

# Pediatric Pages

The newsletter of Chestnut Ridge Pediatrics

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and visit our  
new and  
improved website!!

[www.crpa.yourmd.com](http://www.crpa.yourmd.com)

## Easy Steps to Avoid Tick Bites

Here are some steps you can take when you're outdoors, especially in wooded areas and grasslands, which will reduce the chances of being bitten by a tick:

**Simple Avoidance.** Ticks usually climb from the ground or vegetation so avoid tall grass or dense woods.

**What to Wear.** Ticks are most likely to bite in areas of warmth, such as at the neckline, beltline, scalp, groin, or armpits. Wear long pants tucked into socks or boots and long sleeve shirts tucked into waistband and tight at wrists. Don't wear sandals or open-toed shoes.

**Use Repellents.** Spray a repellent containing permethrin on clothing only. For repellents containing DEET, use ones with less than 30% DEET and use sparingly on skin. Follow directions on the product label and do not repeat applications too soon. Ask your vet about tick-repellents for your pet.

**Self-Inspection.** After you have been outdoors in wooded areas, check your child's body carefully. Don't forget to check the neck and scalp. Remember, some ticks are the size of a head of a pin. Also, if you can remove Deer ticks within 24 hours of attachment, there is less worry about Lyme disease.

## Ear Piercing Now Available at CRP

### *The Price of Vaccines*

In 2006, you may notice some additional charges in your office bill when your child receives certain vaccines. The prices for vaccinations go up periodically, yet much of the time the insurance companies do not increase the amount they reimburse us. We feel these vaccines are critical

### Attention all parents

About a year ago we instituted a universal school/camp/sports form policy. All area programs have been accepting this and we offer the first form at no charge to you at your child's check-up. However, if you lose the form or need more copies there will be a **\$10 fee**. You will receive a new form at each check-up.

### Office Hours:

Phone Hour M-Sat 7:30 am

Mon. 8:30-7:30 pm

Tues-Thurs 8:30-5 pm

Fri. 8:30-4:30 pm

Sat. 8:30-11:30 am

Evening hours Tues.-Thurs.  
until 7:30 will vary from week  
to week

to the health of your children, and therefore we will continue to offer the vaccines with a small surcharge added to cover the full cost of the vaccine. We are actively working with the American Academy of Pediatrics, both at the national and state levels, to require the insurer to pay appropriately for vaccines. If these initiatives

are successful, the vaccine surcharges will be discontinued.

## Hydration for Child Athletes

Every year a number of athletes die from heat exhaustion and dehydration. Children are especially vulnerable to dehydration since you only need to lose 10% of your body weight to end up in the hospital with dehydration. By the time your child feels thirsty, they are already dehydrated. Something a parent can do is weigh their child before and after exercise. If your child loses more than 2% after exercise, then they are not drinking enough during exercise. Children should be supervised by an adult who can recognize the signs of dehydration.

### The warning signs of significant dehydration are:

Noticeable thirst

Muscle cramps

Weakness

Decreased performance

Difficulty paying attention

Headache

Nausea

Fatigue

Lightheaded feeling or dizziness

## Concussion

### Epidemic

There was a recent article in The Record June 11<sup>th</sup> outlining the increase in concussions in children. There were many interesting facts in that article, but some of the more interesting ones are:

1. Child athletes are more vulnerable to concussions in that they suffer more concussions and their nervous systems take longer to recover than adult athletes.
2. Young athletes who return to sports too soon are at risk for “second impact syndrome” which can cause irreversible brain damage.
3. There are grants in New Jersey that schools can apply for to teach coaches how to handle head injuries. Go to [sportsconcussion.com](http://sportsconcussion.com)
4. Loss of consciousness is not an indicator of how bad a concussion was. There are many other symptoms to look for like headache, neck pain, dizziness, nausea, vision changes, ringing in ears, confusion, drowsiness, irritability, and difficulty concentrating.
5. One in ten children who suffer concussions will develop long-term symptoms of fogginess, headaches, poor concentration, and disturbed sleep. Their personalities may change permanently.
6. No sport is immune to concussions. Baseball, lacrosse, soccer, wrestling, gymnastics, as well as football are all sports that put kids at risk.
7. Helmets do not prevent concussions. They are meant to prevent severe head injury and skull fractures.
8. You cannot see a concussion. It does not show up on a CT scan or MRI.

The bottom line is: any head injury that a child suffers should be taken seriously at any age and you should contact your

pediatrician before allowing your child to resume normal activities.