

ZÖe Pediatrics Newsletter

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



Stephanie H. Kong, M.D., President/COE

On April 2, 2016 we will have been taking care of your children for four years. I hope you noticed that our sports teams are faster, stronger and more agile; our students are more scholarly, school attendance is up and sick days are down. More of our young people are maintaining ideal weight and definitely not smoking. Unwanted teen pregnancies are at an all-time low. While it takes a village to raise a child, we hope ZOe Pediatrics is contributing to your children's health by providing excellent medical care.

Just recognize that Pediatrics has changed in the last ten years or so. In the old days, a child was only brought to the attention of a doctor if he or she was in pain or really sick. While we provide acute care for sick children, our emphasis is now on prevention. Well child checks are very important. Don't miss them!

We know what cause children to become sick. We know what will impair their growth and cause premature death and disability later. So, we are about prevention. An ounce of prevention is still better than a pound of cure. Or better yet, "Humpty Dumpty sat on a wall; Humpty Dumpty had a great fall; And all the King's horses and all the King's men could not put Humpty together again." Because we didn't prevent the egg from falling off the counter, we now have a mess.

Fifty years ago, we didn't know what caused tooth decay and dentists made a good living pulling teeth and replacing them with dentures. As our knowledge grew, we were able to prevent tooth decay by adding fluoride to our drinking water, taking our children to the dentist for preventive check-ups and most importantly, teaching our children to brush and floss twice per day. Our own children are between 35 and 45 years old and not one of them ever had a cavity and no dentist can make a living pulling teeth any more. Ninety percent of Americans less than fifty years old will have a full mouth of teeth for their entire lives.

While you and your parents are dooting over your amazing children, we want to be dooting doctors making sure their growth and development is on track. The future of our great nation requires that we grow healthy children. We hope that when ZOe kids reach their 100th birthday, they will blow out their candles and tell all in attendance that they had never been sick a day in their lives because they inherited good genes, good parents, a great country where we can drink clean water and breathe non-polluted air as well as wonderful pediatricians who taught them about prevention!!!

Your children do not have to be sick to be better!

Feedback From Our Patients!

Dear Dr. Kong: Thank you so much for all you do for us! I believe God puts people in our lives for a reason. You were put into my life to help me be the best I can be. Thank you for taking the time to love me enough to educate me. You are my saving grace. Thank you.
Elizabeth Cochran

Dear Dr. Kong: First, thank you for the plane rides. My daughter got to fly up front with the pilot and they flew right over our house. It was very exciting for her. But I am especially grateful for the Thanksgiving basket from your staff. Our family enjoyed a lovely Thanksgiving feast. My job cut back on my hours so this was like manna from Heaven.
Maureen Cox

"Become kind. become carefree. become encouraging. become ambitious. become giddy. become humble and become a glorious you."

Maggie Undley

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!!

Body Temperature: A Primer for Parents

Charlaya Campbell, M.D., Pediatrician

Normal body temperature is around 98.6 F. If the temperature rises above 100.5F, your child is said to have a low grade fever and if it is lower than 95F your child may be suffering from hypothermia.

Typically, hypothermia is caused by exposure to cold weather for an extended period of time. The loss of heat will eventually lead to the failure of the circulatory and respiratory systems. Goose bumps, fast breathing, increased heart rate and shivering are the body's natural attempts to raise the body temperature. If you encounter anyone who has been exposed to the cold, get them inside and warm them up with blankets.

Fevers are typically caused by a viral, bacterial or fungal infection. Elevated temperatures can also be caused by sunburns or immunizations. Generally, the symptoms associated with fevers are sweating, headache, shivering and general weakness.

There are several types of thermometers, (oral/mouth, armpit (axillary), temporal, rectal and ear). There are also different techniques of taking temperatures depending on type of thermometer. Rectal thermometers are preferable for infants under age of 12 months. Technique includes insertion of petroleum jelly coated thermometer tip into rectum for about three minutes. Do not let go of the thermometer while it's inside your baby as it could go deeper and cause an injury. Wash hands and thermometer afterwards.

Axillary temperatures are easy to obtain on children under the age of 4. You will want to cross their arms over the chest and place the thermometer in the armpit for about 3-5 minutes. When reporting temperatures. Let your doctor know the actual number on the thermometer as well as how it was taken.

There is no cause for alarm if your child has a fever but seems normal. Your child's body is designed to respond to fever and fight off infections, but sometimes needs help. If your child has fever, depending on age, it is safe to treat with antipyretics (Tylenol or Motrin).

When to call the office: if your child has trouble breathing, pulling at his/her ear, complains of sore throat, or has history of febrile seizures or not getting better after 2-3 days of fever.

We have 24/7 coverage and will keep the light on for you.

Ear Infections (Otitis Media)

Linda Gordon, M.D., Pediatrician

Ear aches are one of the most common things kids complain about. How many times have you heard: "Mommy, my ear hurts". Half of all kids report at least one ear ache in their first two years. If your infant is pulling at his/her ear, being fussy and not having much of an appetite, the most likely problem is Otitis Media. If this is also accompanied with fever and hearing loss, it's almost definitely an ear infection. The discomfort may also be as simple as a build of ear wax (cerumen).

While examining the ear is not painful, children typically do not like anyone poking around so we expect some resistance to the procedure. Parents are a big help as we will need you to hug you child's arms firmly while he or she is sitting in your lap while we use an otoscope to look inside the ear. We may need to remove ear wax so we can have a clear view of what may be going on.

One of the precursors is a recent bout of urinary infection, cold or flu. Fluid may build up in the middle ear leading to an infection and inflammation. This will hurt as the eardrum bulge to accommodate the buildup of fluids. If the Eustachian tube is impaired and not draining, we may need to equalize the pressure. Sometimes just holding the nose and mouth and blowing hard will do the trick or just yawning, chewing gum, drinking, or eating. If you travel, it is advisable to have your child suck on a bottle or pacifier on take-offs and landings.

For chronic conditions, a "pressure equalization tube" (PET) can be surgically inserted. This will ventilate the middle ear space, equalize the pressure and drain any accumulated secretions---quiet a relief.

While the best treatment depends on your child's age, severity of the infection, history of infections and accompanying medical problems, typically, we prescribe antibiotics, treat the fever and manage the pain. Diarrhea and rash are common side effects of anti-biotics.

If your child does not improve, call your Pediatrician for a follow-up visit. We are here for you.

Happy New Year!

