



SAMUEL R. WILLIAMS, M.D.
LISA WILLIAMS PETIT, M.D.
PEDIATRICS AND YOUNG ADULTS
5707 CALVERTON ST. SUITE 1B
CATONSVILLE, MD 21228
410-788-2350
www.greatestdocs.com



Medical News

Medical News
 Spring 2013

WE TREAT THAT, TOO!

When you think of our office, most people think of well visits, vaccines, and acute issues like ear infections and bronchitis. However, there are other services that Dr. Williams and Dr. Petit provide.

Acne: Many patients with acne think that they automatically have to see a dermatologist for treatment. There are several routine medications and treatments that our doctors can prescribe that may save time and money. Don't hesitate to ask!

Wart Removal: Appointments can be made for in-office treatments of both plantar and genital warts. These treatments are safe, and give excellent results!

Mental Health: We also treat mental health and behavioral issues like ADHD, depression, anxiety, and discipline problems. Our patients simply need to call and set up a consult to initiate the evaluation.

Gynecologic Issues: Our doctors are also able to perform routine pelvic exams, PAP smears, and STD testing and

treatment. In addition, we also handle issues like birth control, irregular periods, and pregnancy testing.

Fluoride Varnishing: This is a simple dental polish that we apply in the office, which protects a child's teeth from cavities and decay. We highly recommend this for our patients, especially prior to their first dentist visit at 3 years old.

Inside this issue:

We Treat That	1
Apps We Like	1
Avoiding Food Feuds	2
Recipe Corner	2
Ask Dr. Lisa	3
Announcements	3

APPS WE LIKE

Our office is always on the lookout for new technology that can help our patients. Tablets and smart phones have revolutionized the way we live, and some applications (or "apps") have proven to be very helpful for patients. Here are a few of our favorites:

Period Tracker:



This app allows girls to track their periods and symptoms, and lets them know how many days until their next period. It also appears as a discreet icon on the home screen, which allows some privacy. This app is available for Apple and Android operating systems.

Talking Gina The Giraffe:



This little giraffe is absolutely adorable! Great for preschool aged kids. Gina will repeat everything she hears, and loves to play "patty-cake". The child can also feed her, give her water, and even give her a balloon! Available for Apple and Android.

Drive Safe.ly: (not a typo)



Put an end to distracted driving with this app. Once activated, this program will read aloud incoming text messages and/or email messages. You even have the option of having the system

automatically respond to messages. This app is available for Apple, Android, Windows, and Blackberry operating systems.

Tasks:



This is a great app for organizing your life and the seemingly never-ending "To Do List". Great for parents and students alike, it allows you to prioritize your tasks in terms of urgency and due date. Available for Android, but there are several similar programs made for the Apple operating system.

Important Phone Numbers

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

AVOID THE FOOD FEUD!

You are sitting at the dinner table, watching your child build a "broccoli fort" on his plate for the 3rd night in a row. Before that it was the "asparagus tower" and the "spinach castle". This phenomenon is nothing new, however. The long-standing feud between children and vegetables makes the Ravens and Steelers look like BFF's. Why is this? And if we are truly honest, vegetables tend to be the least interesting food on the dinner plate. And as parents, we often use ineffective tactics to make our kids eat them.

There are several "picky eater" techniques that parents have tried for years with little to no success. For example, it is useless trying to convince your child that a starving child in a far-off country will somehow benefit from your child's clean plate. Some parents, out of pure desperation, even resort to force-feeding or

begging to get their children to eat. These tactics encourage power struggle over food, which no parent ever wins.

So how can I get my child to eat healthy foods? First, you must keep in mind your 3 main goals: 1) Give your child proper nutrition, 2) Encourage a healthy *relationship* with food, and 3) Avoid power struggles. Even if you force food into a child's mouth, you cannot force them to chew and swallow. Plus, they can gag and vomit, and it creates a very negative view of dinnertime, and food.

Next, you have to pick your battles. If your child likes fruit, that's great! Eating a variety of fruits will give the same vitamins and nutrients as vegetables. So a few veggie-less days a week won't be detrimental.

Also remember that if your child says "I'm full", they may actually be telling



the truth. Avoid snacks just before dinner so that they will be hungry enough to eat, and always try to start with the healthiest food on the plate.

Let the kids help with food preparation. Research shows that kids are much more likely to eat their food if they have helped prepare it, even if it's just pushing the "Start" button on the microwave.

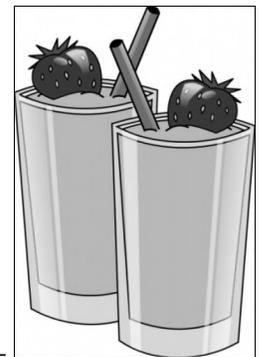
Finally, try to set your child up for success. If she hated peas that last 2 times you served them, then please don't pile it on her plate. Instead, serve 4-5 peas and have her eat them *first*, before moving onto the other foods on her plate.

RECIPE CORNER: DRINK YOUR VEGETABLES!

Vegetables like spinach, kale, carrots, and beets can be blended with fruit to make a healthy, delicious smoothie that the kids will actually be excited to drink! And don't worry, if you keep encouraging your child to try new foods, and vegetables, he will eventually be on speaking terms with his dreaded green nemesis. Here is a recipe to help get you started.:

Ingredients:

- 1-2 handfuls fresh Kale, washed with stems removed
- 1 Banana, cut in half
- 1 1/2 cups Water
- 1 cup Frozen fruit
- 1-2 handfuls Ice
- Sweetener to taste



Instructions:

1. Add ingredients, in order listed above, to blender. Start on lowest setting, then gradually increase to high speed.
2. Blend until mixture is smooth and large chunks disappear. Total time depends on individual blender specifications.
3. Makes 3-4 servings.

ASK DR. LISA

Dear Dr. Lisa,

My daughter is 13 years old, and has been begging me for a cell phone so that she can talk and text with friends. I have been resistant, but she has a birthday coming up, and I am considering purchasing one for her. Do you have any suggestions or guidelines for cell phones and teenagers?

Sincerely, Hesitant Parent



This is a very common question that parents have. Cell phones have become very popular, and teens (and parents) face increased pressure to "keep up with the times". To be honest, cell phones have several benefits. Parents can stay in contact with their kids at any time, and most smart phones have calendars and applications that can help manage the busy lives of a teenager. As with any modern technology, there should be guidelines for safe and responsible usage. Here are a few ground rules that I would consider when allowing an adolescent to have access to his or her own cell phone. Keep in mind, that that some of these rules will vary, depending on the age of the child:

- **The child must ALWAYS answer when parent calls:** As my mother used to say, "Safety first!" A par-

ent should know where their child is at all times, otherwise, a parent's mind almost always jumps to the worst-case scenario.

- **No cell phones/texting from 9pm-7am:** Sleep is one of your body's most important functions. When kids have 24/7 access to computers and cell phones, the quantity and quality of sleep declines. This results in dropping school performance, daytime sleepiness, and sometimes behavior and mood problems.
- **Parent should have access to all phone, social media, and email passwords:** This might seem like an "invasion of privacy", but with all the online dangers that are now accessible through smart phones, parents need to know *who* the kids are communicating with and what is being said.

- **Practice cell phone etiquette:** ALL cell phone conversations and texts are *secondary* to live human interactions, and cell phones should be on silent mode during meetings, movies, and classes. (Note: the best way for kids to learn this is to see their parents model the behavior!)
- **Consider limiting calling minutes and texts:** This obviously has financial benefits, but it also encourages live social interactions...If you want to talk with your friends, why don't you actually meet up with them?
- **Remember...A cell phone is a *privilege*, NOT a *right*!** This means that if other responsibilities (i.e. school, chores, etc) are neglected, or if trust is broken, the cell phone privileges can be revoked.

OFFICE ANNOUNCEMENTS

Inclement Weather Procedure

In the event of a snow storm or other weather-related event, patients are advised to call the office and/or check our website (www.greatestdocs.com) for the most updated information. When calling, press "5" to access weather-related office closing information. If a storm is predicted, we will also attempt to call any scheduled patients to alert them to any changes in their appointment time.

Summer Physicals

Summertime has always been one of our busiest seasons with back-to school and sports physicals. This year, we are expecting a particularly active season, and we urge patients to schedule physicals as soon as possible, for as early as possible. We know it seems a bit early to start thinking about the summer, but we recommend scheduling your child's physical for May or June to avoid the last-minute rush.

Health Forms

While we always do our best to complete paperwork in a timely fashion, please remember that there is still a turn-around period. Bring in your forms as early as possible, and be sure to fill out the patient/parent portion of the form ahead of time. Also, please allow at least 1 week for us to complete the forms, making sure that we have your most updated contact information so that we can return your completed forms to you.

●
Samuel R. Williams, M.D.

Lisa W. Petit, M.D.

Pediatrics and Young Adult Medicine

5707 Calverton Street, Suite 1B

Catonsville, MD 21228

www.greatestdocs.com

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.**