

# ZÖe Pediatrics Newsletter

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



## In Celebration of Children

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

According to a mythical story, once upon a time there were no children and no death and everyone lived forever. But the people asked God for children. And God said, if you have children, you must also have death and they agreed to have children and accept the inevitability of death. From that time forward, whenever someone died, a child is born to take their place.

While most children are happy makers who can make us giddy with pride, a few can also be the frustrating bane of our existence.

Do you remember the James Cagney movie where the police came upon two teenagers who were stealing? One was caught and sent to prison and emerged as a gangster and the other got away and became a Priest. Raising children to be healthy, wealthy and wise is a challenge. It takes directed effort and a lot of luck. While the tree is never far from the apples they produce, some of you may even wonder from time to time that who strangers are living in your house. Nothing is more gratifying than devoted children and nothing worse than children who reject their parents. Here is what Kahlil Gibran has to say about Children:

*Your children are not your children.  
They are the sons and daughters of Life's longing for itself.  
They come through you but not from you,  
And though they are with you, yet they belong not to you.*

*You may give them your love but not your thoughts,  
For they have their own thoughts.*

*You may house their bodies but not their souls,  
For their souls dwell in the house of tomorrow,  
which you cannot visit, not even in your dreams.*

*You may strive to be like them,  
But seek not to make them like you.  
For life goes not backwards nor tarries with yesterday.*

*You are the bows from which your children  
As living arrows are sent forth  
The archer sees the mark upon the path of the infinite  
And He bends you with His might  
That His arrows may go swift and far  
Let your bending in the archer's hand be for gladness;  
For even as He loves the arrow that flies,  
So He loves also the bow that is stable.*



## Feedback From Our Patients!

**Dear Zoe Pediatrics:**

*Everything was great on our recent visit. ZOE Pediatrics is just awesome!*

*~Stephanie Broadwater~*

*Everyone provided excellent customer service and I have complete confidence in the care they provide for my children. ~Kay Tribby~*

*South Park Dolphins want to Thank-you for all of your support! ~Lashundria Small~*

*Everyone has been amazing! We are so thankful. Keep up the great work! ~Elizabeth Camacho~*

## 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!



## Call For An Appointment!!!

### Does The MMR Cause Autism? Bande Virgil, M.D., Pediatrician

The spreading measles outbreak that started at Disneyland is a reminder of the controversy that still exists regarding immunizations and in particular, the MMR (Measles-mumps-rubella vaccine). Measles causes fever and rash and in severe cases can lead to pneumonia or brain swelling, sometimes fatal. The disease is highly contagious because it is transmitted through the air. This controversy is very personal for many and has become quite political for some.

A prominent figure in support of not vaccinating is Dr. Andrew Wakefield. He, among others, suggests that big pharma and our government are in cahoots, motivated by profit and infringing on personal liberty and choice. Many people who do not vaccinate their children say they fear a triple vaccine for measles, mumps and rubella is responsible for increasing cases of autism. According to Dr. Wakefield: Vaccines violate the laws and nature and are temporary or ineffective. Good hygiene is sufficient to protect against disease. Thousands of parents have signed petitions, contribute money and more importantly, refuse to have their children immunized. They are joined by other famous figures, Katie Couric, Jenny McCarthy and Michelle Bachmann.

On the other side, Dr. Wakefield and those who are against vaccination are viewed in a negative light. He is a disgraced unethical doctor who was paid by lawyers to publish a contrived study linking the MMR to autism. While the study was originally published in *The Lancet*, a very reputable medical journal, it was subsequently retracted and Dr. Wakefield lost his license to practice medicine after the British Medical Society found him guilty of serious professional misconduct and concluded that his work was "irresponsible and dishonest."

At the core of this persisting controversy are parental concern and the ever lingering question, what causes Autism? To which we, the medical profession, do not have a definitive answer. Here are things we do know, a correlation between MMR and Autism has been discredited. Theories now exist about paternal age, various genetic or environmental exposures but nothing concrete has been determined. That is scary to all parents as it appears the cases of Autism are on the rise. This is a subject that researchers and specialist, discuss often in medical literature.

In the final analysis, ZOe wholeheartedly supports the guidelines from the American Academy of Pediatrics regarding vaccinations and, particular, the MMR. We are closely staying abreast of current recommendations and guidelines as well as new validated research to help you make the best informed decisions for your children.

*I despise the thought of children suffering. I went into pediatrics so that I could do something about it. ~Stephanie Kong, M.D. ~*

### Can your baby hear? Charlaya Campbell, M.D., Pediatrician

In the first few years of life, hearing is a critical part of a child's social, emotional, and cognitive development. During the first few months, children will start imitating the sounds they hear. Unfortunately, a few children are born deaf or hard-of-hearing and even more will lose their hearing as they grow up from accidents, intentional injury, multiple ear infections and other diseases. Deafness in children will occur in one out of 1,500 births but children can develop a mild hearing loss as frequently as one out of ten. Even a mild or partial hearing loss can affect a child's ability to speak and understand language. The good news is that hearing problems can be treated if they're caught early. So it's important to get your child's hearing screened early and evaluated regularly.

At ZOe Pediatrics, we follow reports from newborn hearing screens done at the hospital and conduct hearing screens in the office on children 4 years and older annually. If your newborn did not receive a newborn hearing screen, was born at home or a birthing center, it's important to have a hearing screening done within the first 3 weeks of life. If your baby does not pass the hearing screening, it doesn't necessarily mean there's a hearing loss.

Because debris or fluid in the ear can interfere with the test, the tests are often redone to confirm a diagnosis. Treatment for hearing loss can be the most effective if it's started by the time a child is 6 months old. Even if your newborn passes the hearing test, it's important to continue to watch for signs that hearing is normal:

- Infants startle or "jump" with sudden noises.
- 3 months, baby recognizes a parent's voice.
- 6 months, an infant can usually turn his or her eyes or head toward a sound and recognize their name.
- 12 months, a child can usually imitate some sounds and produce a few words, such as "Mama" or "bye-bye."

As your baby grows into a toddler, signs of a hearing loss may include: limited, poor or no speech, difficulty learning, fails to respond to conversation-level speech or child's speech is difficult to understand. Relay your concerns to your doctor immediately. The earlier the diagnosis, the better the chances a child will acquire language, whether spoken or signed. Parents can then decide on the best intervention for their child's unique needs which no doubt will involve teachers and hearing specialists. All children need love, encouragement, stimulation and care from their families. Hearing impaired children may need even more.