

The Flyer

June 2010



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On April 17, 2010, Pediatric Associates of Johns Creek joined other businesses and members of the Johns Creek community for a day of fun hosted by Johns Creek United Methodist Church. Pony rides, inflatable slides, and a raffle were just a few of the fun-filled activities that day. This annual event attracts many visitors and raises support for the church's outreach fund. This fund benefits several local organizations, including Emory Johns Creek Hospital. The



money raised is used to serve the needs of children in the Johns Creek area. This year's festival raised \$19,000. Pediatric Associates of Johns Creek was proud to be a part of such an exciting and rewarding event within

our community.

Keep Kids Safe From Sun's Harmful Rays

Allison Bond, AAP 2008



The sunny days of summer offer a chance for children to enjoy fresh air and be active outdoors. But excessive exposure to the sun's ultraviolet (UV) rays can pose long-term health risks—from wrinkles to cancer. About 80% of sun exposure occurs before age 18. Damage to skin and eyes early in life can give rise to serious health problems in adulthood, according to the American Academy of Pediatrics (AAP). Therefore, it is important to protect your infant, child, or adolescent from UV rays with sunscreen, protective clothing, hats, and sunglasses.

Sunscreen should contain the words "broad-spectrum" on the label—it means the sunblock will screen out both ultraviolet B (UVB) and ultraviolet A (UVA) rays. Choose a product with a sun protection factor (SPF) of at least 15.

The AAP offers the following tips to protect children from the sun:

- * Keep infants younger than 6 months out of direct sunlight, protected by the shade of an umbrella or tree. When physical protection from the sun is inadequate, apply sunscreen to small areas of your infant's body, such as the face and hands.
- * Make sure children always wear sunblock, protective clothing, sunglasses and a hat with the brim facing forward.
- * Be especially careful to help your child avoid sun exposure if he or she uses topical agents or takes medications that your pediatrician tells you make skin more sensitive to UV rays.
- * Children and infants should wear sunglasses whenever they are in the sun long enough to get a tan or sunburn. For maximum protection, pick a pair that fits your child well, has large lenses and has been labeled to block UV rays.
- * Because clouds reduce UV rays by only 20% to 40%, kids should wear sun protection even when it's cloudy outside.

Finally, children learn by example, so parents should follow sun safety precautions themselves.



Three Household Routines May Prevent Childhood Obesity

Anderson SE. *Pediatrics*. 2010.
printed in *Infectious Diseases*. March 2010,

Preschool-aged children who regularly ate evening meals as a family, obtained adequate amounts of sleep and had limited television-viewing time had about a 40% lower prevalence of obesity than other children, according to a recent study.

In 2005, researchers from Ohio State University conducted a cross-sectional analysis of 8,550 4-year-old children using data from the Early Childhood Longitudinal Study, birth cohort (ECLS-B).

Eighteen percent of the children were obese, and 14.5% of those children were exposed to all three routines, and 12.4% were exposed to none of the routines. A little more than half of the overall cohort reported having family dinners six or seven evenings per week, 57.5% reported 10.5

hours of sleep per weeknight and only about 40.4% of the study cohort reported less than two hours of television or movie viewing per week-day.



Among children exposed to all these routines, the prevalence of obesity was 14.3%, compared with 24.5% who were exposed to none of the routines. The researchers also noted that the number of routines was related to the prevalence of obesity, with each additional routine indicating a 17% reduction in odds of obesity. "Although we cannot make casual inferences from our data, the household routines we studied may be promising behavioral

targets for counseling, given their association with obesity and their potential benefits beyond obesity prevention," Sarah E. Anderson, PhD, said in the

What is Normal Body Temperature?

Two individuals may not have the same body temperature. Normal body temperatures can range from 94.5°F (34.7°C) to 100.4°F (38.0°C). Remember

a person's normal body temperature depends on several factors including his/her age, the time of day, physical activity level, and the body site where the temperature is taken. Be certain you are using an accurate thermometer when measuring your child's temperature.



Please contact your doctor for advice concerning your child's temperature reading.

Below is a list of normal body temperatures for different sites.

- AXILLARY: 94.5°F-99.1°F
- ORAL: 95.9°F-99.5°F
- RECTAL: 97.9°F-100.4°F
- EAR: 96.4°F-100.4°F

Infantino slings. It did not say exactly how the babies died.

In its general sling warning this month, the CPSC said infants can suffocate in two different ways:

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Upcoming Events

- ★ July 4-Independence Day!
- ★ July 14-Evening Prenatal
- ★ July 31-Nat'l Dancing Day!

Baby Slings Recalled, Linked to Three Deaths

Published in *The Atlanta Journal and Constitution*
March 2010-Associated Press-

More than 1 million baby slings made by Infantino were recalled Wednesday after claims linking them to three infant deaths.

The consumer Product Safety Commission said babies could suffocate in the soft fabric slings. The agency urged parents to immediately stop using the slings for babies under 4 months. The recall involves 1 million Infantino "SlingRider" and "Wendy Bellissimo" slings in the United States and 15,000 in Canada. Infantino President Jack Vresics said the company has been working closely with the commission on its sling concerns.

"Our top priority is the safety of infants whose parents and caregivers use our products," Vresics said in a statement. He said the company would offer a free replacement baby

carrier, activity gym or shopping cart cover to any affected consumer.

The slings wrap around the chest so on-the-go parents can carry their babies or just stay close as they bond with their infants.

This month, the CPSC issued a broad warning about sling-style baby carriers, saying they pose a potential suffocation risk to infants, especially babies under 4 months. Babies who had a low birth weight, were born prematurely or had breathing problems such as colds were also at risk.

At the time, the commission did not single out a specific type of sling or manufacturer. It said it had identified or was investigating at least 14 deaths in the last 209 years associated with baby slings.

In Wednesday's announcement, the CPSC said three of the deaths occurred last year and were linked to





Dive Into Swimming Safety this Summer

Trisha Koriath, AAP 2009

Because children can drown in as little as an inch of water, caregivers should remain vigilant when allowing children to swim in pools, lakes, or other bodies of water. Swimming can be a fun and refreshing activity for families with children of any age during the long hot summer.

A recent study from the National Institutes of Health (NIH) showed that swimming lessons can protect young children from drowning. However, parents and caregivers should always supervise children playing in or around the water and use touch supervision (by keeping children within arms' reach at all times near water) for children under age 5, according to the American Academy of Pediatrics (AAP). Teaching a child to swim does not keep him or her safe in water. Even the most proficient swimmers can drown, the NIH cautions.

Caregivers should consider formal swimming lessons for children who are developmentally ready (usually around age 4 or 5). For younger children, find a program that allows an adult to swim with the child and choose one that does not require the child to put his or her head under water.

Children with motor or cognitive disabilities may not be developmentally ready for swimming lessons until a later age, according to the AAP.

In addition, the following tips help keep children safe in or near the water:

- * Never leave a child alone in or near a pool, even for a moment. An adult who can swim and who knows CPR should supervise children at all times. Do not use air-filled swimming aids, such as water wings, as a substitute for approval life vests. Never allow young children and those who cannot swim to use inflatable pool toys or mattresses as flotation devices in the water.
- * Allow children to dive into water only when permitted by an adult who knows the depth of the water and has checked for underwater objects. Do not allow diving through inner tubes and other pool toys and into above-ground pools.

The AAP Recommends New Safety Seat Guidelines

New research indicates that toddlers are more than five times safer riding rear-facing in a car safety seat up to their second birthday. Following are some safety tips for car seat use:

- All infants should ride rear-facing in either an infant car seat or convertible seat.
- If an infant car seat is used, the infant should be switched to a rear-facing convertible car seat once the maximum height (when the infant's head is within 1 inch of the top of the seat) and weight (usually 22 pounds to 32 pounds) have been reached for that infant seat as suggested

Overall, children under the age of 2 are 75% less likely to die or experience a serious injury when they ride in a rear-facing car seat. -AAP

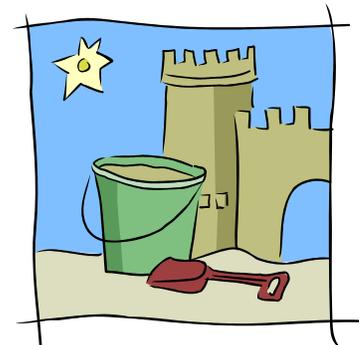


Fun In the Sun Contest Winner!



Congratulations to Riley Cook! He took home the grand prize from our Fun in the Sun Contest!

We hope you enjoy your sand bucket full of summertime toys. Thanks to everyone who entered!



by the car seat manufacturer.

- Toddlers should remain rear-facing in a convertible car seat until they have reached the maximum height and weight recommended for the model, or at least the age of 2.

To see if your car seat is installed properly and to find a certified passenger safety technician in your area, visit www.seatcheck.org or www.ngtsa.dot.gov/cps/cpsfitting/index.cfm. You also can call 866-SEATCHECK OR 888-327-4236.

American Academy of Pediatrics, April 2009



...Baby Slings Continued from Page 2

- A sling's fabric can press against a baby's nose and mouth, blocking the baby's breathing and suffocating a baby within a minute or two.
- The other scenario involves slings where the baby is cradled in a curved or "C-like" position, nestling the baby below the mother's chest or near her belly. That curved position can cause a baby who doesn't have strong neck control to flop its head forward, chin-to-chest, restricting the infant's ability to breathe.

The Infantino slings being recalled were sold from 2003 through 2010 at several retailers, including Target, Babies R Us and Burlington Coat Factory. Consumers can call Infantino at 1-866-860-1361 to receive a free replacement product.

Pediatric Associates of Johns Creek is located within the Pediatric Medical Center of Johns Creek. The Medical Center is home to several specialists who serve the medical needs of children and their families. The Pediatric Medical Center of Johns Creek continues to provide comprehensive quality care to the Johns Creek community. If you would like to learn more about the specialists located within the Medical Center, please visit www.PMCJC.org.



Medical space remains available within the second phase of The Pediatric Medical Center of Johns Creek! If you would like to join your pediatric colleagues in serving the needs of pediatric patients within Johns Creek, please visit www.PMCJC.org or call 770-476-4020 for more information.

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The Lancet Retracts 1998 Study Linking Autism to MMR Vaccine.

-Infectious Diseases in Children, March 2010

The Lancet has retracted a study published in 1998 that suggested an association between autism and childhood vaccination with the measles-mumps-rubella MMR vaccine, according to a recent press release.

The retraction came after several years of debate on the issue and in the wake of an embargoed commentary in *BMJ*, formerly the *British Medical Journal*, which called on *The Lancet* to retract the findings.

Additionally, the U.K. General Medical Council found that the primary researcher in the 1998 study, Andrew Wakefield, MD, and two colleagues acted "dishonestly" and irresponsibly" in conducting research. The Council

reviewed the findings of the original article and found that 12 children in the study had been selected especially for the study—not 12 consecutive patients, as had been previously claimed. The Council also found that the study had not been approved by the appropriate ethics committee, as the researchers had claimed.

"We fully retract this paper from the published record," the editors of *The Lancet* wrote. Ten of the study's 13 authors signed a formal retraction in 2004, that had previously published in *The Lancet*. They retracted their findings after a revelation that the main author was being paid separately by lawyers for parents who claimed their children were harmed by the

immunizations, and those children were involved in the study.

The study undermined public confidence in the triple vaccine for measles, mumps, and rubella by suggesting it might be linked to autism, and vaccination rates fell dramatically in Britain and several other European nations and have yet to fully recover, although subsequent studies dismissed a connection between autism and the vaccine.

The Lancet has retracted fewer than 20 studies in the 196 year history of the publication.

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