at home to check on my daughter and to see how she is feeling. Definitely glad we made the choice to come here.

~Brittanie McCracken~

Absolutely love the staff. Great doctor's office. My kids love it. I will definitely continue bringing them (:

~Shannon Walton~

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!

Handling Angry Outbursts

Steven Garmon, M.D., Pediatrician

An emotion is a natural instinctive state of mind deriving from one's circumstances, mood, or relationships. At the risk of stating the obvious, no one can control what they feel or what comes to mind. What we can and should control is our response.

There are no non-feeling people on our planet and no superman. We all have pain and sorrow. Maybe not despair, but we all feel embarrassed, hurt, angry, hate, frustration, out of sorts, shame, confusion, vulnerability, and sadness. In response to the right triggers, we may feel fear, pity, envy, disgust, confusion and enmity. And if we are lucky, occasionally we feel joy, love, appreciated, respected, pleasantly surprised, hopeful, secure and optimistic, peace and happiness. Most of these emotions come from "Other people's words and actions". So, what should you do if someone is acting out their anger and frustration?

In our impatience, we may want to tell them to "shut-up!" yell "stop it right now!" or "get out of my face!" "Have you lost your mind?" "You cannot do that here!" You may even envision locking them in a closet, putting them in a strait jacket, slapping them around a little, knocking them out, or physically attacking them. These are NOT viable options. As a last resort, you may have to call the police, but this will likely escalate things even more.

While you can snugly hold a child until he or she exhausts themselves, this is not an option for older children who may be stronger than you. The first, most reliable option is to clap your hand, make a loud noise and shout "Look over there!!!" This may or may not work. Sometimes nothing works.

Forget logic when someone is upset. Human beings can neither be logical or rational if they are emotional. Try telling a love struck teenager that the object of her affections is a dirty rotten scoundrel or telling an upset person to "just chill". You cannot make "sense" to an angry person.

Our best advice is to "stop, look and listen" when someone is acting out. Reacting without assessing the situation will make things worse. So, **stop** and think about what just happened rather than rushing in to make everything right. **Look** the person in the eye and attend to them. **Listen**. Give them your undivided attention. Often you can help just by listening. **Respond**. People who are angry often feel backed into a corner; an empathetic response (frustrating, isn't it?) gives them a way out that doesn't involve fighting their way out.

After you have defused the situation, a classic "Crisis intervention" strategy is to take the person back to when there was no problem and encourage them to tell you step by step how he or she lost it". In any case, be a good listener or as my Grandmother use to say: "Have thirsty ears!"

A hot temper is a problem. Controlling anger will lead to a healthier, more satisfying life because we all want to be around people who can be trusted to be respectful and not to "go off" on others. How is your patience?

Hand-foot-and-mouth Disease

Bande Virgil, M.D., Pediatrician

If your baby has sores in or around the mouth, palms of the hand and the soles of their feet, most likely, the diagnosis is: "Hand-foot and mouth" disease sometimes called "H and M disease" or just "foot and mouth". It is typically caused by a virus (an enterovirus, or the A16 strain of the coxsackie virus) that is spread by coughing and sneezing but others (whoever changes the diaper) can be infected from exposure to infected poop.

The rash can be characterized by bumps, sores or blisters may also appear outside your baby's mouth and lips, palms of hands, bottom, arms and legs. The virus is most common in younger children, those under 6 years, most particularly in the summer.

Commonly, infected children feel tired, have sore throat and or have a fever of around 101°F. The sores and blisters usually go away in a week but your child may find the condition painful or annoying in the meantime. So, expect your child to be irritable.

How is it treated? Children usually recover just fine without treatment. Other than trying to make them as comfortable as possible with medication to treat the fever, the fever and blisters will be gone within a week or so. Be mindful that your child can not go back to daycare or school until the rash is cleared up. There is no medicine to make that happen faster.

Our experience is that popsicles and ice-cream are welcome treats especially with sore throat. On the other hand, Acidic foods and drinks like orange and grapefruit juice will sting a little. Give your child as much fluid as possible and watch out for dehydration. If your baby shows signs of a dry, parched mouth or going 6-8 hours without wetting his or her diaper---call your Pediatrician. The best treatment is prevention.

Finally, frequent hand washing is a good bet. While your child is infected, you may want to keep him or her home. But at the very least, don't let them share toys, hugs or kisses with the others.

***It's not enough to love your children,
you should also enjoy them!***

~Karen Joy Fowler~