

- Casa Alegre Pediatrics is moving
- Dr. Ray elected to state position
- Sun Safety
- Heat Stress
- Water Safety tips
- Rotateq

INSIDE
THIS ISSUE:

- Fun in the Sun 2
- Heat Stress 2
- Water Safety 3
- Rotateq 4

Casa Alegre Buzz

VOLUME 1 ISSUE 3

SUMMER 2006

We Are Moving!

Casa Alegre Pediatrics has experienced some happy growing pains with the addition of Dr. Settles and our new patients. We have outgrown our current location and are planning to build our own office building across the arroyo from Mountain View Hospital on Camino Coyote. Until we are able to move into our new home we will be seeing patients in a temporary location. Starting August 17th, our temporary location will be 532 North Telshor

Suite G. This office is across the parking lot from New Mexico Quick Care. Our phone number will not change. While we ask for your

patience during this transition, please continue to expect the same care and support you are used to from your doctors and staff.



532 North Telshor Suite G

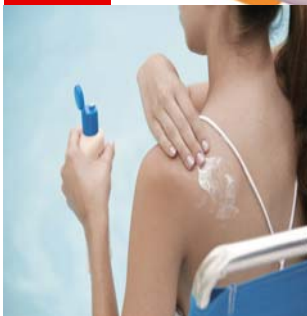
Pediatric Society

Dr. Ray has been elected President Elect of the New Mexico Pediatric Society, the state chapter of the American Academy of Pediatrics. Dr. Ray will act as vice

president, beginning in September, and will assume the presidency in the fall of 2008. She previously served as secretary of the Pediatric Society for 4 years.



Fun in the Sun



“Reapply sunscreen every two hours, or after swimming or sweating.”

For Babies under 6 months:

- Avoiding sun exposure and dressing infants in lightweight long pants, long-sleeved shirts and brimmed hats are first line protection. However, when adequate clothing and shade are limited, parents can apply a minimal amount of PABA-free sunscreen to small areas, such as the infant’s face and back of the neck.

For young Children:

- Apply sunscreen at least 30 minutes before going outside, and use sunscreen even on cloudy days. The SPF (Sun Protection Factor) should be at least 15.

For Older Children:

- The first, and best, line of defense against the sun is covering up. Wear a hat with a three-inch brim or bill facing forward, sunglasses (look for sunglasses that block 99-100% of UV rays), and cotton clothing with a tight weave.
- Stay in the shade whenever possible, and avoid sun exposure during peak sun intensity hours—between 10 a.m. and 4 p.m..
- Use a sunscreen with an SPF of 15 or greater. Be sure to apply enough sunscreen – about one ounce per sitting for a young adult. Reapply sunscreen every two hours, or after swimming or sweating.

Heat Stress in Exercising Children

- The intensity of activities that last 15 minutes or more should be reduced whenever high heat and humidity reach critical levels.
- At the beginning of a strenuous exercise program or after traveling to a warmer climate, the intensity and duration of exercise should be limited initially and then gradually increased during a period of 10 to 14 days to accomplish acclimatization to the heat.
- Before prolonged physical activity, children should be well-hydrated. During the activity, periodic drinking should be enforced, for example, each 20 minutes, approximately 5 oz of cold tap water or a flavored sports drink for a child weighing 88 lbs, and approximately 9 oz for an adolescent weighing 132 lbs, even if the child does not feel thirsty. Clothing should be light-colored and lightweight

and limited to one layer of absorbent material to facilitate evaporation of sweat. Sweat-saturated garments should be replaced by dry garments.



Water Safety



Each year many young children drown in swimming pools, other outdoor bodies of water, and in standing water around the home. These are dangerous for your child:

- Bathtubs, even with baby bathtub “supporting ring” devices
 - Buckets and pails, especially 5-gallon buckets and diaper pails
 - Ice chests containing melted ice
 - Toilets
 - Irrigation ditches, post holes, and wells
- Fish ponds and fountains

Children must be watched by an adult at all times when in or near water. Children can drown even in one to two inches of water. Stay within an arm’s length of your child.

At Home

- Empty all buckets, pails, and bathtubs completely after each use. Do

not leave them filled and unattended.

- Keep young children out of the bathroom unless they are closely watched. Teach others in the home to keep the bathroom door closed. Install a hook-and-eye latch or doorknob cover on the outside of the door.
 - Never leave a child alone in a bathtub or in the care of another child, even for a moment.
 - Avoid burns by setting your water heater thermostat so that the hottest temperature at the faucet is 120 degrees Fahrenheit.
 - Throw away or tightly cover water or chemical mixtures after use.
 - Watch children closely when they are playing near wells, open post holes, irrigation or drainage ditches. Fill in empty holes or have fences installed to protect your child.
- Learn CPR and know how to get emergency help

Around the Pool:

- Never leave children alone in or near the pool, even for a moment.
- Install a fence at least four-feet high around all four sides of the pool. The fence should not have openings that a young child could use to get over,

under, or through the fence.

- Make sure pool gates open out from the pool, and self-close and self-latch at a height children can’t reach.
- Keep rescue equipment (life preserver or a shepherd’s hook- a long pole with a hook on the end) and a telephone near the pool.
- Avoid inflatable swimming aids such as “floaties.” They are not a substitute for approved life vests and can create a false sense of security.
- Children may not be developmentally ready for swim lessons until after their fourth birthday. Swim programs for children under 4 should not be seen as a way to decrease the risk of drowning.
- Whenever infants or toddlers are in or around water, an adult should be within arm’s length, providing “touch supervision.”

Use a rigid, lockable cover on a hot spa or whirlpool, or fence in all sides as you would for a swimming pool.

“Children can drown in one to two inches of water.”



Casa Alegre Pediatrics

4351 E. Lohman Ave. Ste 407
Las Cruces, NM 88011
Phone: 505.532.5912
Fax: 505.532.5915
web: www.casaalegropediatrics.com

Sources:

1. "Fun in the Sun" Summer Safety Tips– Part I American Academy of Pediatrics
2. "Water Safety" Summer Safety Tips– Part I American Academy of Pediatrics
3. "Water Safety" TIPP The Injury Prevention Program
4. "Heat Stress in Exercising Children" Summer Safety Tips– Part I American Academy of Pediatrics
5. "Rotateq" Merck Vaccine Product Information

Vaccine Corner

Rotateq

The new vaccine against Rotavirus, named Rotateq, will be coming soon. Rotavirus causes an intestinal "flu" during the wintertime. Symptoms range from vomiting, severe diarrhea, fever, runny nose, cough, and congestion to severe dehydration requiring hospitalization. The children most at risk for dehydration are under age two. Thousands of children are hospitalized each year. The vaccine has undergone extensive testing with good

results in immunity and a low side effect profile.



with the last dose to not be given beyond 32 weeks of age. We don't have the vaccine available in our office yet, but expect it sometime within the next few months.

The vaccine is a three dose series given orally, starting between 6 to 12 weeks of age and given in a 4 to 10 week interval