



IT'S SUMMERTIME!

This is a very busy time of year for us with all of the school physicals. As the schools display on their message boards, "No shots, No school, No kidding"! Here is a reminder of who needs a physical for school:



1. School entry for pre-k 3 and pre-k 4
2. Kindergarten entry
3. 7th grade
4. All children entering public school either from private school or from out of the area
5. All children playing sports need a physical after May 15th.

Sports Physicals

When we do a check-up on your child, this also qualifies as a sport physical. Sport physicals are usually required for the new school year after MAY of that year. ***Please be advised*** that getting your child's sport physical from another place when we have been caring for your child is not recommended. It is in the best interest of your child to have his/her yearly physical with us for continuity of care. This is not "just a sports physical" but a time for your child's pediatrician to monitor his/her growth and development and to update immunizations. Please bring your *completed* sports physical form with you to the visit.

ADHD Physicals

If your child is being treated by us for ADHD, he/she needs a yearly well exam. This is important even if we see your child multiple times a year for ADHD since we don't always evaluate all parts of the well exam during follow-up visits. The American Heart Association has recommended that all children taking stimulants should have an EKG. However, the American Academy of Pediatrics has emphasized routine exams on these children to check for a family history of heart disease and examine the child for any cardiovascular abnormality. Not every child needs an EKG.

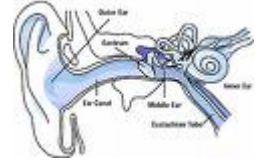
Tips to help prepare for an enjoyable visit with us:

- 1.) Bring your child's immunization record
- 2.) Bring any camp or sports physical forms with the child's information **already completed**
- 3.) ***Don't promise your child that he/she will not be getting any shots!*** We have many new immunizations that are now recommended for many different age groups.
- 4.) Prepare your child to have to get undressed and wear one of our stylish paper gowns!
- 5.) Remember to ask for school medication forms for your children who have chronic illnesses that require the school to administer medication.
- 6.) Go to our website, www.pbpediatrics.com, to print out and complete any pertinent forms.

Please realize that this is a busy time for us so give us 72 hours to fill out your child's school physical forms. We charge a fee after the first set of forms that are completed by us for your child and for any form that needs immediate same-day attention.

FAQ: How did my child get “fluid in the ear”?

As pediatric providers, we use the term “fluid in the ear” a lot, however, we may not always explain exactly what that means. This is NOT fluid that is in the outer ear canal, but fluid located **BEHIND** the ear drum in the middle ear. When your child has congestion, the Eustachian tube gets inflamed. The Eustachian tube connects the middle ear with the back of the throat. The lining can get inflamed when there are cold symptoms and the fluid and air that usually pass back and forth cannot. The fluid and air then have nowhere to go. This is the cause of inner ear infections since bacteria or viruses then reside in the fluid and cause pain, inflammation, pus and sometimes rupture of the ear drum due to the pressure that builds up in the middle ear space. Like being on a plane, if you cannot open your Eustachian tube by swallowing or moving your mouth muscles, you will feel pressure and pain. This is why sometimes we say that the child does not have an *infection*, but probably is having symptoms of an infection just from the inability to clear the pressure from the middle ear. Usually, this is short-term with a cold or allergies, but some children develop many ear infections or even have hearing loss from the fluid sitting in the middle ear. Short-term, ibuprofen, warm heating pad, and nasal sprays as recommended by your provider may help. Long term, Tympanostomy “tubes” create a hole in the ear drum to simulate the Eustachian tube and allow the pressure to equilibrate and the fluid to drain. *Summertime tip: use a 50/50 mixture of alcohol and white vinegar in your child’s ear canal after swimming to prevent swimmer’s ear, which is an infection of the ear canal.*



Office news

- 1) Those patients who come to our Lantana and Loxahatchee offices may have noticed the beautiful new pictures on the walls. The photographer is Dr. Kraft! He has taken pictures from his travels and spruced up the offices with them. He is not only an amazing doctor, but also an amazing photographer! See if you can guess what the different animals are in the pictures and where they may have been taken!
- 2) The wait at the Loxahatchee office on weekends has been made a little easier with a new television in the waiting room. This was requested by patients to help keep their children occupied. And they were right! It makes a big difference to have Lightning McQueen to entertain the kids. We actually have patients who don’t want to come back to the room to be seen until the scene they are watching is over! Thank you for the suggestion! We ALWAYS appreciate the suggestions that we get from parents.
- 3) We have been updating our website, www.pbpediatrics.com. There is a lot of useful information on the website, including the newsletter. We have recently put all of the important forms that need to be filled out for either new patients, or updated if you may have any changes to your address or insurance. Also, please go to the website for your child’s ADHD questionnaires to be filled out PRIOR to arriving for the appointment.

IT’S HURRICANE SEASON!



We have learned a lot from the hurricanes of the past and now hope to be able to better care for our patients should we experience another storm in the future.

- We will be seeing patients at our Loxahatchee office with or without power or telephone service every morning after the storm
- We will not open our Lantana or Haverhill offices until power is restored so all of these patients should come to Loxahatchee

We hope that you never need to use this information!

PLEASE REMEMBER TO ALWAYS CALL US PRIOR TO GOING TO A WALK-IN CLINIC OR EMERGENCY ROOM. WE WILL TRY OUR BEST TO SEE YOUR CHILD AS SOON AS POSSIBLE IN ORDER TO GIVE THE BEST MEDICAL CARE.

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