

# ZOe Pediatrics

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## February, 2016

*"Your Child Doesn't Have to be Sick to Get Better!"*



## *Happy Saint Valentine's Day*

**Stephanie H. Kong, MD**

After much research, Dr. J M Giedd published an article in the New York Academy of Sciences journal entitled: Structural Magnetic Resonance Imaging of the Adolescent Brain. He reported that the brain of young people are not fully developed making them unable to reason and make wise decisions. The part of the brain that is the last to mature is the part that enables us to foresee the consequences of their actions, guides moral judgement and engender ethical behavior. In other words, the part of the brain that control impulses is not fully developed until after twenty years old. You may be expecting too much from your teenagers.

While we now have scientific proof, I imagine that no one is surprised. Now you know why teenagers do not think things through and as a result make impulsive decisions. So, they need parents, teachers, guidance counselors and even Pediatricians. Your expectations may be exceeding their capacity. But those who take heed will do better than the ones who don't take telling.

Helicopter parenting is not good for either parents or children. Parents can successfully support their children's need to experiment and try their wings and at the same time guide them to healthy development and impulse control. Our level of success depends on learning to respect others and make thoughtful choices. Gone are the days when parents could "knock some sense" into them and physically abuse them into submission. The "old ways" may have worked with you and I but are no longer acceptable.

Modeling acceptable behaviors is probably the most effective. You cannot take other people's property and then tell your child that "stealing is a sin". You cannot mistreat others and punish them for being disrespectful. Your actions speak louder than your words.

Strong feelings cloud clear thinking. When children are frightened, angry, aroused or overwhelmed, their ability to make good decisions are greatly reduced. Decisions are greatly enhanced when cool heads prevail.

### *Feedback From Our Patients!*

**Dear Dr. Kong:** I absolutely love ZOe Pediatrics. All the doctors and staff I have come in contact are very friendly and attentive to our needs. I get appointments within days not weeks- sometimes the next day. Thanks for being flexible. I really like that I can come in on Saturdays.

**~Toikeious C. Watson~**

**Dear Dr. Kong.** You have a great staff and I recommend your office to all my friends who have kids.

**~Tiffa Freeman~**

**Dear Dr. Kong:** Your office is very pleasant and even entertaining. I don't even mind when I have to wait. The doctors are all excellent and show they care. The entire staff is friendly and very courteous. I wouldn't take my child anywhere else.

**~Tangee Dailey~**

### **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!!!

## The Abuses of Cough Syrup

Charlaya Campbell, M.D., Pediatrician

The abuses of cough syrup goes back to the snake oil salesmen exploiting an unsuspecting public by selling them fake tonics, balms and cough syrup. Back then, these charlatans sold their products from the back of wagons and at state fairs. When one company crossed the line and sold antifreeze for cough syrup resulting in the death of 40 children, congress had had enough and passed the law setting up the Food and Drug Administration in 1938.

The FDA has always been leery about parents giving over the counter cough syrup to children and reminds all caregivers never to give a child under two years of age any kind of cold products.

These cough products may contain decongestants, ephedrine, pseudoephedrine, or phenylephrine, and antihistamines. A California-based company even sold cough syrup containing morphine over the counter.

Recently, two types of children's cough syrup were recalled after dosing cups with incorrect markings were included in the packaging, prompting concerns that children could become ill from an accidental overdose. The Perrigo Company voluntarily recalled two batches of children's guaifenesin grape liquid (100mg/5 mL) and three batches of children's guaifenesin DM cherry liquid.

It's important to remember that the overuse or misuse of these products can lead to serious and potentially life-threatening side effects. While cough medicines may reduce the cough, it is only designed to help improve your child's symptoms, not to cure them. They still need the loving tender care of parents and pediatricians. By your vigilance, you can prevent and reduce the accidental misuse of these products in children.

Cough syrup is frequently abused by children because it often taste like candy. So, store it out of sight and reach of children after each use. Choose cold medicines with child-resistant safety caps, close the cap tightly. Finally, carefully follow the directions with regard to how much medicine to give and how often AND never give children medications labeled for adults.

## The 2016 Flu Season

Bande Virgil, M.D., Pediatrician

Among the viruses threatening South American countries this year is the Zika virus that is being spread by the Aedes mosquitoes carrying the fever-causing virus as they buzz and bite. While the symptoms are relatively mild, headache, rash, fever and aching joints, the real threat is that it is suspected for causing birth defects.

The Zika virus is so serious that the governments of Brazil, Barbados, Bolivia, El Salvadore, Honduras, Guatemala, Puerto Rico and Panama are pleading with potential parents to put off becoming pregnant. There has been over 4,000 confirmed cases of microcephaly (small head and incomplete brain development) in Brazil.

As there is no available vaccine specifically for Zika, our best measure of protection is to continue to follow the CDC updates. Mosquito control will become increasingly important as the weather warms ups. ZOe Pediatrics is here to answer questions.

While Zika still remains an unknown, we are in the midst of the annual flu season at all of our locations. We have been testing for flu A/B in the office with confirmation by the nasal respiratory send out tests. We have also had a dozen confirmed cases of H1N1 which has been reported to our health department and the CDC. Many of you will remember H1N1 from the 2009 "Swine flu" pandemic. While you cannot get the H1N1 from eating pork, getting the flu vaccine is still our best protection against H1N1 and other flu strains. It is spread between people.

Encourage everyone you know to get the flu vaccine. You can further protect your family by staying away from sick people and washing your hands to reduce the spread of germs. If you are sick with the flu, stay home from work or school to prevent spreading it to others. You may also want to provide masks for family and friends who will want to hold your baby. Kissing the baby's feet is just as endearing.

Prompt treatment can prevent serious complications and can mean the difference between having a milder illness versus very serious illness that could result in a hospital stay.

*"I wish every kid felt loved and valued so there would be no need for a Valentine's Day." ~Waine Kong*

