

ALASKA MEDICAL CLINICS NEWS

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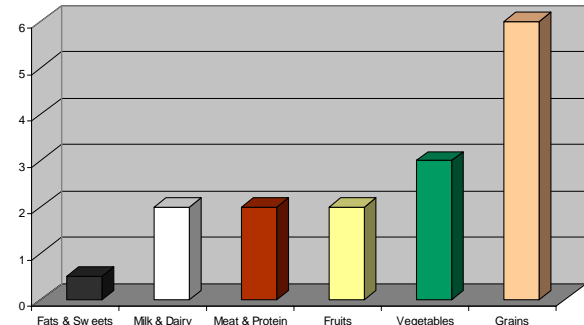
Getting Kids to Eat Right

Getting kids to eat healthy, nourishing food can be a trying experience. Knowing portion sizes can help. You can enable your child in making healthy choices by offering healthy options. The U.S. Department of Agriculture (USDA) has published recommended servings and portion sizes for children.

First, consider portion sizes. While you might not think your child is eating enough, keep in mind that children need smaller portions than teenagers or adults—about one-fourth the amount of an adult. Here are some examples of just how large—or small—a portion is for a 2- to 6-year-old child, and how many servings a day are recommended. With the exception of the milk group, the younger and smaller the child, the smaller the portion—a 2-year-old's tummy is smaller than a 6-year-old's tummy.

- **Grain Group—Six Servings:** 1 slice of bread; ½ cup of cooked rice, cereal, or pasta; 1 ounce of ready-to-eat cereal
- **Vegetable Group—Three Servings:** ½ cup of chopped raw vegetables, ½ cup of cooked vegetables, 1 cup of raw leafy vegetables
- **Fruit Group—Two Servings:** ½ apple, orange, banana, or melon wedge; ¾ cup of fruit juice; ½ cup of canned fruit; ¼ cup of dried fruit
- **Milk Group—Two Servings:** 1 cup of milk, 1 cup of yogurt, 2 ounces of cheese
- **Meat Group—Two Servings:** 2 to 3 ounces of cooked lean meat, poultry, or fish; ½ cup tofu; ¼ cup soy nuts, 1 soy burger, ½ cup of cooked dried beans, 1 egg, or 2 tablespoons peanut butter = 1 ounce lean meat
- **Sweets & Fats—Not Really a Food Group:** Use very sparingly, avoid saturated fats; use “healthy” fats like olive oil

Servings of Each Food Group for Children



have to offer your children something 10 or 15 times before they will try it, but that eventually, as they become more familiar with certain foods, they will give in and try a bite. Another doctor-recommended strategy is that families sit down and eat meals together. Children emulate their parents and mealtime is another opportunity for them to copy behavior. Make your meals nutritious

and harmonious as a family habit. Here are some pointers about children and meals from “Feeding Your Toddler” found on www.keepkidshealthy.com.

Avoid Common Mistakes:

- Drinking more than 16-24 ounces of milk each day.
- Drinking more than 4-6 ounces of juice each day.
- Letting your child fill up on sweets and snacks.
- Forcing your child to eat when he is not hungry.
- Giving servings that are too big.

Our Hours:

Wasilla Medical Clinic
M-F: 10 a.m.—9 p.m.
Sat.: 10 a.m.—6 p.m.

Dimond Medical Clinic
M-F: 9 a.m.—8 p.m.
Saturday 10 a.m.—6 p.m.

Offer your child healthy choices, and eat healthy yourself.

When all you provide your children to eat are healthy and nutritious foods, then they will have a healthy and nutritious diet. If you are concerned about whether your child is getting enough—or too much—to eat, consult your physician.

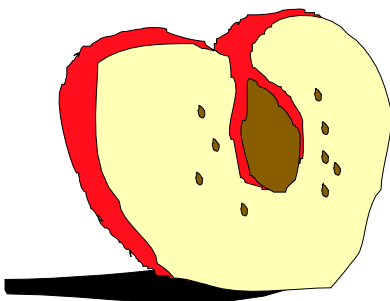
Flu Shots & Nasal Mist Available after Sept. 28th

- Injections: \$20
- Nasal Mist: \$65

Stop by Dimond or Wasilla Medical Clinic anytime during our hours of operation. No appointment necessary.

The chart above shows how many servings per day of each food group your child should have.

Getting your child to try new foods gets easier the more times you try. Some pediatricians say that you



Back to School and ... Head Lice?

Oh, the joys of school starting up again! New books, new teachers, new friends. And sometimes...a visit from a tiny little creature called the head louse. What is a head louse, and more importantly, how do you get rid of it, or, even better, prevent it?

What Do They Look Like? There are three forms of head lice: the nit, the nymph, and the adult.

1 Nits are head lice eggs. They are hard to see and are often confused with dandruff. They are oval and usually yellow to white. They take about 1 week to hatch.

2 Nits hatch into a baby lice called *nymphs*. It looks like an adult head louse but is smaller. It takes 7 days for a nymph to mature to an adult. To live, the nymph must feed on blood.

3 Adult lice are about the size of a sesame seed, have six legs, and are tan to greyish-white in color. Adult lice can live up to 30 days on a person's head. They feed on blood. If a louse falls off a person, it dies within 2 days. Adult

lice are about 1/8 of an inch. The entire life cycle is about 1 month.

How Do You Get Lice?

- By contact with an already infested person. Contact is common during play at school and home (slumber parties, sports activities, playgrounds).
- By wearing infested clothing, such as hats, scarves, coats, sports uniforms, or hair ribbons.
- By using infested combs, brushes, or towels.
- By lying on a bed, couch, pillow, carpet, or stuffed animal that has already been in contact with an infested person.

Who Is Most at Risk? Preschool and elementary-age children, 3-10, and their families are infested most often. Girls get head lice more often than boys.

How Do You Diagnose?

Look closely through the hair and scalp for nits, nymphs, or adults. You can also come into our clinic for an examination.

What Are the Signs & Symptoms?

- Tickling feeling of something moving in the hair.



- Itching, caused by an allergic reaction to the bites.
- Sores or red, rashlike areas on the head caused by scratching. These sores can sometimes become infected.

What Treatments Are Used?

- Anti-lice shampoo or rinse containing a substance called pyrethrins.
- Fine-tooth combing after ordinary shampooing every 3-4 days for 2 weeks. You can also pick out the nits with your fingernails—if you can!

Thank you to the Centers for Disease Control and Prevention, and the American Society of Pediatrics for contributing to this article.



WHAT IS PINKEYE?

As the parent of a 1-year-old in preschool, one of our patients came into Wasilla Medical Clinic for help. "My baby was sent home from preschool because they said he has pinkeye. What do I do?" Since we see many children with pink eye, we thought we'd share our answers with our readers.

Symptoms

If your child has redness in the eyes, often with itchiness or irritation, she might have pink-eye, or conjunctivitis. Eyes might also be watery or have a thick, yellowish discharge, which can cause crusting on your child's eyelids.

Treatment

Bacterial conjunctivitis is treated with antibiotics, usually given as either eyedrops or as an ointment. Be sure to give these drops for as long as your doctor says, even if the symptoms clear up before the end of treatment. You can use a clean cotton ball soaked in warm water to gently wipe yellowish discharge from eyelids. Ask your doctor when your child can return to school; usually the symptoms will clear up in 24 hours with proper treatment.



Childhood Vaccinations

Now that school has started, you are probably well aware that the State of Alaska requires vaccinations for all children attending schools and childcare facilities.



What Vaccinations Are Required in Alaska?

In addition to required vaccinations for diphtheria, tetanus, pertussis, polio, measles, and rubella, in 2001, the State began requiring all school children to be vaccinated for protection from mumps, hepatitis A, and hepatitis B. Also, preschoolers were required to be vaccinated for hib and varicella (chickenpox).

Are These Vaccinations Necessary?

Dimond and Wasilla Medical Clinics have vaccinated many children—and adults who request them—in our clinics, and we felt it would be helpful to provide our patients with an article that explains why these vaccinations are considered to be so essential to a child’s well being.

According to the State of Alaska Division of Health and Social Services, individuals can protect themselves, their families and friends, and their communities from serious life-threatening infections by staying up-to-date on recommended vaccines. “Vaccines offer safe and effective protection from infectious disease,” said Public Health Director Karen Pearson.

According to Pearson, immunizations are still important. “Immunization is a significant public health achievement of the 20th century, and it’s critical as we enter the 21st century. Vaccines eradicated smallpox, and significantly reduced the number of cases of polio, measles, diphtheria, rubella, pertussis and other diseases. But despite these efforts, thousands of people in the U.S. are not properly vaccinated and, as a result, still suffer today from these and other vaccine-preventable diseases.”

Alaska has devoted considerable effort to increasing the immunization levels of 2-year-old children. By this measure, the State is ranked 26th in the nation today, compared to the state’s ranking of 48th in 1996.

Kid’s Activity : Match the Foods with Their Groups

Draw a line from the name of a food to the food group in the pyramid it is a part of. Some foods will belong to more than one food group.

bread apple peas milk green beans carrots butter
lettuce roast beef lettuce **Fats** squash yogurt turnips
oatmeal banana kiwi **Dairy** watermelon olive oil
broccoli cabbage **Meats & Other** banana turnip celery
grapes gravy pasta baked chicken
orange chocolate tuna pasta salmon
beets tuna baked potato
peanut butter **Vegetables** **Fruits** celery noodles
cantaloupe crackers
n u t s macaroni
cheese **Grains** toast
eggs rice
pork peas
ice cream pizza tomato cherries cereal veggie burger halibut

Understanding the Reasons for the Childhood Vaccinations

Hepatitis A is a serious liver disease spread from person to person or sometimes by eating food or drinking water contaminated with hepatitis A virus. Large hepatitis A outbreaks occur in Alaska every 7-10 years. Children under age 15 are most affected. There have been over 3,000 cases and at least 4 deaths in Alaska in the past decade.

Hepatitis B is a serious liver disease spread through contact with the blood or body fluids of a person infected with the virus. In about 10% of infected persons, the disease can lead to cirrhosis (scarring) of the liver, liver failure, liver cancer, or death.

Hib disease is a serious illness spread from person to person, often by people who don’t know they carry the bacteria. Before the vaccine was available, hib was the leading cause of bacterial meningitis in children under 5 years of age and caused about 2 deaths per year in Alaska.

Varicella (chickenpox) is a common childhood disease easily spread from person to person and through airborne droplets. Annually, varicella causes about 12,000 hospitalizations and 100 deaths in the U.S. In 1997, an Alaska child died from chickenpox complications.

Mumps is a viral disease spread by airborne droplets or direct contact with an infected person’s saliva. Mumps can lead to fever, swelling of salivary glands, meningitis (inflammation of the brain), deafness, or death.

FIGHTING THE FLU

It is nearly time for your annual flu shot and if you are trying to decide whether or not to get immunized, read on. Besides the major inconvenience of missing a week or more of school or work serious complications, including death, result from influenza.

Symptoms. The U.S. Department of Health and Human Services warns that influenza is a serious disease that kills thousands of people in the United States each year. Symptoms of influenza are fever, cough, chills, sore throat, headache, and muscle aches.

Commonly referred to as the flu, influenza is often preventable with an annual vaccination.

How do you know if you or a loved one is suffering from influenza or if your symptoms are the common cold? The chart below offers some insight into this question. Absent from the chart are nausea, vomiting, and diarrhea. These are not symptoms of influenza. Food poisoning and gastrointestinal tract infections (both bacterial and viral) usually cause such symptoms that are incorrectly called stomach flu. Influenza is a respiratory tract infection.

WHO IS MOST AT RISK?

- ✓ The elderly
- ✓ Newborns
- ✓ Those with chronic diseases such as anemia, asthma, emphysema, diabetes, and kidney disorders
- ✓ Anyone with a weak immune system

When Is the Virus Spread? People usually get the flu in late fall and throughout the winter. The virus is spread by airborne particles through coughing and sneezing and with direct hand and face contact. Once a person is infected, it may take 2 to 4 days for symptoms to develop.

A person is contagious for one week from the time infected. The infection can be spread before people even realize they have it, making quarantine-type epidemic precautions less than effective.

Vaccination

Protection. Because the highly contagious viral illness changes each year, vaccinations are changed every year. Two weeks after getting a flu shot, people are protected for up to 1 year, with

the exception of children 9 years of age and younger who are getting the flu shot for the first time; for them, a second shot is given after 1 month to ensure protection.

When to Get a Flu Shot. The best time to get a flu shot is in October when the vaccine first becomes available. The flu season lasts from November to April each year. Who

should get the vaccine? Anyone who wants protection against influenza.



When Not to Get a Flu Shot.

Consult your physician before getting a flu shot if you are allergic to

chicken eggs, have had a bad reaction to a flu shot, suffer from Guillain-Barre Syndrome, have an acute illness or fever, or are pregnant.

Statistics. Even with all the benefits of getting flu shots, many people do not. The U.S. Centers for Disease Control and Prevention estimates that each year in the U.S:

- 35 to 50 million people are infected with influenza (10% to 20% of the population).
- An average of 36,000 people die from influenza-related complications each year in the United States.
- About 114,000 people are hospitalized.

What to Do if You're Infected. The best defense against influenza is getting the flu shot. If you fail to become immunized and instead become infected, call your doctor at the first sign. There are some anti-influenza drugs available by prescription that may help if administered within the first 24 to 48 hours of influenza onset.

Influenza Types A and B are the most severe. The viruses change constantly, and different strains circulate around the world every year. The body's natural defenses cannot keep up with these changes, so get a flu shot annually.—The American Lung Association

Is It a Cold or the Flu?

Symptom	Influenza	Cold
Onset of symptoms	Sudden	Gradual
Fever	High, often with chills	None or mild
Headache	Severe	None or mild
Muscle and body aches	Severe	None or mild
Fatigue, weakness	Severe	None or mild
Nasal congestion, sneezing	Present	Present
Cough	Severe dry cough	None or mild
Sore throat	Possible	Present
Duration	4-7 days; fatigue and weakness can last 2-3 weeks	2-4 days; congestion can last 5-7 days
Possible complications	Bronchitis, pneumonia, and sometimes death.	Sinus infection; earache



The most effective way of dealing with the flu is by getting an influenza shot as soon as it becomes available each year.

Sources: DHHS, NIH, National Institute of Allergy and Infectious Diseases, CDC, and the American Society of Consultant Pharmacists.

DROP IN TO DIMOND OR WASILLA MEDICAL CLINIC FOR YOUR FLU SHOT—NO APPOINTMENT REQUIRED!

