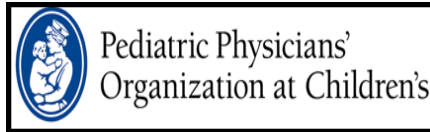


Pediatric Associates of Medford Fall Newsletter



Pediatric Associates of Medford
101 Main Street, Suite 201
Medford, MA 02155
www.medfordpedi.com
(781) 396-1288

Members of the



The Importance of Community

This past year, Pediatric Associates of Medford has embraced different aspects in community involvement. As an established pediatrics practice here in Medford, we are eager to contribute in various capacities, including as an educational resource.

Earlier this summer, Dr. Michelle Lock participated in a Medford Family Network (MFN) event at Victoria Park, performing check ups on teddy bears and various other stuffed animal species.

On September 12th, Dr. Lock hosted a New Parents' Workshop at the MFN. Our physicians will be offering similar

parents' workshops in the upcoming months, both with the MFN as well as Winchester Family Action Network. We may also be partnering with Medford's Whole Foods store in offering nutritional education for both parents and children.

Other involvement includes sponsorship of cultural community events such as Medford's Circle in the Square held in Medford Square the third Thursday of July, August, September, and October, hosting various entertainers and musicians, as well as Sponsorship of Medford Family Network's yearly gala

fundraiser at

Medford City Hall this October.



Dr. Lock at the MFN Teddy Bear Picnic



Inside this issue:

Pumpkin Recipe	2
What is Asthma?	2
Apple Picking	3
Staff Profile	3
PAM and Social Media	3
Helping a Grieving Child	4



Trick or Treating Safety

Halloween is one of the most memorable and fun holidays for children. Dressing up and eating sweets, what could be better? Here are some tips for making sure you have a safe Halloween:

- Make sure the children do not eat any of the candy until inspected by an adult first.
- Follow the town curfews for

trick or treating hours.

- Dress warmly if temperatures are low.
- Have children chaperoned



by a responsible adult.

- Give the children flashlights, reflective clothing or glow sticks to be visible by cars.
- Older kids without an adult should be in groups and trick or treat in well lit areas, avoiding unsafe routes.

Miniature Baked Pumpkins



A Healthy Autumn Vegetable Recipe from Dr. Clifford

Healthy bodies need healthy foods! I often give advice about how important vegetables are, but sometimes families need ideas about how to prepare vegetables in ways children will like them. It is very educational, and fun, for children to learn to cook, so I hope you will prepare and enjoy this recipe with your children.

Miniature Baked Pumpkins

Lots of people use these tiny pumpkins just for decoration, but did you know they are delicious to eat? They look very cute on the plate, and children who visit my house for dinner have always been excited to try them. One miniature pumpkin is just about the right serving size for one small person.

1 miniature pumpkin
Salt and pepper
1-2 tablespoons of milk
1 fresh or dried sage leaf
Grated Swiss or Fontina cheese

Preheat the oven to 350 degrees. Slice off the top 1/2 inch of the pumpkin, scoop out the seeds, and rub the salt and pepper inside the cavity. Pour in the milk, add the sage leaf and the cheese, replace the lid, and bake in a pan until tender, about 35-45 minutes. (Be careful not to overcook, or it might split or collapse while baking).

What Is Asthma?



Before it was known what was really happening in the lungs during an episode of asthma, doctors used many different terms- wheezy bronchitis, asthmatic bronchitis, “colds settling in the chest.” We now know that there are **two main processes** that occur in **Asthma or Reactive Airways Disease (RAD)**. The first phase is when the muscles that line the bronchial tubes of the lung go into spasm. The second phase is when the linings of the bronchials become inflamed-thickening and producing excessive mucous. These two processes-**Spasm and Inflammation**-cause trapping of air and difficulty breathing. Different patients have different **triggers** that cause the spasm and inflammation. Allergies and cold/viral infections are the two most common triggers. Exercise, emotional stress, temperature changes, tobacco

smoke are others. A patient can have one or more triggers. Depending on the frequency and severity of symptoms, asthma is divided into different categories- **Intermittent or Persistent** (which can be further broken down into Mild, Moderate, or Severe).

There are **two classes of medications** used to treat asthma. The first class is what we call **Rescue** medications. Rescue medications are bronchodilators, they work quickly to relax the bronchospasm. Albuterol (ProAir, Ventolin, Xopenex) is the most common rescue medication. **When symptoms of an asthma attack start-cough/wheeze/chest tightening-Always reach for the Rescue Inhaler.**

The second class of medications are **Controller** medications. These medications are for patients with more persistent asthma symptoms and are used to stabi-

lize the airways, hopefully over time making episodes of asthma less frequent and less severe. Controller medications work more slowly, ideally they are to be taken every day, sick or well, to reach a maximum benefit. Common Controller medications are Flovent, Singular, or Advair.

Parents get scared when they hear that their child may have asthma. Your doctor can help identify triggers and discuss medications that can keep your child's asthma in good control. Managing asthma is a partnership between your doctor and family. The goal is to keep your child as symptom-free and active as possible.

-Shari F. Lecker, M.D.

Apple Picking Season

It's that time of year again, apple picking season! Not only an enjoyable outdoor activity with your children, it is a good opportunity to bring up nutrition in a fun way.

Apples provide fiber and vitamin C. Recent studies show apples may be beneficial for a host of health issues such as asthma, Alzheimer's disease, cholesterol, cancer, and possible blood sugar regulation.

Whole apples provide more

nutrition than apple juice or prepared apples, as the polyphenol (the phytonutrients) concentration is higher. Ideally, the peel should be consumed as well, as this part of the apple contains the highest amount of nutrients. If organic apples are not an option, make sure to wash the apples well to remove any pesticides.

There are many ways to incorporate fresh apples into your daily intake. Here are some suggestions:

- Sliced apples with peanut butter or cheese.
- Chop and add to salads.
- Add to fruit salad or yogurt.
- Apples mixed with nuts and honey.

There are a variety of apples to choose from, with varying flavors and textures. To find out where to pick in MA check out this link:

www.mass.gov/agr/massgrown/apple_pyo.htm



PAM Joins the Social Media Community

Pediatric Associates of Medford is now on Twitter! Follow us at [@medfordpedi](https://twitter.com/medfordpedi) to get the latest information on office updates and related events, as well as health, safety, and nutrition tips.

We have also joined the rest

of humanity and can be found on facebook at <http://www.facebook.com/pages/Pediatric-Associates-of-Medford-PC/163090080372820>

Articles written by our physicians and participation in

local events are listed, as well as links to helpful and informative websites and organizations.



Staff Profile: Patricia Flynn

Patricia Flynn has been with the PAM family for over fourteen years. Her red hair and boisterous personality make her a noticeable fixture to our practice, not to mention her habit of singing while she works.

She has been married to a wonderful man for 25 years and has four amazing children and one granddaughter.

Her hobbies include gardening, crafting, and reading (and shopping!) but her favorite is spending time with her family.

It is caring and dedicated nurses, medical assistants, and administrative staff that complete the patient's experience at their physician's office. At PAM we are continually working to improve

upon our patient care and patient experience and appreciate your feedback.

Please feel free to call and ask for me at the office or email me at

nat.pedimed@conversent.net

Natalie Kingsbury,

Office Manager



Patricia Flynn



Pediatric Associates of Medford
101 Main Street, Suite 201
Medford, MA 02155
www.medfordpedi.com
(781) 396-1288

Important Reminders:

- **Flu clinics now available on weekends & evenings.**
- **Don't forget to schedule your child's (& teenager's) well visit!**
- **We are open for sick visits every day of the year except Christmas.**
- **We are now offering some well visit appointments on weekends; please call to book in advance.**

Helping a Grieving Child

When a child experiences the death of an important person in their life, the adults are often left wondering how they can help ease the child's pain. One of the most important things to do is to provide that child with a safe place to go with their questions and feelings.

It is also important to understand a child's developmental level in order to talk about death in a language they will under-

stand. Children need truthful information, but giving them more than they can understand may confuse them. To gain a better awareness of what he/she already know about dying, ask a child questions. Review with them what it means to be alive and that all things that live must eventually die. Encourage the child to talk openly and to ask questions.

If you provide opportunities to talk, children usually will engage in conver-

sations and are often quite insightful. Keep in mind that you know the child, which is invaluable in guiding those conversations.

If you need further information or resources, please call our office and ask for Kelly Daugherty, our Medical Home Care Coordinator or email her at:
kelly.pedimed@conversent.net

-Kelly Daugherty, LMHC

