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PEDIATRICS AND YOUNG ADULTS
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Dr. Sam's News

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ST. AGNES HOSPITAL HONORS DR WILLIAMS

Dr. Williams was honored by St Agnes Hospital on February 12 in a special ceremony held in the chapel at St Agnes Hospital. Dr. Williams was nominated for this honor by several members of the Pediatrics staff at St. Agnes. He, along with several other physicians, was recognized for practicing medicine in a way that Dr. King envisioned. Approximately, 250 employees, family, and friends attended the ceremony.

Dr. Williams stated, "My patients come to me because they feel that I provide quality medical care. The color of skin does not matter. Dr. King envisioned a time in

this country, when people would be judged by their character and not by the color of their skin. I am the first African-American to practice pediatrics in the Catonsville area. My practice was successful because patients would recommend their friends and relatives.

The highest compliment you can give a doctor is to trust him with the care of your loved ones." In addition, Dr. Williams said, "My practice is like a little United Nations. I have patients from many counties including Germany, Vietnam, China, India, Greece, and Russia just to name a few."

Dr. Williams insists that all



patients be treated with the utmost of respect. "I am truly humbled that St. Agnes Hospital chose to honor me. I share Dr. King's belief that all men should be treated equally. I also insist that my staff treat everyone with respect. I truly love my patients. As a Christian, I truly believe that this is what God intended for me to do," Dr. Williams added.

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Important Numbers

- Office number 410-788-2350
- Fax number 410-788-6859
- Poison Control 800-222-1222

TOP BABY NAMES LIST FOR 2007-2008

Emily again topped the list of most popular girls names last year and for the 12th consecutive year as #1. Jacob was number #1 for the 9th straight year for boys. The Social Security Administration has reported this data since 1997. The top

ten girls in order-

- | | |
|-------------|---------------|
| 1) Emily | 6) Sophia |
| 2) Isabella | 7) Olivia |
| 3) Emma | 8) Abigail |
| 4) Ava | 9) Hannah |
| 5) Madison | 10) Elizabeth |

The list for boys-

- | | |
|------------|----------------|
| 1) Jacob | 6) Daniel |
| 2) Michael | 7) Christopher |
| 3) Joshua | 8) Anthony |
| 4) Mathew | 9) William |
| 5) Ethan | 10) Andrew |
- The complete list can be found on the agency's website- www.socialsecurity.gov

THE OFFICE GOES HIGH TECH

Three new improvements have been made in the office. "This office will always offer state of the art technology to its patients," Dr. Williams stated.

- **Educational TV**

A 32" LCD TV was installed in the waiting room. Programming covering newborns, children, and teenagers is presented. All information presented has been carefully reviewed by the American Academy of Pediatrics. Only 3000 pediatric practices in the United States are allowed to use this state of the art technology. The programming is updated frequently via high speed broadband technology. Patients have been very impressed and Dr. Williams is quite pleased with the positive comments from his patients.

- **Wireless prescriptions**
Using a wireless wi-fi PDA, Dr. Williams can send prescriptions directly from the office to the patient's pharmacy. The whole process only



takes a few minutes. In many cases, the prescription is ready by the time the patients arrive to the pharmacy. The program checks the patient's insurance for coverage and suggests alternative generic medications. This state of the art technology is something that all physicians will be using in the future. Just remember, you saw it in Dr. Williams' office first.

- **New hearing instrument**

This instrument allows the office to perform a complete hearing screen on patients without any input from the patient. The instrument is placed into the ear canal and within seconds a complete hearing screen is obtained. A printout of the hearing test is provided for Dr. Williams to review. "This is a wonderful instrument for the younger kids who don't understand the traditional hearing screen test in which they are asked to raise their hands when they hear a sound. The machine allows me to screen for hearing loss at a much earlier age," said Dr. Williams.

- **Stay tuned.** There's more good news in the works.

WE TREAT YOUNG ADULTS

Dr. Williams has expanded his practice age limits and treats young adults in their twenties.

"It was really quite easy," Dr. Williams stated. "Most of my patients don't want to leave the practice. They have remained in the practice while in college and graduate school. Not only have I provided medial care, but I have been able help in other areas such as depression, anxiety attacks, and attention deficit disorder." GYN exams, birth control,



and treatment for acne, sexually transmitted disease screening are some of the services available.

"My young adults are comfortable remaining in my practice. They trust me and they like the relationship that we have established over the years," Dr. Williams said.

New young adult patients are welcome to join the practice. Free patient interviews are offered.

NEBULIZERS ARE AVAILABLE FROM THIS OFFICE

Nebulizers which are instruments used to treat asthma and other respiratory problems are available from this office. These instruments are also used to treat wheezing associated with pneumonia and RSV (Bronchiolitis) in infants. The common agents used with these machines are albuterol solution for inhalation and steroid products. Nebulizers are the best way to deliver albuterol to infants and children. The nebulizers can

be decorated to look like a bus with the included stickers and labels. Most medical insurance companies cover the cost of the machines. For those patients who do not have insurance, or if insurance won't cover it, the nebulizers may be purchased at a very reasonable cash



Nebulizers deliver rescue drugs to asthmatics.

price. The nebulizers include all tubing, two different sized masks, and has a five year warranty. Call the office if you would like to obtain one of these instruments. An extra nebulizer at the babysitters, or grandmother's house, can come in handy.

GENETIC LINK TO AUTISM

Autism appears to be caused by a genetic chromosomal abnormality.

Two studies from research teams at Yale and Johns Hopkins, using different methods, pinpointed the same gene.

In an earlier study, UCLA investigators studied the DNA of 291 families nationwide who had donated blood samples. Each family had at least one autistic child. The findings connected a specific region of Chromosome 7, called 7q35, to autism.

The two studies at Yale and Johns Hopkins, looked at the Chromosome 7q35 region. A gene called contactin-associated protein like 2 (CNTNAP2) was identified as causing Autism. This gene may not only predispose children

to autism, but it may also influence the development of brain structures involved in language.

The scientists discovered that the gene was strongest in families with autistic boys. Autism strikes boys three times as often as girls. This finding may partly explain why Autism is seen more in boys.



The 3:1 gender ratio between boys and girls also applies to rates of attention deficit disorders, learning disabilities and language disorders. It will be interesting to learn

whether CNTNAP2 also plays a role in language development in non-autistic children. More studies are underway to find any other genetic defects that might cause autism.

Now that the defective gene has been identified, the next logical step is to develop a chromosomal screening test, preferably at birth, to identify this gene. With early identification of this gene, treatment would be started right away. Studies have shown that early identification, with early treatment, of Autistic children has been highly successful.

Dr. Williams will be introducing screening tests for autism to the practice. Dr. Williams is currently evaluating several autism screening tests.

YOU CAN STILL FIND HONEST AUTO REPAIR

My wife drives a late model Toyota. When her maintenance light came on, she took the car in our local Toyota dealership in Catonsville. First, the dealership requested \$399 just to run the diagnostics test. After running the diagnostics test, she was informed that some kind of air hose needed to be replaced. Also, she was told that the front and rear brakes required replacing at a cost of \$400 for the front and \$400 for the rear. In addition, the oil pan was leaking and needed repair at a cost of about \$250. We questioned why a late model car would have

so many problems.

We decided to take the car to Caton Auto Clinic. They checked the brakes—they were fine. A dye was placed in the oil to locate any leaks. There were no leaks. Once again, Caton Auto Clinic proved that honest auto evaluations and repair still exists.

We have been deal-

ing with Caton Auto Clinic for years.

They have always been honest with me about any repairs my cars have needed. They are a family owned and operated business serving Catonsville for over 20 years. They are located at 6009-6013 Baltimore National Pike. The telephone number is 410-788-3838.



I highly recommend Caton Auto Clinic because they are honest and they do quality work.

HOW TO QUIT SMOKING

Dr. Williams has been asked to promote a new and free quit smoking program offered by the state. The name of the program is Smoking Stops Here.

The program has a toll-free Quit line, 1-800-QUIT-NOW (1-800-784-8669) which provides FREE, telephone-based quit smoking counseling.



The Quit line is available seven days week between the hours of 8:00 a.m. to midnight. The program is free, confidential, and anonymous.

Once a caller decides that he wants to quit smoking, he is assigned to a highly trained "Quit Coach" who will help guide the caller

through the quit smoking process. The smoker can call his Quit Coach anytime. While supplies last, free nicotine patches will be provided for the smokers who call the Quit line. In addition, Baltimore County's FREE quit smoking classes offer free nicotine patches, gum, or lozenges. More information about the program is available at the Quit line web site—www.smokingstopshere.com

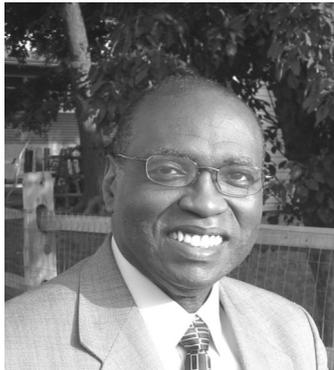
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To the parent/guardian or patient

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.

ASK Doctor Sam



Question: I am a teenager. For years, I have had very sweaty hands, feet and underarms. I have kept it hidden. What is my problem?

Answer: You most likely have a condition called Hyperhidrosis. "Hyper" means high amounts or a lot of something. "Hidrosis" means sweating. Therefore, hyperhidrosis means "a lot of sweating." Some medical conditions may need to be ruled out, but most of the time a patient's sweat glands are sensitive to the adrenaline our bodies make. The condition is treatable with a topical solution that I prescribe. Many

times, after 6 to 8 weeks, the condition is in control.

Question: At what age may I apply sunscreen to a baby?

Answer: Usually, after six months of age. Make sure to use PABA free sunscreen.

Question: My child is two years old. How do I handle temper tantrums?

Answer: Time out is my favorite. It must be done immediately after the unwanted behavior. The child is placed in his crib for 1 minute per year age of the child. Use a timer. Because the children have no concept of time, 1 minute seems like 1 hour to them. I ask my parents to be consistent with time out.

Question: I am a 17 year old female teenager. I am had sex and now I notice some warts in my private area. What's going on?

Answer: Most likely you have venereal warts caused by the HPV virus. It is esti-

mated that 50% of the sexually active population in the United States carries this virus, although it may not always present with warts. You need treatment right away. Call my office.

Question: What are febrile seizures?

Answer: It is estimated that 5 % of the pediatric population has them. They are seizures triggered by the rapid rise in temperature in a child with a fever. Most children will outgrow this condition by about 5 to 6 years of age. If your child has a seizure, even though it might be a febrile seizure, call 911. Place your child on his stomach and turn the head to the side.

Question: I would like to spilt up some of the vaccines, rather than have my infant receive them all at once. Is that OK with you?

Answer: Yes, it's OK. Some of my parents already are doing this. For example, some infants receive 2 shots at the well visit and return for the other shots 1 month later.