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Senders Pediatrics Update

Memorial Day, 2010

Disease du jour: Hand, foot and mouth disease with blisters in the mouth, lots of drooling and fever is what we are seeing most frequently these days. Infants present with poor feeding and poor sleeping. Older children are articulate enough to tell you that their throat or mouth hurts. Caused by a virus called enterovirus, this disease presents itself most commonly in late spring and early summer. It is spread by mouth secretions and that is why it spreads rather readily in day care and preschool environments. Unfortunately, because it is a virus and not a bacteria like strep, it does not respond to antibiotics. The treatment is with motrin or ibuprofen to take care of the pain. If the pain seems more severe, there are some other options available so please do not hesitate to schedule an appointment.

Amy Speidel's Parenting Blog: We are finishing touches on the blog content management system for Amy Speidel's ongoing blog which will enable you to search the past 6 months worth of entries. For those of you who have participated in her Empowered Parenting Class or utilized her parent coaching services, you are well aware of the value she brings to your parenting experience. For those of you who have not yet had the opportunity, [click here](#) to view the blog. You can also access the blog by clicking the link on our website senderspeditrics.com.

Next Empowered Parenting Program: Give us 6 hours and we will give you a truly unique approach to parenting, one that provides you with a whole new set of tools to deal with toddler temper tantrums, school age mean girl activity and adolescent angst. The next and last 2-part session for the summer will take place on June 17 and 24. With school letting out and a summer of hands on kid challenges looming, take this opportunity to really give your parenting skills a lift. [Click here](#) to register for this class or view our other course offerings.

Articles of topical interest: We are beginning to develop the format for a blog to keep you up to date on topics that are relevant to you. Some of these articles have appeared in local and national newspapers but we believe that giving you our take on these matters will be helpful in preserving the health of your children.

- Button battery ingestions are a rising cause of death in children. A recent article in the journal, Pediatrics, found the number of fatalities associated with button batteries to be rising. Reviewing over 50,000 button battery ingestions in the past 15 years, the authors found no change in the number of annual ingestions. But the number of 20 mm lithium battery ingestions (the size of a nickel) has risen and the percent of deaths, particularly in young children rose from 0.16% to 0.44% during that period. Senders Says many remotes are now powered by lithium batteries and over 50% of the ingestions occurred when the child pried a cover off an electronic device. The causes of death were mostly choking and burns to the esophagus. If you are ever unsure about a lithium battery ingestion, please call rather than

waiting.

- Baby Einstein DVDs did not aid word acquisition. Children who were showed a 35 minute Baby Einstein DVD 15 times over 6 weeks at ages 12-25 months, did not have any improvement in their general language skills over this period of time nor did they learn the specific vocabulary targeted by the DVD. Moreover, children exposed to such videos at earlier ages had the lowest vocabulary scores. Senders Says that parents who are concerned about their children's poor language development are more likely to use these types of DVDs as a substitute for engaging in behaviors that promote language like reading to their children, talking to their children and interacting with their children. Some preliminary data from our own Daily Dose of Reading Program sites suggest that doing these simple things even in children at risk can be hugely beneficial.
- Tanning beds increase the risk of melanoma by 74%. This article was featured in the Health Section of the Plain Dealer last week but bears repeating. Teen age use of tanning beds has skyrocketed with the FDA reporting that 35% of 17 year old girls using tanning beds. This study provides the most clear link between tanning beds and melanoma which is responsible for the deaths of 7000 Americans annually. Senders Says as summer approaches, tanning bed use goes up. Many of us believe that teens should be barred from tanning salons because the amount of sunburn sustained during adolescence directly correlates with melanoma development 20 years later.
- Overweight girls are almost 3X more likely to have sex before age 13 and 30% more likely to have had multiple partners during their teenage years. In a study of over 20,000 teenage girls, 6% of teens under age 13 have had sex compared to 15% of obese teens. And sadly, obese teens are 20% less likely to have used condoms and 30% less likely to have used other forms of birth control. Senders Says that low self esteem is likely to be the cause for early sexual activity. Our focus has always been on exercise. Good exercise overcomes poor eating almost all the time while good eating overcomes poor exercise almost never.
- Fewer than 1 in 5 children have an hour a day of exercise. The Centers for Disease Control reported this week that a similar number have no park or exercise facility within walking distance. Senders Says now that summer is here, encourage your child to get on a bike by getting the entire family on a bike. When it is a family affair, everyone benefits.
- Playing through pain is a terrible idea for a young baseball player. Because bones are developing, pain is often the only sign that the growth plate is being separated from the bone. Whether in the shoulder or the elbow, young pitchers should be evaluated when complaining of pain. Senders Says that the ability to do a biomechanical evaluation of the pitching mechanics of a young pitcher has introduced a new level of sophistication to this process. There are some outstanding sports medicine physicians in town who can help your young athlete avoid long term pain.

School and camp forms: We are averaging 20 forms a day these days. To help insure that all relevant information is included, we are now asking that you fill out a cover sheet indicating illnesses, medications (and their doses) and chronic conditions that you feel are important to include on your school or camp form. We thank you for helping us make this process as smooth as possible. [Click here](#) to view and print out a copy of the form.

As always, thank you for your continued support of our practice. We look forward to taking care of your family's needs this summer.

Sincerely,
Senders Pediatrics

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