



## ***FLU, FLU, FLU, FLU!!!***

***This is the hot topic in the news right now. The flu will likely be a part of many households this sick season. Remember:***

- 1) The H1N1 virus is just like any other flu EXCEPT for the fact that most of us have zero immunity to it. This makes it extremely contagious.
- 2) The H1N1 vaccine is DIFFERENT than the regular seasonal flu vaccine. We anticipate receiving this vaccine by November. It will be administered as per the CDC recommendations.
- 3) There are two different types of flu vaccine: a) FluMist, which is a live vaccine that is a nasal spray. It is available only to healthy individuals ages 2-49 and b) inactivated (killed) vaccine which is a shot available for everyone else. An exception to both of these vaccines is allergy to eggs.
- 4) The regular seasonal flu kills close to 30,000 people in our country a year. The American Academy of Pediatrics now recommends that all 6 month to 18 year olds get this vaccine ***every single year***. Children with chronic medical conditions such as asthma are the highest priority.

We are currently giving flu shots during the week and on Saturday mornings at the Lantana and Haverhill offices. ***For the first time, we are also offering the FluMist to our healthy parents who are less than 50.*** Please call your office today to schedule an appointment.

For the latest updates on this topic, go to our website, [www.pbpediatrics.com](http://www.pbpediatrics.com) or [www.flu.gov](http://www.flu.gov). We will update our website as we receive information from the CDC.

***Do you have a nebulizer at home that you no longer use? We are in need of donations for our patients who do not have insurance. Please call today if you are interested in helping out!***

## ***TIPS FOR PARENTS***

It is our job to try to keep up with the safety information in our ever-changing world. Here are a few tips for parents:

- 1) **Beware of "sexting"**. This is something that our generation of parents is most likely not familiar with. Unfortunately, with more and more children using cell phones today, parents should consider the risks to kids who use them for illegal and regrettable purposes. One in five teens participates in "sexting", which is the text messaging of pictures of children or teens who are naked or engaged in sexual acts. The AAP recommends discussing sexting with your child BEFORE a problem arises and introducing the topic as soon as the child is old enough to have a cell phone. Tell your teens that this is considered pornography and is a crime in many jurisdictions. For more information, go to <http://safetynet.aap.org>.

LANTANA  
LOXAHATCHEE  
HAVERHILL

6169 Jog Road B-2 Lake Worth, FL 33467  
12955 Palms West Drive Suite 100 Loxahatchee, FL 33470  
3933 Haverhill Road Suite 116 West Palm Beach, FL 334

(561) 434-9433  
(561) 798-2468  
(561) 471-1144

[www.pbpediatrics.com](http://www.pbpediatrics.com)

2) **Problem with plastics.** There are two substances, phthalate and bisphenol A (BPA), that are synthetic chemicals used to make plastics, like toys, bottles, sippy cups, and containers for cosmetics, lotions, products with fragrance, and PVC products. There has been much discussion in the news about these plastics and what is safe for your family. The effects are yet not completely known, but there does seem to be a correlation with hormonal problems and exposure to these substances. Here are some basic tips on how to avoid exposure:

- a. Avoid plastics with recycling code #3. Look on the bottom of the container to see the code. (Refer to the web address below to get a complete description of what to look for.)
- b. Do not microwave or heat plastic cling wrap or food/beverages, except when labeled as “Microwave-safe,” or “BPA free.”
- c. Avoid placing plastics in the dishwasher, except when labeled as “Dishwasher-safe.”
- d. Use safe alternatives like glass or plastics with recycling code #5 when possible.
- e. Buy phthalate-free toys. In 2008, a Consumer Product Safety Improvement Act was signed to ban some of these types of synthetic plastics from toys for children less than 12 and in all child care items for children ages 3 and under.

For more information, go to <http://aoec.org/PEHSU/facts.html>.

**3.) HPV (Gardasil) vaccine in the news.** We have had many questions about the safety of the HPV vaccine that protects girls (and will likely soon be given to boys as well) from the virus that causes genital warts and cervical cancer. It has now been in use since 2006 and before that in many countries. There is misinformation about deaths that were caused by the vaccine. The only side effects that are known and well documented are an increased risk of fainting after receiving this vaccine due to dizziness, as well as possible fever, nausea, or redness and pain at the injection site.

### ***DO YOU EAT TOGETHER AS A FAMILY?***

There is a lot of research that supports family meal time. In a nutshell, families who eat meals together are more likely than others to eat good-quality food and avoid obesity and eating disorders. Even beyond that, family meals have been found to be associated with improved vocabulary and language skills, social skills, manners, academic skills in children of all ages and less risk-taking behavior such as drug abuse and suicide. Do you not know where to begin? Here are some tips:

- 1) Plan the week ahead with when, where and what to eat so that you can be sure to have time set aside to sit down with the family.
- 2) Eat healthy meals with the family. There a lot of ways to make healthy “fast food” at home.
- 3) Turn off the TV for meal time. This should be a time to go over your child’s day, not watch a favorite show. Use your DVR to record the show and watch it later! And have the benefit of skipping all those commercials!
- 4) Take the time to enjoy family time together. Make the most of the time at the dinner table.

### **OFFICE NEWS**

We are very excited to announce that we will be moving our Lantana office to a new location at the beginning of 2010. We will be located at Le Chalet and Jog Road, about 2 miles south of the current office. It will be a brand new office for our patients as well as having a lot more parking! Dr. Kraft’s photos are now on display at all three offices. Keep an eye out for new pictures from his latest trip to Europe and his upcoming trip to SE Asia.

### **PROVIDER NEWS**

LANTANA  
LOXAHATCHEE  
HAVERHILL

6169 Jog Road B-2 Lake Worth, FL 33467  
12955 Palms West Drive Suite 100 Loxahatchee, FL 33470  
3933 Haverhill Road Suite 116 West Palm Beach, FL 334

(561) 434-9433  
(561) 798-2468  
(561) 471-1144

[www.pbpediatrics.com](http://www.pbpediatrics.com)

We are sad to say that Cheryl Thaxton, ARNP, has left our practice. She and her family have moved to North Carolina. We will miss her! We welcome Blair Heath, ARNP, to our practice in October. He will eventually be working mostly at the Loxahatchee office. Congratulations to Dr. Goodwin! Boy #2 is on the way! She is due in February, so make sure you get in to see her before she goes out on maternity leave.

LANTANA  
LOXAHATCHEE  
HAVERHILL

6169 Jog Road B-2 Lake Worth, FL 33467  
12955 Palms West Drive Suite 100 Loxahatchee, FL 33470  
3933 Haverhill Road Suite 116 West Palm Beach, FL 334

(561) 434-9433  
(561) 798-2468  
(561) 471-1144

[www.pbpediatrics.com](http://www.pbpediatrics.com)