

ZÖe Pediatrics Newsletter

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



Our Commitment to Your Children

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

ZÖe Pediatrics opened its doors in Thomaston four years ago. Our formula to provide outstanding care for our patients worked. People in Georgia really do appreciate quality and partnered with us to assure that their children enjoyed excellent health care. A year later we opened our Barnesville office and a year after that we opened our first Columbus office close to the Medical Center and we will open our fourth office on Williams Road in June. We started with five employees and will have forty when we open our fourth office. So, thank you for allowing ZÖe to help you with the awesome task of developing soaring eagles in your household. The great value on having four offices is that you can take your children to any and all of them for the same high level of care. In fact, we are doing one better. We will also have an urgent care center that will be open from 6:00 pm – 10:00 pm on week-days and 9:00 am to 10:00 pm on holidays and week-end.reat?

There was a time when parents waited for sickness to strike before taking their children to a doctor. It was also a time when only the pain of an impacted tooth would prompt us to seek dental care. The job of dentists was to pull teeth and replace them with false teeth. There was even a time when the people who made dentures were in high demand. I challenge you to find a dental lab in your community and no dentist can make a living pulling teeth anymore. Our children are between thirty and forty five years old and not one of them ever had a tooth ache and will enjoy healthy teeth for their lifetime and beyond.

How did we accomplish something so remarkable? Well, we did a public health thing by fluoridating our drinking water. We recommended that everyone, especially children, have "preventive check-ups" two times per year. And more importantly, with the advent of television, encouraged everyone to brush their teeth twice per day for clean breath and healthy attractive teeth. Colgate sold a lot of toothpaste and did a lot of good at the same time. But it took a long time to transfer the lessons we learned from dentistry to medicine because we had our values backwards.

Who is most prized and well paid? A heart surgeon who heroically repairs a heart after a heart attack or a physician who convince his patients to prevent the heart attack in the first place? Humpty Dumpty sat on a wall. Humpty Dumpty had a great fall. All the King's horses and all the King's men couldn't put Humpty together again. It turns out that half of us will die from a preventable condition---cardiovascular disease.

We now have a very refined formula for preventing heart disease, diabetes and stroke if we start early enough and persist over a lifetime. We can wipe out heart disease like we did with tooth decay. We are finding that many people can live into their nineties without being sick. That is our goal. We would love it if when ZÖe kids celebrate their ninetieth birthday, they blow out the candles and include this statement in their celebratory speech: "I have never been sick a day in my life because of the foundation of good health I received at Zoe Pediatrics." Good doctors treat disease. Really great doctors also prevent disease.

You can realize your own dreams by being passionate in all your pursuits. So you can be a force for good for your family, friends and especially your enemies And may your words, actions and deeds be a blessing to all. But remember to laugh, especially at yourself and dance, dance and dance.

Feedback From Our Patients!

Dear Dr. Kong: Thank you for saving my life all those times! I know sometimes the shots hurts but I would rather come to you than anyone else! You are always so gentle, kind and sweet. You have always been so helpful...ALWAYS!!! You are the best Doc in the world.

~Love, Cameron "Braylee" Peugh.~

Dear Dr. Kong: I just wanted to thank you for the event that was put on in Columbus. It took me a little while to get that cotton candy machine down but everything was a big success. My grandson had a blast and the patients seemed to really enjoy it. Thank you for letting me be a part of it and seeing the smiling faces of those children. What you do for the patients in this community is a wonderful thing and very much appreciated.

~Tammy Thompson~

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 Pav Patients are Welcome!



Call For An Appointment!!!

A Mother's prayer for her children

Stephanie H. Kong, M.D., Pediatrician

We hope that you will continue to learn and mature. You will find that the world is not always a fair place, but do what you can to make it better. Do not let others sway you from what you know to be right and just, and always believe in your own abilities. Remember you are a unique individual and the most important thing is to be the best that you can be. We hope that you always know that no matter what problems you face you will always have the help, the support and the love of your parents. You have brought more joy and happiness to us than you will ever know, just in being yourself and giving us the pleasure of watching you blossom into the beautiful young lady/man who stands before us today. (Congregation Beth Am)

*May your eyes sparkle with curiosity?
Your soul encounter enlightenment, and
Your heart beat with enchantment.
(Bo Links)*

*Loving God,
You are the giver of all we possess,
the source of all of our blessings.
We thank and praise you.
Thank you for the gift of our children.
Help us to set boundaries for them,
and yet encourage them to explore.
Give us the strength and courage to treat
each day as a fresh start.
May our children come to know you, the one true God,
and Jesus Christ, whom you have sent.
May your Holy Spirit help them to grow
in faith, hope, and love,
so they may know peace, truth, and goodness.
May their ears hear your voice.
May their eyes see your presence in all things.
May their lips proclaim your word.
May their hearts be your dwelling place.
May their hands do works of charity.
May their feet walk in the way of Jesus Christ,
your Son and our Lord. (Loyola Press)*

The hopes and dreams of your parents are significant guideposts. May their aspirations and care bring you success, warmth and comfort. May you know right and wrong and the courage to stand up for those in need. You can realize your own dreams by being passionate in all your pursuits. So you can be a force for good for your family, friends and especially your enemies. And may your words, actions and deeds be a blessing to all. But remember to laugh, especially at yourself and dance, dance and dance.

I despise the thought of children suffering. I went into pediatrics so that I could do something about it.

~Stephanie Kong, M.D. ~

A Message to Newborns

Charlaya Campbell, M.D., Pediatrician

It wasn't long ago since you left the warm caress of your mother's womb and started your journey to the rest of your life. You are fortunate enough to be born in the greatest country on earth, at the greatest time in our history. You will be healthier, live longer and know stuff that your parents could not have known. You should have a long life full of great personal achievements. We hope you will be healthy, wealthy and wise. For the time being, assuming that "power is the ability to get what you want when you want it", enjoy the fact that you are the most powerful person on earth. Adults compete to hold you. When you cry, they quickly try to figure out what the problem is and fix it for you. We don't want you to be in any distress. AND when you giggle, the world is a happy place. Baby- therapy.

In addition to doting parents, you are also going to need a doting Pediatrician. I hope your parents bring you to ZÖe Pediatrics. For your sake, that would be one of the first great decisions they will make on your behalf. We work hand in hand with the school system, the wonderful people at the public health department and others to provide you with a safe environment, a good education, clean water and air. We will particularly work with your parents to keep track of your immunizations, your growth and development and if you become sick or injured, we will do our best to make you better. But more importantly, we educate, motivate and partner with others who love and want the best for you to keep you healthy and strong. Keeping you well means eating the right foods, playing vigorously, a sense of adventure, appreciation of the world around us, getting adequate sleep and the love of family and friends.

I hope you will learn that: "If you have God, family and friends, you may stumble but you will never hit the ground." We look forward to seeing your face in the place.

Come grow with us!

