



ParentLetter

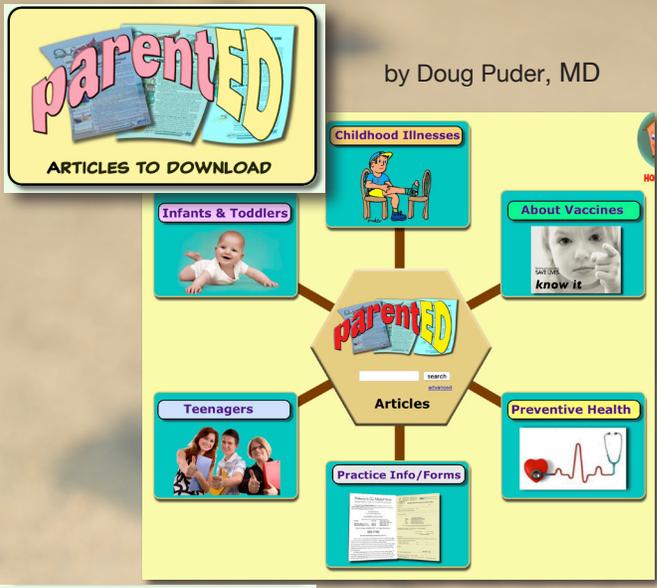
An update for parents

CLARKSTOWN pediatrics



Summer 2018

Our website is growing!



LINKS WE TRUST

Links to helpful sites: these are sites we trust

General Children's Health Sites:

- American Academy of Pediatrics** - a trusted source of vaccine information, safety, bookstore and much more.
- CDC** - a trusted source of information for travelers, environmental health questions, preventive health, safety recommendations.
- American Association of Poison Control Centers** - The National Poison Control Center with free expert advice. Phone or internet. Tips for prevention. Kids videos.
- healthychildren** - a parent resource from the American Academy of Pediatrics
- USDA Choose MyPlate.gov** - The US Department of Agriculture. MyPlate's initiative on healthy food choices - lots of tips and videos.

After 66,000 visits or "hits" to clarkstownpeds.com it was time for some improvements! We have written/illustrated/posted about eighty articles in our *downloads* or **ParentEd** section. It was time to organize these articles, so a new hub has been added. You can enter any keyword into the search box to find an article, or you might like to browse through a section.

Articles on car seats, sleep, starting solid foods are a few of the topics in the **Infants & Toddlers** section.

Practice forms, Autism screening forms, Vanderbilt (ADHD) parent/teacher forms are among the topics in the **Practice Forms** section.

Since *Clarkstown Pediatrics* opened over fifty years ago we have seen infants, children, and teens suffer from horrible diseases. Many of these diseases are now preventable with vaccines. We see vaccines as a modern miracle! They are safe and life saving. But we know vaccine fears are common. Maybe some of our articles in the **About Vaccines** section will reassure you.

Browse through the **LINKS WE TRUST** section. Watch the poison prevention video. Find dentists and doctors. Travelers can go directly to the correct CDC site for their destination.

You can always call us "24/7/365" when you have questions. In addition, we hope these resources help!

visit us at www.clarkstownpeds.com



Feel Good About Your Body!

by Susan Brodlie, MSRD
and Doug Puder, MD



Overweight children and teenagers should be proud of their bodies no matter what they weigh! Our wish to help them increase exercise and come to a healthy weight is only to prevent illness in the future.

Millenials, Generation Z, and the iGeneration will benefit from so many advances in healthcare. But we don't want them to become *Generation XXL*! Obesity numbers have tripled since the 1970s. High blood pressure, high cholesterol, diabetes, sleep apnea, joint problems, liver disease are some of the obesity risks. Psychological problems are increased. Will they have a shorter lifespan than their parents?

Please do not put a child with a weight problem on a "diet". The real solution requires lifestyle changes for the whole family. Crash diets and fad diets don't work and are dangerous. Weight loss drugs are even more dangerous. We want to promote a healthy lifestyle, not an obsession with weight. Praise, love and cherish your child, and never tie acceptance to body size! Don't compare an overweight child to siblings or other children. So what can parents do?

Children learn from their parents' example. When a family sits down for a meal together (with the TV off) parents also need to have healthy eating habits. Put the fork down between bites to slow down the pace of eating!

Make sure your child's fondest childhood memories are not associated with eating and "just sitting!" Please don't use food as a reward! Give a hug instead.

Many do not exercise enough! Parents must first set a good example through their own regular exercise, and try to engage in family exercise whenever possible. Going for walks together, bicycling, or any physical activity will teach children that moving their bodies can be fun! Make daily chores a part of your exercise (park the car further away from the store and walk). Exercise is not a punishment!

Children should try multiple different activities; there is no one best exercise. Some like competitive sports, some do not. Children should find activities that they enjoy during every season. And change the routine so they don't get bored!

Eat three meals a day and scheduled snacks between meals. It's not just eating that makes us gain weight. It's what and where we eat and drink, and portion size that really counts.

Children who eat breakfast have more energy, do better in school, and eat healthier throughout the day. They also tend to keep their weight under control.

There are many resources for you on our website for specific diet recommendations: Go to our **LINKS** section, and also go to **PARENT ED** then **PREVENTIVE HEALTH**: there are 5 articles on diet/weight control. Our nutritionist, Susan Brodlie, MSRD, is available for consults!

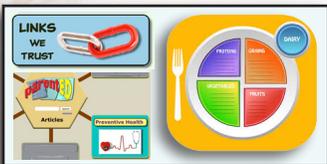
Eat as a family!

**Family memories
without food!**

**Exercise,
exercise!
exercise!**

**Don't skip meals
or snacks**

**Don't forget
breakfast**

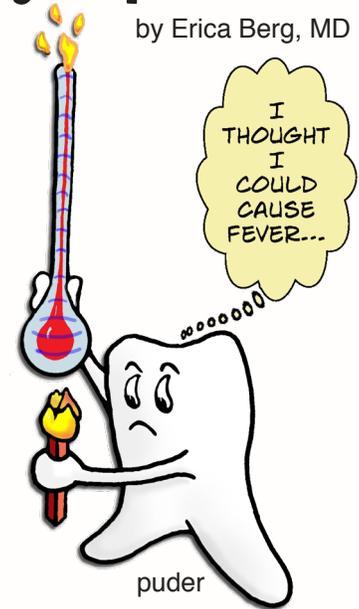


The Tooth Fairy and Other Teething Myths...

by Erica Berg, MD

Babies begin teething months before the first tooth appears. All babies and young children are teething to help push developing teeth through their gums. The first tooth is usually one of the middle lower ones. Most often it erupts around age six months but could appear anytime between 3 and 18 months of age. Your child will have a complete set of 20 baby teeth by age three. (Adults have 32 permanent teeth.)

Parents, grandmothers, even medical professionals, seems like everyone has a list of symptoms they believe are caused by teething. Remember that during this period of an infant's life, protection from mother's antibodies drops. They are exposed to many childhood illnesses. So teething is often blamed for symptoms such as: *changes in sleep, eating patterns, runny nose, drooling, rash, diarrhea*. A convincing number of studies have shown that teething is *not* the cause of fever or any of these symptoms. (If you go for a dental cleaning, do you get fever afterwards?)



So how can we ease the discomfort of a teething baby or toddler?

Many teething remedies have been used over time. Parents should not use medicated gels with *lidocaine* to treat teething pain. The *FDA (Food and Drug Administration)* warns that *lidocaine* can be harmful. Seizures, brain injury, heart problems and death could occur!

The *FDA* is also warning parents and caregivers not to use benzocaine products either. *Benzocaine*, a local anesthetic, is the active ingredient in OTC products such as *Anbesol, Baby Orajel/Orajel, Cepacol, Chloraseptic* to name a few. Benzocaine doesn't work well anyway because it washes out of a baby's mouth within minutes. *Benzocaine* can lead to a serious condition that stops red blood cells carrying oxygen (*methemoglobinemia*)!

What can I use then?

Try giving your child something that's cool to touch but tough to chew on: a wet washcloth chilled in the freezer, a frozen banana, a frozen bagel if you've introduced solids. Chilled teething rings can work well (use solid type, not liquid filled). Take these out of the freezer before they are rock hard (about 15 to 30 minutes)! Occasionally your finger, or a "lovey"-type toy make help as well.

Start Brushing as the first tooth breaks through:

Brush twice a day with a soft child's toothbrush. Use children's fluoride toothpaste, about the size of a grain of rice on the brush. No bottles after bedtime brushing until morning!

To prevent cavities, never let your baby fall asleep with a bottle, *not* at nap time and *not* at night. This will keep milk from pooling around the teeth and creating a breeding ground for decay. Bottle rot of a baby's teeth can be awful! Your baby's teeth and gums will be examined at well-baby checkups. A first dental exam is recommended between ages one and two.

About that tooth fairy myth, all I know is:

Mysteriously, when a child's tooth is put under their pillow it is gone the next morning. Often some money is there instead, just sayin'. (My dad got a nickel.)



We hope you find our Parentletter helpful and informative. Please keep in mind that receipt of this newsletter does not create a doctor/patient relationship and that it is not meant to serve as a substitute for professional medical advice. For particular pediatric medical concerns, including decisions about diagnoses, medications and other treatments, or if you have any questions after reading this newsletter, we encourage you to speak with your child's pediatrician.

DR SIEGAL RETIRES!

by G. Rockower, MD



After 45 years of practice at Clarkstown Pediatrics, Dr. Elliot Siegal retired at the end of June. He is the last of the original five doctors at Clarkstown Pediatrics to retire. Dr. Siegal is one of a kind in both ability and dedication. It is rare to find someone who practiced both general pediatrics and a pediatric endocrinology subspecialty. He practiced both with the highest quality and was a mentor to all of the doctors in our group.

He completed his residency and subspecialty training at New York Hospital Cornell Medical Center, then began his career as Chief of Pediatrics at the U.S. Public Health Service in Norfolk, Virginia.

In 1973, he joined Drs. Medici, Rosh, and Lieberman at Clarkstown Pediatrics. At that time, the practice was thriving in cramped quarters at our old 259 North Middletown Road building. With the addition of Dr. Yurcisin, the "original 5"

built the largest all pediatric practice in Rockland County. In the 1990's Dr. Siegal and Dr. Lieberman started seeing patients at 200 East Eckerson Road. With their reputation and quality this second office thrived as well. Dr. Siegal earned the respect and love of the community and his care will be missed by so many. A first ballot Clarkstown Pediatrics hall of famer!

Dr. Rockower's personal note:

Over the past 10 years I have had the honor to work side-by-side with Dr. Siegal. He has been my mentor and collaborator. He was the one I could go to for a bedside consult, a sports update, or just to share a life event. His knowledge, professionalism, and sense of humor is something I try to emulate. He is an amazing pediatrician, colleague, and friend. Life at our Eckerson road office and the whole group at Clarkstown Pediatrics will certainly not be the same without him. I hope that he enjoys this next stage of life as he travels the world and spends some more quality time with his wife, daughter, son-in-law, and three grandchildren. We hope he comes by to visit often!

Dr. Puder's personal note:

I agree with Dr. Rockower's comments. I also learned from Dr. Siegal's steadiness and reliability. He rarely missed a day of work in 45 years! He was completely unflappable, composed, and calm under pressure even while treating the sickest patients. His humor at these times allowed the staff to relax and refocus and do whatever needed to be done. A true Yankee fan, he rooted for the team in good times and bad. (He cheered his team to seven World Series Championships while he was at Clarkstown Pediatrics!) He gave the same steady loyalty to the Clarkstown Pediatrics team as well.

The first four Yankees to have their numbers retired were Lou Gehrig ('39), Babe Ruth ('48), Joe DiMaggio ('52), and Mickey Mantle ('69). The fifth was Yogi Berra ('72). So Dr. Siegal is our Yogi Berra. And Yogi said, "if you don't know where you are going, you'll end up someplace else." Elliot, glad you always knew the right direction to go!"

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