



# THE CENTER FOR ADVANCED PEDIATRICS

Fall 2007

visit our website at [www.TheCenterForAdvancedPediatrics.com](http://www.TheCenterForAdvancedPediatrics.com)

**Dear Families, We All Hope You Had A Most Enjoyable And Relaxing Summer!**



We are looking forward to our move of the Norwalk office which will happen late October/early November. Our open house is planned for Saturday, November 10th, 2007 and we hope to see all of you there. Please

visit our New Website ([www.thecenterforadvancedpediatrics.com](http://www.thecenterforadvancedpediatrics.com)) for details. We expect to begin seeing patients there on November 12, 2007.

As many of you already know, moving can be challenging, exciting and, not to mention, chaotic. We want to thank all of our families for supporting us during our growing pains. We know that it is because of your confidence in the health care that your child receives at The Center for Advanced Pediatrics that our practice has been able to grow. As you know construction delays are not in our control. This has placed an undue burden on all of our systems, especially the telephone. We have upgraded our system as much as it can handle and have engaged our answering service to handle overflow. Our new office will have state of the art systems and space so we can better serve your needs. We promise it is truly worth the wait.

We would also like to announce that as of November 12, 2007, we will reinstate our EMERGENCY HOUR. This emergency hour is for URGENT ailments that have occurred overnight. This is not for ongoing or chronic problems. This ensures that ill children will be seen expeditiously and efficiently.

Emergency Hour will begin Monday through Friday from 9:00 a.m. until 10:00 a.m. in both our Norwalk and Darien offices. We will also have an emergency hour on Saturday and Sunday mornings from 9:00 a.m. until 10:00 a.m. in our new Norwalk office.

Also starting November 12, 2007, our Darien office will be open until 6:00 p.m. Monday through Friday. Norwalk hours will be Monday – Thursday 9:00 a.m. – 7:30 p.m. and Friday, 9:00 a.m. – 6:00 p.m.

We thank you again for entrusting the care of your family to us.

Sincerely,

*Jeanne M. Marconi, M.D.,  
Arthur E. Dobos, M.D.,  
Mark H. Vincent, M.D.*

*and "The Center for Advanced Pediatrics" staff.*

## You're Invited!

### THE CENTER FOR ADVANCED PEDIATRICS "OPEN HOUSE"

Please come and join us for our Grand Opening at our new Norwalk location at 761 Main Avenue. for the ribbon cutting with the mayor of Norwalk.



WEBE 108 and Stormin' Norman will be there to help us celebrate this event. We're proud to have you tour our new state-of-the-art facilities and welcome you to the new Norwalk office. All our staff will be there to meet you.

**Saturday, November 10th. • 12:00 to 3:00 p.m.**  
**Food • Magician • Clown • Prize giveaways**

*Also, help us provide Thanksgiving meals for the needy. We'll provide the turkeys and you can help by donating the fixins!*

## THE FLU VACCINE IS IN!!!!

*by Clare Cardo McKegney, A.P.R.N., C.P.N.P.*

The flu season is just around the corner. The Center for Advanced Pediatrics is offering the flu vaccine for our patients. This year infants, children and adolescents will receive preservative free vaccine.

**Please call the office to schedule an appointment.**

#### Who Should Get Vaccinated?

- Children aged 6 months until their 8th birthday (NEW RECOMMENDATION)
- Siblings and parents of infants less than 6months of age
- Pregnant women
- People 50 years of age and older
- People of any age with certain chronic medical conditions such as asthma, cystic fibrosis, immunodeficiency, cardiac disease, cancer related illness, etc.
- The best way to prevent the flu is to get VACCINATED!

#### When to Get Vaccinated

October or November is the best time to get vaccinated, but getting vaccinated in December or even later can still be beneficial since most influenza activity occurs in January or later in most years. Though it varies, flu season can last as late as May. (CDC/2007)

**Please Call ASAP To Make Your Appointment: (203) 838-8414**

Comprehensive Care for Infants, Children & Young Adults

# Backpack Safety

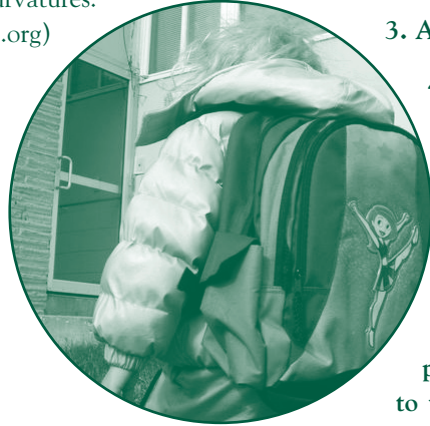
by Sarah Siegel, M.D.

As summer winds down and autumn approaches, our kids are returning to school. The new school year brings the excitement of seeing friends, meeting new teachers, and the familiar site of kids carrying large backpacks filled with heavy books and binders. It is not only uncomfortable to carry these heavy packs, but such loads can cause serious back pain and worsen spinal curvatures.

The American Academy of Pediatrics ([www.aap.org](http://www.aap.org)) has the following tips for backpack safety:

## Choose A Backpack With The Following Features:

1. **Lightweight** – so the backpack itself doesn't add to the load.
2. **Wide, padded shoulder straps** – narrow straps can dig into the shoulders.
3. **A padded back** – to increase comfort and soften sharp edges.
4. **A waist strap** – to better distribute the weight between the shoulders, back and hips.
5. **Wheels** – try a rolling backpack!



## To Prevent Injuries:

1. **Pack lightly and stop at the locker often** – the weight of the backpack should not exceed 10-20% of the child's body weight.
2. **Place heavy objects towards the center of the back.**
3. **Always use both shoulder straps.**
4. **Tighten straps** – the straps should hold the backpack snugly to the body, sitting at about 2 inches above the waist.
5. **Obtain a second set of textbooks to keep at home** – many websites are available that sell used textbooks.

Parents, remember to let the teachers and principal know that backpack safety is important to you. Advocate for frequent trips to the lockers and homework that doesn't require several textbooks. Now that's a tip parents and kids can both agree on!

# Bullying at School

by Betsy Clachko, M.D.

For many children, back-to-school time can be very exciting, but for some it means another year of facing the schoolyard bully. Bullying is when one child intentionally tries to harm, humiliate, or embarrass another through physical violence or verbal abuse and can start as early as preschool. In recent years, bullying has drawn much national attention with studies showing that as many as half of all children are bullied at some time during their school years, and at least 10% are bullied on a regular basis. It is important that bullying be addressed because a child's feeling of safety at school (or lack thereof) has been linked to their academic performance.

Many kids do not want to speak out about being bullied. Signs that your child may be the victim of a bully include falling grades, physical complaints on school days, and lack of interest in school, or more specific signs like unexplained injuries, damage to clothing, or missing belongings.



## If you believe your child is being bullied at school, you can play an important role in helping to protect them by teaching your child to:

- **Project self-confidence:** stand up straight and look the bully in the eye. A bully will be less likely to single out your child if he or she seems sure of themselves.
- **Stay calm or just walk away:** do not retaliate against a bully or let the bully see how much he or she has upset your child or they are likely to continue to do so.
- **Say in a firm voice "I don't like what you are doing," or "please do not talk to me like that."**
- **Avoid the bully:** don't let your child get themselves into a situation where they are alone with the bully. Travel in groups or take a different route!
- **Tell someone:** it is important that your child knows when and how to ask for help.

If your child is not being bullied themselves, encourage them to help support others by never cheering on or quietly watching a bully in action and by alerting a teacher or school official about any witnessed occurrence.

# Head Lice: Myths and Facts by Jennifer Moore, MD

## Myth #1: Only Unclean/unkempt Children Get Lice.

**False:** There are 6 to 12 million head lice infestations each year among children 3 to 12 years old! These infestations are neither a health hazard nor a sign of uncleanliness. Head lice are not responsible for the spread of any diseases.

## Myth #2: Head Lice Can “Jump” From Head To Head.

**False:** Head lice can survive for less than one day away from the scalp and eggs cannot hatch away from the scalp. Lice cannot hop or fly, they only crawl. Personal items that can transfer hairs (hats, hair brushes, pillows) have the potential to spread the nits and adults; however, they must make their way quickly to the scalp and return to human body temperature to survive. Lice found on combs are likely to be injured or dead. Healthy lice are not likely to leave a healthy head.

## Myth #3: There Are Many Different Treatments For Lice And They All Work Well.

**False:** There are currently several topical medications to treat lice infestations, however, many have significant side effects and/or not very effective. It is very difficult to prevent lice infestations, especially among young children that come into close head to head

contact frequently. The current recommended treatment of choice is Nix (1% Permethrin) It has low toxicity and does not cause allergic reactions like other lice medications. It is very effective because it leaves behind a residue that kills emerging nymphs from nits for many days after application. It is important to use in the proper way. First shampoo hair with nonconditioning shampoo, towel dry and then apply Nix for 10 minutes. Use cool water to rinse out of hair over a sink to avoid exposing the rest of the skin to the Nix. It is very important to check hair DAILY for signs of nits and/or adults. Nix may be reapplied in 7 to 10 days if needed for continued infestation. If after another week there is still signs of infestation, please come in to see us, as there are other medications available.

## Myth #4: I Heard Putting Mayonnaise on The Hair Will Kill The Lice – Is That True?

There are several “old wives tales” that suggest an occlusive substance (Vaseline, margarine, olive oil) left under a shower cap will suffocate the lice and nits and rid the child of the infestation. There is no conclusive evidence that this works and is not recommended. Additionally, using these methods in conjunction with Nix can decrease the effectiveness of the medication by removing the residue that kills hatching lice.

## Did You Know?

- At least 1 in 5 children is overweight
- American children on average spend 24 hours in front of TV a week
- The number of extremely overweight children has doubled in the past 2 decades
- Overweight teens face a 70% chance of becoming overweight or obese adults
- Overweight teens are developing type 2 diabetes at alarming rates



### YOU can make a difference. Ask your child’s doctor:

*What is a healthy weight and body mass index for my child?*

*Is his/her blood pressure appropriate for age?*

*What changes can we make to help my child be at a healthy weight?*

*What are the health risks for our child?*

*Does our child need a nutritional evaluation and formal program?*

*What activities can we do to increase exercise and metabolic rate?*

**Please discuss any concerns above at your next well visit or call sooner if you feel your child is at risk.**

## Welcome Ellen Fahey FNP-C, A.P.R.N.

As you may already know, Kristen Baker has left The Center for Advanced Pediatrics to take a position closer to her new home in Madison, CT. I am sure you will agree with me that she will be missed and that we all wish her well. Prior to leaving I worked closely with Kristen so that I could continue the asthma/allergy program. The Center for Advanced Pediatrics is proud to be able to provide comprehensive asthma consultations, evaluations and management, as well as allergy skin testing, and pulmonary function

testing to our patients. I am pleased to become the asthma/allergy specialist and I look forward to working with your children. Please call the office with any concerns, questions or to make an appointment. Also remember, if your child has asthma, now is the time to schedule their flu shots!

Cheers!

*Ellen Fahey FNP-C, A.P.R.N.*



# THE CENTER FOR ADVANCED PEDIATRICS

Comprehensive Care for Infants, Children & Young Adults

761 Main Avenue • Norwalk, CT 06851

### Physicians

Jeanne M. Marconi, M.D., F.A.A.P.  
Arthur E. Dobos, Jr., M.D., F.A.A.P.  
Mark H. Vincent, M.D., F.A.A.P.  
Nicole T. Abramowitz, M.D., F.A.A.P.  
Marleigh Moscatel, M.D., F.A.A.P.  
Jennifer Moore, M.D.  
Sarah Siegel, M.D.  
Betsy Clachko, M.D.

### Certified Pediatric Nurse Practitioners

Clare Cardo McKegney, A.P.R.N., C.P.N.P.  
Ellen Fahey, A.P.R.N.

### Norwalk

For your information, our hours are:  
**Monday – Friday: 9 a.m. – 5 p.m.**  
**Saturdays: 9 a.m. – 10:30 a.m.**

*Weekend and evening appointments  
are available for emergencies.*

761 Main Avenue  
Norwalk, CT 06851

Phone 203-229-2000

### Darien

For your information, our hours are:  
**Monday – Friday 9 a.m. – 5 p.m.**

53 Old Kings Highway North  
Darien, CT 06870

Phone 203-656-1833  
Fax 203-655-4096

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## An Exciting Opportunity With Jack Dog Studio

The Center for Advanced Pediatrics is excited to announce an opportunity with Jack Dog Studio. Richard Flaskegaard, photographer/owner for the studio, will be displaying photographs in the hallways of both the Norwalk and Darien offices. At our open house, we will be raffling portrait sittings with him which will be displayed in our offices. As a courtesy to our patients, Jack Dog Studio will provide discounted sittings with a free portrait to you and will make a donation to Circle of Care, the organization that supports families of children with cancer. Please call before November 30th to participate in this offer. We would love to display the children we care for. For more information please contact the studio.

**Jack Dog Studio**  
**583 Pacific Street**  
**Stamford, CT 06902**  
**[www.jackdogstudio.com](http://www.jackdogstudio.com)**  
**(203) 487-6100**

## Attention Darien and Stamford Families

**We will be relocating your  
children's records to the  
Darien office.**

**This will ensure continued  
comprehensive care.**

**If you would prefer your  
chart to be relocated to the  
new Norwalk office, please  
notify Holly in medical  
records. She can be reached  
at 203-838-8414.**

