

ZÖe Pediatrics

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

Stephanie H. Kong, M.D., Pediatrician

New Year's resolutions

It is that time of the year when we are tired of old man winter and in anticipation of the sap running, love is in the air. So, happy Valentines! The full moon will arrive (Feb. 11) just in time for President Lincoln's birthday (Feb. 12) and our annual day that we dedicate to romantic love (Feb. 14). So, may cupid's arrow fly straight to the heart of the one you love.

As "good health is the greatest gift you can give your children, our "continuity of care" plan comprises five elements:

Screening: We use the "Bright Futures" forms at each visit as a guide and reminder for the various screenings to be administered and document the services provided. We screen children and families for risk factors and provide education and counseling.

Developmental assessment: Children are not only dependent on societal protection (clean water and air, protection from crime and immunizations, they proceed through developmental stages that make their health care needs unique. We particularly attempt to address parenting issues, fears, concerns and anxieties relating to their children's eating, sleeping, learning and self-control.

Developmental interventions: With an eye towards identifying disabilities and developmental delays, early intervention and treatment will enable children to be active, independent and successful participants at home, in school, social functions and in the community.

Engage children in their Health: Unhealthy behavior, such as smoking, poor diet and sedentary lifestyles account for most of the premature deaths and disabilities in the United States. Involving children in their health is critical to improving wellness. It is never too early to start adopting a healthy lifestyle.

Care coordination: Whether it is an acute or chronic illness, a disability or even an allergy, coordination is needed between specialists and health care providers, schools, public health departments and home.

In addition to clinical medicine, we must consider the community in promoting wellness for our children. So, what are the characteristics of our community that hinder our children from achieving? The positive side is that our children are on the most part are safe. There is far less bullying and child abuse than elsewhere. The downside is not enough attention is being given to what they eat. If parents would serve less sugar (sweet tea, sodas, ice-cream, doughnuts, cakes and pies) and less animal fats (beacon, sausage, hot dogs, hamburgers, potato chips, ribs and pork rinds), we could pride ourselves in being a healthy community. What if we earned the title of the "Healthiest Community in Georgia"? Maybe our kids could all live to 100!

Feedback From Our Patients Parents!

Dear Dr. Kong: I can't thank your staff enough for their unbelievable generosity. A huge Thanksgiving basket with all of the trimmings to help feed our army here. You all did it like it a prize drawing rather than like a charity". You are not only wonderful doctors and staff, but deeply caring people. Thank you all, and Happy Holidays.

Annette Glenn

Dr. Kong: Our family love the doctors and staff at ZÖe Pediatrics. We are so thankful that our children have caring and wonderful doctors to take care of our kids and give us such good advice about child-rearing.

Carmen McClelland.

Dear Dr. Kong: ZÖe Pediatrics is an amazing place to take our kids! We are very thankful for ZÖe Peds.

Brandy Johnson.

Dear Dr. Kong: I am so glad that ZÖe Pediatrics now have an after-hours clinic. I got all the kids physicals done without having to take off from work.

Litisha Harris

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!!!

Keeping Your Children Focused

Linda Gordon, M.D., Pediatrician

Just be reminded that eventually children usually find their way. Just as you become concerned that they may never amount to anything, they rise to the occasion to parent the next generation. Some of our most successful sons and daughters went completely against the tide and are living amazing lives. Chris Rock's mother did not approve of his shenanigans and like all parents, told him to straighten up and fly right. Aren't we glad he didn't listen? Parents seem to only have one formula for success: "Do your homework, work hard, be honest, get good grades and respect others". The United States is such a great country, children can take the path less traveled and achieve great things. It nevertheless stresses us out when we don't see any signs of progress.

Does it please you when your children quickly learn to walk, talk, read and write? According to an NIH study: "It usually makes parents proud when their children reach a developmental milestone ahead of other kids. But when it comes to intelligence... the smartest children appear to have brains that develop later." While it is unintuitive, the higher the IQ, the slower they develop--- up to a point. It takes over twenty years for a human brain to be full grown while it only takes a year or so for most animals to reach maturity (dogs, cats, horses, cows, monkeys and goats). The pace of intellectual development in infants and toddlers does not predict their IQ. Late bloomers will catch up and then some.

What are the ingredients that make some kids soar like eagles while others lag behind. The five most important factors are:

Health (A child who is not well is miserable and makes everyone else miserable---parents, teachers, siblings and others. They will not be happy. So, bring them to ZOe Pediatrics to get them well so they can be the blessing they were meant to be to your family. At the same time, just understand that kids need to play, run, skip, dance, jump, and wrestle.

The quality of the teachers (In addition to a stimulating class room experience, the love of reading and looking things up, will allow them access to a world beyond. According to the Department of Education, the [single most important thing you can do](#) to boost your children's learning is read to them, with them and develop a love of reading.

Access to quality resources (Do they have a telescope to explore the planets and stars, a library card? A computer? Would it surprise you that there are kids in Thomaston who has never seen or took a ride in an elevator or escalator? Show them stuff, introduce them to a lot of people and provide a wide range of experience for them.)

The right kind of stimulation. (A stimulating social and linguistic environment is vital. Talented children are more likely to drop out of school because they are just bored. A racehorse cannot live as a donkey.)

Involvement of parents. (It is vitally important that parents spend time with their kids. It is pure rationalization to say that it is the quality, not the quantity of time. Studies are very consistent in finding that quality does not make up for quantity. It will be less likely for the dog to eat their homework if there is dedicated space to keep their work with a wall calendar where they can keep track of deadlines.)

Your Children's pretty Eyes

Charlaya Campbell, M.D., Pediatrician

Looking out or looking in, your children's eyes are the windows to the world as well as their souls While they mostly take their eyesight for granted, preventing damage is much better than whatever medical or surgical remedies we can offer after an injury or disease.

If their eyes are overly sensitive to the sun, they squint, cry for no reason, have difficulty focusing, rubbing their eyes or sometimes lose their place while reading, these are important warning signs that requires the attention of an eye care specialist who will evaluate the optic nerve as well as pressure in their eyes. If Glaucoma is detected, it can easily be treated and they will quickly regain clear vision.

These are some common eye problems:

Astigmatism – The inability to focus their eyes due to some abnormal shape of their eyes that can be corrected with refractive eyewear.

Conjunctivitis – (Pink eye) an inflammation or infection of the transparent membrane causing the whites of their eyes to appear pink.

Dry eyes - a common condition that occurs when an individual's tears do not provide adequate lubrication.

Cataracts (blurred vision) - the lens of the eye becomes cloudy and opaque.

Diabetic Retinopathy – compromised circulation from diabetes damaging the retina.

Floater – spots, grey specs or cobwebs that drift about when they move their eyes.

Glaucoma - damage to the optic nerve caused by high pressure in their eyes.

Recommendations for vision health:

1. Don't let them wear eye glasses not prescribed for them. The wrong prescription will cause eye strain.
2. Provide sun glasses while they are playing outside in sunlight to screen out UV rays that can cause cataracts.
3. As "cool" as it may be, don't let them wear sunglasses indoors
4. Have them rest their eyes (and your brain) after close work, especially after steering at a computer screen.
5. Keep eyes hydrated with eye drops
6. Get their eyes checked and their prescription updated bi-annually.
7. If you see them squinting and they complain about a head-ache after heavy computer use, get them to an Ophthalmologist or optician.

The medical care provided to children has greatly improved. Unlike the regular eye exams we do at ZOe Pediatrics. I was afforded my first eye exam when I was twelve years old. After a drop in my grades because I was missing much of what was on the blackboard, I was sent to see an Ophthalmologist who prescribed glasses. When I got home after getting my new glasses, it was like living in a new world. I saw imperfections and cracks in walls and dirt everywhere. My grades also improved.

According to Stevie Wonder: "Just because a man lacks the use of his eyes doesn't mean he lacks vision." In addition, modern medicine combined with modern technology, (in addition to seeing clearly) your children will dream dreams and see visions.

*If plan A didn't work, the alphabet
has 25 more letters.*

– Author Unknown

