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Medical News

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WEBSITE UPDATED: NEW FEATURES FOR OUR PATIENTS!

We are constantly improving our website. Recently, we have added 3 new features to assist our patients.

One addition to the website is a listing of local hospitals that have pediatric emergency rooms. This list is organized by county/area so that our patients can find emergency care when needed.

We have also included information regarding



24-hour Pharmacies in Baltimore and the surrounding counties. Since children seem to have a knack for getting sick after regular business hours, these phar-

macies are very helpful.

Finally, a list of urgent care centers in Baltimore and the surrounding counties is also available on our website, for those times when your child needs to be seen, but may not necessarily need the emergency room. We have also included addresses and telephone numbers for each location. Visit us at [www.GreatestDocs.com!](http://www.GreatestDocs.com)

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WE NEED YOUR EMAIL ADDRESS!

We are now able to send emails to our patients. In the future, we plan to send valuable information and alerts to our patients via email. As our office moves closer towards electronic records,

email will be an essential means of communication for us. Although we have collected emails before, many of them are incorrect in our datafile. Would you please give us your email address again?

You can email it to us at bestdocs@yahoo.com, call us at 410-788-2350, fax to us at 410-788-6859, or give it to us during an office visit.



Important Phone Numbers

Office Phone Number:
410-788-2350
 Office Fax Number:
410-788-6859
 Poison Control:
800-222-1222

TIPS FOR A HEALTHY WINTER!

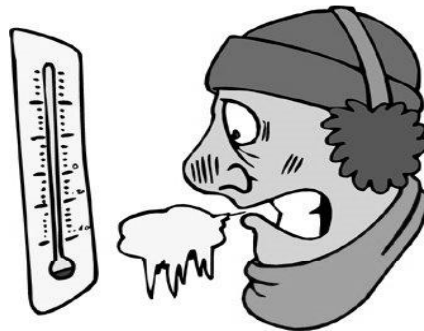
The leaves have fallen, the air is crisp, and the winter coats are coming out of storage. This can only mean one thing: Cold/flu season is upon us! Here are some recommendations to help keep you and your family as healthy as possible this year.

1) Proper hand-washing: Your best defense against getting sick this season is also the simplest. Be sure to use an alcohol-based hand sanitizer when possible, or you could use good, old-fashioned soap and water. Both methods are effective against colds, the flu, and many other contagious diseases.

2) Cover nose and mouth when you cough: This is a MUST! Be sure to cough into your elbow or shoulder. This reduces the chances of

transferring germs to shared surfaces and other people.

3) Get plenty of sleep: Sleep is your body's way of recharging your immune system. According to the Centers for Disease Control (CDC), children (ages 5-12) need 9-11 hours of sleep each night, teens



need 8.5-9.5 hours, and adults need 7-9 hours.

4) Listen to calming music: Numerous studies have shown that listening to relaxing music may help your body's immune system. So sit back, relax, and bring out the elevator music!

5) Limit outside exposure, and dress in layers: It's best to avoid being outside on an especially cold day. However, if you do go out, be sure to have multiple layers of clothing on (i.e. long sleeve shirt, T-shirt, and a sweatshirt underneath your coat). You can always take layers off if you get too hot.

RECIPE CORNER: HONEY-LIME WELLNESS TEA

This recipe is an old Island remedy for many ailments, from the common cold to an upset stomach. It is also a nice cold-weather treat that is sure to warm you up on a chilly day.

INGREDIENTS (Makes 3-4 Servings)

1 large lime (washed and cut in half)
4 cups water
Honey (to taste)**

****WARNING: Due to the risk of botulism, DO NOT give honey to children under the age of 1****



INSTRUCTIONS:

1) Place lime and water into medium saucepan, and bring to a boil over medium-high heat.

2) Once water is boiling, reduce to medium heat, and continue cooking for approximately 10-15 more minutes.

3) When tea is ready, water will have a very slight green color.

—NOTE: Overcooking lime will result in a bitter-tasting tea.

4) Add honey to desired sweetness, and enjoy. **(REMEMBER: NO HONEY for children less than 1)**

OFFICE ANNOUNCEMENTS

UPDATED HOSPITAL PRIVILEGES:

Due to scheduling limitations, Dr. Petit has chosen *not* to renew her Nursery Privileges at Sinai Hospital. This means that any babies born at Sinai will be cared for by the hospital pediatricians, and will then follow-up with us after discharge. Please note: Dr. Petit will continue to see newborns at Howard County General Hospital, and both doctors will see babies at St. Agnes Hospital.

NEW OFFICE HOURS:

Due to low patient volume, we will no longer have early office hours on Thursdays. The office will open at **9am every day**. Evening and weekend hours remain unchanged.

FLU VACCINES STILL AVAILABLE:

Do you still need your flu shot? Well look no further! Although supplies are limited, our office still has some 2011-2012 flu vaccines available.

ASK DR. LISA

Dear Dr. Lisa,

“I have a niece who is 2 and ½ years old who can already read books, but my son is a few months older and is not reading yet. Many family members have noticed this, and they often make comments. He is otherwise perfectly healthy, but I am concerned that he is not developing as he should. What should I do?”

Sincerely, Worried Mommy



Dear Worried Mommy,

Your situation is a very common concern among parents. You and a relative/friend have children who are relatively close in age, and one child seems to be “more advanced” than the other. This often (and appropriately) raises concerns that one child might not be progressing as they should. And as if that weren’t troubling enough, you may have some well-intentioned relatives who are not shy about reminding you of it. Here are some tips to help you handle the situation while addressing your concerns.

The first thing to do is to mention your concerns to the doctor at your next well visit.

Our office does developmental screening questionnaires at

every check-up for the first 2 years, or if parents have specific concerns. Based on your responses and our exam, we are able to determine how well your child is progressing. If we suspect that your child may have any developmental problems (i.e. language, motor, etc.), we will

“Remember that there is a WIDE RANGE of normal development among children.”

promptly refer you for further evaluation and/or treatment.

We also like to remind parents that there is a WIDE RANGE of normal development. Some kids will walk, talk, potty train, or read before others. And please remember that even if a child seems advanced in a particular area, it does not necessarily translate to overall lifetime achievement. For example, a child who reads early is not destined to win a Pulitzer Prize.

The next issue is your family’s response to the situation. It is very important, even at this young age, for your child to develop positive self esteem.

In many social/family situations, children who are close in age are often compared to one another, and unfortunately, parents have no control over that. What you CAN control is your response to the situation, ensuring that your child feels confident and loved no matter what! And *please please please* avoid the temptation to engage in a game of “My-child-is-better-because...” This exchange, while seemingly innocent on the surface, serves only to perpetuate the problem,

and creates tension between the parents.

Finally, consider the fact that children get their social cues from parents. Ask yourself how you would want your child to respond to the comments, then model the behavior. If *you* are embarrassed or ashamed, then your child will perceive that *they too* should be ashamed. Instead, you may want to say something like, “Wow, she’s a really good reader! Maybe we can go to the library sometime. He *loves* their story times.” This diffuses the situation without any hard feelings. Plus, it gives your son confidence in the fact that another person’s talent does not take away from his special place in the world.

It actually sounds like your son’s development is just fine. We parents set very ambitious goals for our kids with early reading and college-prep preschools. The truth of the matter is they will learn to read at their own pace. For now, just enjoy reading to him, and love him for who he is—your child!

●
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Pediatrics and Young Adult Medicine

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To the parent/guardian or patient



**We apologize if you have received this
newsletter in error. Please contact our
office for address changes or if you
would like your name removed from
our mailing list.**