



Kidsline

The Newsletter of Annapolis Pediatrics

www.annapolispediatrics.com

Fall 2008

Physicians and
Nurse Practitioners

Dwight Fortier, MD
Samuel Libber, MD
Katherine Edwards, MD
Stanley Weimer, MD
James Rice, MD
Margaret Turner, MD
Charles Parmele, MD
Sefanit Fassil, MD
Jennifer Corder, MD
Dana Kim, MD
John McGrath, MD
Mark Lester, MD
Anita Weissburg, CPNP
Gwyn Reece, CPNP
Julia Caschera, CPNP
Kay Gingell, CPNP
Roseanne Thompson, CPNP
Linda Murray, CPNP
Gina Friel, CPNP
Ann Purcell, CPNP

Meet Mark Lester, our newest MD

Dr. Mark Lester began his education at the Bronx High School of Science in New York City and continued at Morehouse College in Atlanta. He attended Meharry Medical College in Nashville, TN, where he accepted the prestigious National Health Service Corp Scholarship Award. Dr. Lester completed his residency in pediatrics at Columbia University Children's Hospital of New York.

After his residency, Dr. Lester worked as a general pediatrician in Brooklyn as well as in the Pediatric Emergency Room at Children's Hospital of New York. He enjoys providing emergency medical care to acutely ill children, but it's his love for providing continuous primary care to children and teens that brought him to us.

Dr. Lester is also passionate about combating some of the most critical problems in American pediatrics today: pediatric obesity and violence. He is dedicated to the reduction of domestic and youth violence, and promotes violence prevention strategies and risk reduction behaviors among adolescents. He has pledged to continue to support these initiatives throughout his medical career.



Dr. Mark Lester

Dr. Lester and his wife, a dentist, are the parents of two young sons and are excited to make Annapolis their new home.

Plan Ahead: Flu Clinics begin in October

Fall is a wonderful time of year for kids: fall festivals, apple picking, Halloween, and flu shots. Well, we know flu shots aren't the best part of fall, but parents know that its better to get the vaccine than to get the flu.

This year, we will offer both traditional flu shots and the FluMist® to eligible patients. FluMist can be given to patients who:

- Are over 24 months of age,
- Don't have a history of asthma or wheezing, any chronic illnesses, or a suppressed immune system,
- Aren't sensitive to eggs or gelatin.

Detailed information about FluMist eligibility is available on our website. Traditional flu shots are also available for children between 6 and 24 months of age and children who aren't able to receive FluMist.

Both forms of the vaccine are effective against the flu.

Last year, the first confirmed case of the flu in Maryland was in the beginning of December. It can take up to a month to develop full protection from either vaccine. For this reason, Annapolis Pediatrics will begin flu clinics in October. The full schedule is below and is also available on our website.

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Annapolis
200 Forbes Street,
Suite 200
Annapolis, MD 21401

Arnold
1517 Ritchie Highway,
Suite 205
Arnold, MD 21012

Waugh Chapel
2401 Brandermill Boulevard,
Suite 205
Gambrills, Maryland 21054

Kent Island
1630 Main Street,
Suite 201
Chester, MD 21619

Flu Clinics Scheduled

(Continued from page 1)

You must schedule an appointment to attend our flu clinics. Please call any of our offices to schedule your appointment. In the Annapolis office, please follow the prompts for the same day appointment line. Each flu clinic has a limited number of spaces, so call soon to schedule the date you prefer.

The following flu clinics are planned:

Saturday, Oct 11
Annapolis Office
12 pm – 3 pm

Sunday, Oct 12
Waugh Chapel Office
9:30 am – 12:30 pm

Saturday, Oct 25
Kent Island Office
9:30 am – 12:30 pm

Sunday, Oct 26
Annapolis Office
10 am – 1 pm

Sunday, Nov 2
Waugh Chapel Office
9:30 am – 12:30 pm

Saturday, November 8
Annapolis Office
12 pm – 3 pm

Sunday, Nov 9
Annapolis Office
10 am – 1 pm



A previously scheduled exam is a great time to get your child's flu vaccination. As long as he or she is in good health for the visit, you can request a flu shot during your child's visit this fall.

Don't forget to sign up for email updates. Go to www.annapolispediatrics.com to join our email list.

Patients will be able to check in for flu clinics at the beginning of the time listed above, but not earlier. If you arrive earlier you will have to wait to check in and you may be sharing our waiting area with sick children.

Please note that in the past there has been a crowd at the start of the clinics, but they typically taper off, so consider coming in later during the clinic time window.

As always, children under 9 who are receiving flu vaccine for the first time must get 2 doses in the same year that are scheduled 30 days apart. This is true for either injectable vaccine or FluMist. If your child has gotten 2 doses of flu vaccine in the past, only one dose is required this year.

Shirley Dukes Scholarship Update

The partners and staff of Annapolis Pediatrics want to thank everyone who helped make our Shirley Dukes Memorial Nursing Scholarship Fundraiser a huge success. It was a fun night of great music and friends in spite of heavy rain and minor flooding from Tropical Storm Hanna.

We're Not Handsome, a fabulous local band generously donated their time to keep us smiling and dancing into the evening! Armadillo's Bar and Grill and Reliable Churchill generously donated food and had drink specials. We filled Armadillo's with familiar faces and made new friends while we celebrated the life and dedication of Shirley Dukes.

By the end of the night, we raised nearly \$4,000 toward a nursing scholarship in Shirley's name. Special thanks to the winner of our raffle, a parent in the practice, who donated his winnings to the scholarship fund! If you haven't had a chance to donate yet, please turn to page 4 to see how you can help make this scholarship a reality!



Shirley Dukes, RN



60 Years of Superior Pediatric Care

What does celebrating our 60 years of Annapolis Pediatrics mean to our patients?

Foundations. When Dr. Briscoe founded his practice in 1948, the office was on Prince George Street. In 1953 he moved it to Cathedral Street to be closer to the hospital. Shortly after, Dr. Briscoe hired another doctor and opened a second office. It was apparent even then that there was a demand for compassionate, dedicated and knowledgeable pediatricians.

Of course, the 1950s were a time when your doctor would drop by your house to check on little Johnny and you paid in cash without submitting insurance claims.

When Dr. Fortier joined the practice in 1972, he came to a group that had already expanded in doctors as well as locations in order to offer the same high quality care to the rapidly growing area.

Moving Forward. What was obvious for our partners in the early 1950s still rings true today: families want excellent care and they value doctors who can give them a personal touch; someone who can follow their children throughout their lives.

These values are at the heart of the practice today. And while we've grown to 4 locations, 12 doctors and 8 nurse practitioners, we still are committed to our Vision.

We believe all children deserve the best pediatric care. Our community has grown tremendously. In order to keep the practice open to all local families we've expanded our locations and made sure we have enough providers to see that each patient gets our undivided attention.

The best care begins with the best doctors and nurse practitioners. We hire the most talented medical providers and we strive to find those who will fit our practice and our families. Doctors and nurse practitioners often stay with Annapolis Pediatrics for their entire careers.

Children are sick at all times. In order to offer the extensive hours patients need, you must have enough medical staff to not overburden anyone. Our doctors and nurses are parents, too.

Our partners and staff are dedicated to Annapolis Pediatrics, but most importantly, we are dedicated to you, our patients.

Vaccine Update – Pentacel: 5-in-1

This summer, Pentacel®, a combination vaccine, was licensed by the US Food and Drug Administration. Pentacel combines vaccines for immunization against diphtheria, tetanus, pertussis, polio, and Haemophilus influenzae type b (Hib). This single vaccine replaces three others formerly given at a baby's 2, 4 and 6-month checkups; reducing the number of injections from 4 to 2 (plus an oral vaccination against rotavirus).

Babies who began receiving separate immunizations can switch to Pentacel to complete their vaccination. Full information from the US Centers for Disease Control (CDC) on Pentacel can be found on their website:

<http://www.cdc.gov/vaccines/pubs/vis/downloads/vis-multi.pdf>

Our website has the above link, under the Patient Visits/Immunizations heading. You can also view our entire vaccine schedule on our website.

We always advise patients to check with your insurance company before receiving care to be sure of your coverage. This is particularly important with new vaccines, as some insurance companies may not yet cover the full cost of this vaccine.

As always, our billing department is happy to help with insurance questions, but we don't know the specifics of each and every medical plan.

HELP US REMEMBER SHIRLEY DUKES, RN

If you haven't had a chance to give to our scholarship fund, please remember that we will continue to raise money until the fund becomes self-sustaining! We've made a lot of progress, but there's still a long way to go. Any gifts are greatly appreciated! Information on how to give is available on our website or you may send donations to:

Shirley Dukes Scholarship Fund
c/o Annapolis Pediatrics
200 Forbes Street, Suite 200
Annapolis, MD 21401



Dr. Corder conducts a well-baby exam.



Superior Healthcare for newborns,
children, adolescents and young adults

Winter Hours

Winter Hours go into effect on
November 1, 2008.

Annapolis Office:

Mon-Fri walk-ins: 7:30 – 8:30 am

Mon-Thu: 8 a m – 9 p m

Friday: 8 a m – 5 p m

Saturday: 8 a m – 1 p m

Sunday : 9 am – 11 am

Waugh Chapel Office:

Monday: 8:30am – 7 pm

Tues-Fri: 8:30am – 5 pm

Kent Island Office:

Mon - Fri : 9 am – 5 pm

Arnold Office:

Mon - Fri : 9 am – 5 pm



Bowen Foundation - Cruise for a Cure

Annapolis Pediatrics is proud to support local charitable organizations that perform services consistent with our mission. We have been an active supporter of the Bowen Foundation for Autism since its inception. The Bowen Foundation seeks to raise awareness and money for the prevention, treatment, education and research efforts related to conditions along the autism spectrum and to improve the lives of individuals with these conditions in our area.

One way we are helping the Bowen Foundation is by sponsoring their Second Annual Cruise for a Cure for Autism this fall. This will be a fabulous event held November 6 at 6pm aboard the Duchess of Pin-tail. The cruise will take passengers on a

scenic ride along the Severn River while they enjoy music, food, and drinks during a silent auction—all to raise money for an important, local cause. Donations of \$100 offer you an opportunity to enjoy this wonderful evening along the Severn. All net proceeds go toward helping families facing the fight against autism.

Dr. Chip Parmele serves on the Bowen Foundation's board of directors and is proud of their accomplishments in only one year. Last year's cruise raised over \$30,000, which the foundation used to fund projects through Autism Speaks, Central Special in Edgewater, and other local organizations to help families in our area.

School Fears - When its more than jitters

Sure, all kids complain about early mornings and ask to stay home some times, but as many as 5% of all school-aged children suffer from school avoidance or school phobia. These kids may refuse to go to school or create reasons why they shouldn't go. Sometimes they don't feel well, but have vague symptoms. They may not be inventing things, some kids have anxiety-related symptoms that they can't control, such as headaches, stomachaches, nausea or dizziness. However, when they are seen by a doctor or nurse practitioner, typically no medical cause can be found. Usually children don't know why they feel badly and can't verbalize their concerns, but when children avoid school, some of the most common problems include:

- Fear of failure,
- Problems with other children (such as teasing),
- Anxieties over using a public bathroom,
- A perceived "meanness" of the teacher, or
- Threats or actual physical harm (such as from a bully).

Before assuming your child's illness is entirely in his or her head, you should schedule an exam to be certain there's no underlying medical problem. However, once you've spoken with your pediatrician, you can use some of these ideas to work with your child to overcome his or her concerns about school:

- Talk with your child. Be sympathetic and supportive about his fears.
- Acknowledge the concerns, but insist on school attendance. Avoiding the problems will only make it harder to go back to school.
- Talk with your child's teacher or counselor about his or her concerns. Work as a team to help your child make school a positive experience.

Don't be afraid to seek additional help if school-avoidance persists for more than one week. Your doctor or nurse practitioner can help you determine the best plan for your child to make school a positive experience and establish a lifelong love of learning.

Source: AAP Website and *Caring for Your School-Age Child: Ages 5 to 12* (Copyright © 2003 American Academy of Pediatrics)