



# Hand in Hand News

A Quarterly Newsletter from Aurora Pediatric Associates

## Advancing Pediatric Care for Our Patients!

### Keeping Up with the Latest Medical Advances!

At Aurora Pediatrics we place great importance on staying abreast of the latest clinical developments in pediatric care. As such, members of our clinical staff are given the opportunity to attend a number of local and national clinical conferences and workshops each year.

In addition to conferences and seminars outside of our practice, Aurora Pediatrics hosts four to six guest speakers per year to bring information on the latest clinical developments in pediatrics directly to our staff. Many of these guest

speakers are specialists from The Children's Hospital. Some of the topics covered this year by guest speakers include Hematuria/Proteinuria (blood/protein in urine), Autism, Head Injuries, Feeding Problems, ADD/ADHD, Atopic Dermatitis (eczema), and Childhood Obesity.

In order to maintain consistent clinical care at Aurora Pediatrics, we have a Clinical Committee which meets monthly to review policies, care guidelines, and the latest clinical developments in pediatric care. This committee works together to develop pediatric guidelines regarding well care and the treatment of illnesses and injuries. As a result, patients can

expect to receive consistent, up-to-date medical care from each and every provider at Aurora Pediatrics.

Our dedication to providing continuing medical education and our thorough review of the latest medical developments helps to assure that we can continue to provide the very best in pediatric care for our patients!



## Working to Build a Better Community!



**Parker Country Festival's Kid Stage**

**June 12—13, 3004**

Sponsored by Aurora Pediatrics

With the opening of our new Parker office, the staff at Aurora Pediatrics is very enthusiastic about supporting families in the Parker community. As such, Aurora Pediatrics coordinated with the Parker Chamber of Commerce to sponsor the Kids Stage at the annual Parker Country Festival in June.

The Parker Country Festival is the largest annual community event in the Parker area, drawing crowds of over 50,000 children and their families.

The Kids Stage was new to the festival this year and included entertainment by The Amazing Edward Aragoni, magician and balloon sculptor; space and rocket demonstrations by

Space Time Inc.; and a Polynesian dance review by the Rocky Mountain Polynesian Dancers.

Staff from Aurora Pediatrics worked with the entertainers at the Kids Stage, passing out 1,500 free helium balloons to children. Our staff had a wonderful time visiting with children and their families from the Parker area and watching the children participate in the magic, space and dance shows.

Aurora Pediatrics looks forward to participating in other neighborhood, school and community events in Aurora, Centennial and Parker.

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*Hand in Hand for Healthier Children*



## We Are Now Seeing Patients at Our New Parker Office !!!!

Our new Parker office has been seeing patients since April! Appointments at our new office can be made through our Central Appointment Line at 303-699-6200. If you have been a patient at our Centennial office and would like to have your records transferred to the new Parker office, please request this when making your next appointment.

Patients will love the warm, friendly décor of our new Parker office. Consistent with the "Imagine A World" theme in our other offices, our waiting room is decorated with beautiful murals of the Australian "Great Barrier Reef"

and scenes from southern beaches inhabited by playful penguins. Additional murals are being added weekly and will include scenes from the Australian Outback, complete with friendly kangaroos and koalas.



Patients at our new office will enjoy the benefits of close proximity to x-ray, lab and pharmacy services at Parker Adventist Hospital. Current patients will recognize many friendly faces, as the providers include Dr. Mark Pearlman, Dr. Paula Levin, and Dr. Stephanie Stevens.

Our new office is located in the Professional Building at the new Parker Adventist Hospital near the intersection of Parker Rd. and E-470.

If you have friends in the Parker area interested in learning more about our new office, please invite them to stop by and visit us!

## September is Time to Start Thinking about Scheduling Flu Shots!

Influenza is a serious virus which causes fever, sore throat, chills, cough, headache and muscle aches. While most people are ill with influenza for only a few days, some get much sicker and may need to be hospitalized.

Aurora Pediatrics joins the American Academy of Pediatrics in recommending flu

(influenza) shots for all healthy children over the age of 6 months, in addition to those children with chronic illnesses.

Beginning in September, Aurora Pediatrics will start scheduling flu shot appointments and flu shot clinics for the month of October. Due to the shortage of flu vaccine last year, we are recom-

mending that patients make their appointments early to be sure to be vaccinated before the flu season hits. Please call our central appointment line in early September to schedule a visit for a flu shot. Children under the age of 8 receiving the flu shot for the first time require the vaccine to be administered in two doses, one month apart.

## Saturday Well-Care Appointments Available in August!

During the month of August Aurora Pediatrics will offer Saturday well-care appointments from 8:30 - 10:30 a.m. as part of a pilot program. If you would like to schedule a Saturday well-care appointment in August, please call our Central Appointment Line at 303-699-6200.

## Welcome Dr. Bradley Kurtz!



Bradley D. Kurtz, DO

Dr. Bradley Kurtz graduated from the University of Texas Health Sciences Center in 2000, completing his pediatric residency training at Tulane University Medical Center in New Orleans, Louisiana. During his residency he was voted Best Pediatric Intern by the Tulane medical

Aurora Pediatrics is pleased to announce that Dr. Bradley Kurtz has joined our physician staff!

students. Prior to joining Aurora Pediatrics in July 2004, he worked as a pediatrician at The Children's Medical Center in Covington, Louisiana.

Dr. Brad Kurtz is a D.O. (doctor of osteopathic medicine). Like the MDs employed by Aurora Pediatrics, Dr. Kurtz has completed four years of medical school specializing in pediatrics. He is board certified by the American Board of Pediatrics and is a member of the American Academy of Pediatrics. In addition, through his D.O. degree, he has received education in hands-on manual medicine and the body's musculoskeletal system. As an osteopath, he is trained to treat the entire patient as a whole,

rather than focusing on one system or body part.

Dr. Brad Kurtz' interests in pediatrics focus on childhood obesity and the underserved community. His personal interests include travel, soccer, running, hiking and music. Dr. Brad Kurtz is the son of Dr. Michael Kurtz, one of the founding Partners at Aurora Pediatrics. He is very pleased to return to his hometown of Denver as a member of the physician staff at Aurora Pediatrics. He and his wife look forward to becoming involved in the community and taking advantage of all of the wonderful opportunities that Denver has to offer.

## Employment Opportunities at Aurora Pediatrics

With the opening of our new Parker office, we are expanding our staff and are looking for qualified individuals to join our team. Applicants must possess appropriate experience, have excellent customer service skills, and enjoy working with children and their families. Aurora Pediatrics offers competitive salaries and benefits and is an equal opportunity employer. Current employment opportunities include:

**RN Triage Nurse** - PT/FT flexible hours, Centennial

**Medical Assistant** - PT/FT, Centennial/Parker

**Receptionist** - FT, location TBD

For more information, visit the employment page of our website at: [www.AuroraPediatrics.com](http://www.AuroraPediatrics.com)



## Protecting Your Child From West Nile Virus

West Nile Virus is expected to be widespread throughout the United States this summer. This virus is spread to humans through bites from infected mosquitoes.

Most West Nile Virus infections produce no symptoms at all. Approximately 20% of infected people will develop an acute fever accompanied by headache, malaise, fatigue, abdominal pain, and sometimes nausea and diarrhea. These symptoms generally resolve on their own within a week.

While cases of severe symptoms can occur in children, they are most common in adults over 50 years old. Serious symptoms from the virus affect less than 1% of infected people and can result in meningitis, encephalitis or

paralysis. Indications of serious symptoms include severe headache, high fever, stiff neck, confusion, seizures, aversion to light, muscle weakness and loss of consciousness. Anyone experiencing any of these symptoms should seek medical attention immediately.

The best way to prevent West Nile Virus is to apply insect repellent to the skin and clothing when exposed to mosquitoes. Be sure to avoid the hands, eyes and mouth when applying insect repellent to young children. The most effective repellents contain DEET, which is safe to use on infants older than 2 months of age.

The American Academy of Pediatrics recommends using formulas containing no more than 30% DEET. The major difference in the percentage of

DEET relates to how long the product lasts. As the concentration of DEET increases, the effectiveness lasts longer. A concentration of 10% is effective for about two hours, while a concentration of 30 provides five to six hours of protection.

The best approach is to select the lowest concentration that will work for the time you plan to be outdoors. The general recommendation is that DEET should not be applied more than once a day. For this reason, products which combine DEET and sunscreen should be avoided, as sunscreen should be reapplied often, while DEET should only be applied once a day.

## Summer Safety Tips

### Fun in the Sun

- ◆ Cover up with a hat, sunglasses and cotton clothing.
- ◆ Stay in the shade and avoid sun exposure during peak intensity hours.
- ◆ Liberally apply sunscreen with a SPF (sun protection factor) of 15 or greater at least 30 minutes before going outside.
- ◆ Reapply sunscreen every two hours, or after swimming or sweating.
- ◆ Use sunscreen even on cloudy days.
- ◆ Keep babies under 6 months of age out of direct sunlight.
- ◆ Dress babies in lightweight clothing that covers arms and legs and use brimmed hats.



### Pool Safety

- ◆ Never leave children alone in or near the pool, even for a moment.
- ◆ Provide children with swimming lessons.
- ◆ All pools should be surrounded on all four sides with a sturdy 5 foot fence, with self closing and latching gates.

- ◆ Rescue equipment (shepherd's hook and life preserver) and a portable telephone should be kept near the pool at all times.
- ◆ Avoid inflatable swimming aids. These are not a substitute for approved life vests and can give children a false sense of security.
- ◆ Infants and toddlers should be kept within an arms length of a supervising adult.

### Bicycle, Roller Blade & Scooter Safety

- ◆ Always wear a helmet, no matter how short a ride is or how close to home.
- ◆ Be sure helmet fits snugly and is approved for bicycle riding and roller blading.
- ◆ Oversized bicycles are dangerous. Children should be able to sit on the seat, with hands on the handlebars, and the balls of the feet touching the ground. A child's first bike should be equipped with foot-brakes, since young children's hands are not mature enough to control hand brakes.
- ◆ Always ride on the right side of the street, along with traffic.
- ◆ Teach your child to use appropriate hand signals and respect traffic signals.
- ◆ Never allow your child to ride at dusk or after dark.

### Bug Safety

- ◆ Avoid scented soaps, perfumes and hair sprays.

- ◆ Avoid stagnant pools of water, uncovered foods and gardens where flowers are in bloom.
- ◆ Avoid clothing with bright colors or flowery prints.
- ◆ Remove a visible stinger by gently scraping it off horizontally with a credit card or your fingernail.
- ◆ Use DEET in concentrations of 30% or less and only apply once a day.

### Lawn Mower Safety

- ◆ Only use mowers which stop moving forward if the handle is let go.
- ◆ Children younger than 16 should not be allowed to use ride-on mowers.
- ◆ Children younger than 12 should not use walk-behind mowers.
- ◆ Sturdy shoes should be worn when mowing.
- ◆ Pick up stones, toys etc before mowing.
- ◆ Wear eye protection to protect eyes from flying stones, gravel etc.
- ◆ Turn off mower and wait for blades to stop completely before crossing gravel paths or removing grass catcher etc.
- ◆ Do not allow children to ride as passengers on ride-on mowers.
- ◆ Do not allow children to remain in yard when grass is being mowed.



# Focus on Wellness



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## Children, Physical Activity & Organized Sports!



### Benefits of Physical Activity

Physical activity helps provide children with more energy to do daily tasks and builds a positive self-image. Children should be involved in active play at least one hour per day. Whether it is playing catch, riding a bike or playing tag, physical activity helps children stay healthier. Physical activity can help:

- ◆ Prevent high blood pressure.
- ◆ Strengthen bones.
- ◆ Ward off heart disease and other medical problems.
- ◆ Relieve stress.
- ◆ Maintain a healthy weight.

### Organized Sports

More American children than ever are competing in organized sports. Organized sports can promote a sense of personal satisfaction, team camaraderie and increased social acceptance for children who are emotionally and physically mature enough to play. The American Academy of Pediatrics offers the following guidelines for children considering participating in organized sports:

- ◆ Most children should wait until 6 years of age before beginning team sports.
- ◆ A child's physical and emotional development should be evaluated when considering the choice of team sports.
- ◆ Late-developing teens should delay contact sports until their bodies have caught up with their more mature peers.
- ◆ Children should be taught good sportsmanship and a love of the game. Too much focus on winning puts undue pressure on children.

### Preventing Common Injuries & Illnesses

#### Overuse Injuries

Exercise too intense for your child's age and development may result in overuse injuries including sprains, stress fractures, shin splints and tendonitis. Children are especially vulnerable to overuse injuries because their bone length grows at a faster rate than their muscle mass, which places uneven stress on muscles and bones during strenuous exercise. To avoid overuse injuries:

- ◆ Begin and end sports activities with warm up exercises and stretching.
- ◆ Gradually build up the intensity of participation in sports activities.
- ◆ Don't let children play through pain.
- ◆ Check children's shoe size every three months.

#### Heat Related Illnesses

Children competing in sports are at especially high risk for heat injuries including dehydration, heat cramps, heat exhaustion and heat stroke. Fortunately, heat injuries are generally preventable with careful attention to the following:

- ◆ Provide pre-exercise hydration and frequent fluids (water) during activity.
- ◆ Limit activities between 11 a.m. and 6 p.m. (times of highest heat).
- ◆ Take frequent breaks to cool down and drink water.
- ◆ Wear loose, light-weight clothing.
- ◆ Avoid participation in sports during acute illnesses.

*Hand in Hand for Healthier Children*