

## Caring for your children in His Name

### A NEW SCHOOL YEAR...

can mean new friendships, new classrooms, and new germs! In addition to homework and art projects, children can bring home illnesses.

One common illness at this time of year is the HAND-FOOT-MOUTH Disease. This illness can cause painful sores in the mouth as well as a rash that can look like "bug bites" on the palms of the



hands and soles of the feet. This is caused by a virus from the enterovirus family and does not respond to antibiotics. Symptoms may include fever, drooling, and poor appetite. Ibuprofen or acetaminophen can be used for comfort measures. Call the office if your child is excessively fussy or lethargic, or your child is refusing fluids and getting signs of dehydration such as decreased urine output.

### OPERATION CHRISTMAS CHILD

Once again this year, Lighthouse Pediatrics will be collecting and sending boxes for Samaritan's Purse. Samaritan's Purse is a national organization that ministers to communities in 3rd world countries to offer support and hope. The process is simple: choose a box from our display after October 15, fill it with approved items, and return it to the office by November 9. You can even track the box for a small cost to see where the box ends up. It is a beautiful way to share the joy of giving with your children.



### SCREENING CORNER

Have you wondered about the large, fancy camera you've seen our staff members carrying around? It is called the Spot Check, which is a vision screener. We were very fortunate to "test drive" the equipment through the Lions' Club and have since purchased it. We can detect vision problems in children as young as 6 months-old. We start screening children at one year of age, and perform the screen yearly until 5 years of age. However, it can be used on older children if you have a concern.



### OFFICE NEWS

#### What we're reading:

*Middle School* by Cynthia Tobias & Sue Acuña:  
This book offers practical, hands-on guidance to help your child navigate the minefield known as middle school.

### FLU SHOTS ARE IN

#### Who should get the flu vaccine?

ALL children over 6 months of age.



#### Why?

Children are naturally at higher risk for complications from influenza. Some children are especially susceptible to complications – those with asthma, diabetes, heart disease, or an immunodeficiency.

#### When?

There will be a chance to get the flu shot at check-ups, and we will also be offering nurse appointments throughout the fall. We will also be offering the Flumist nose spray for eligible patients over 2 years.

### BE SOCIAL WITH US!

You will get helpful information as well as office news from these sites. The website also has a "symptom checker" where you can search for information on your child's symptoms. It has links to helpful websites such as CHADIS and the patient portal, too.

 Lighthouse Pediatrics of Naples

 LHP Naples

 LighthousePedia

[www.Lighthousepedsnaples.com](http://www.Lighthousepedsnaples.com)



## SAFETY NEWS

The American Academy of Pediatrics released their newest recommendations for car safety seats. Current research shows that child safety seats reduce the risk of injury and death by up to 80%. Booster seats reduce the risk of nonfatal injury among 4- to 8-year-olds by 45% compared with seat belts alone.



1. All infants and toddlers should ride in a rear-facing car safety seat (CSS) as long as possible, until they reach the highest weight or height allowed by their CSS's manufacturer. Most convertible seats have limits that will permit children to ride rear-facing for 2 years or more.
2. All children who have outgrown the rear-facing weight or height limit for their CSS should use a forward-facing CSS with a harness for as long as possible, up to the highest weight or height allowed by their CSS's manufacturer.
3. All children whose weight or height is above the forward-facing limit for their CSS should use a belt-positioning booster seat until the vehicle lap and shoulder seat belt fits properly, typically when they have reached 4 ft 9 inches in height and are between 8 and 12 years of age.
4. When children are old enough and large enough to use the vehicle seat belt alone, they should always use lap AND shoulder seat belts for optimal protection.
5. All children younger than 13 years should be restrained in the rear seats of vehicles for optimal protection.

## AFTER-HOURS CALLS

Dr. Dudley, Shepard and Traci take calls after-hours for emergencies. If your child has a life-threatening emergency such as he/she is having trouble breathing, then call 911 immediately.

Call the office if the emergency is not life-threatening but you are considering taking your child to the emergency department or if you do not think the issue can wait until the next business day. You will be given the chance to leave a message so one of our providers can call back and assist you. Please do not call after-hours for refill requests or to make an appointment. Don't



forget that our patient portal is an excellent way to communicate for those requests as well as routine questions.

If your child has swallowed something other than food that could be a poison then call the POISON CONTROL CENTER AT (800) 221-1222. They have special staff and resources and can give you immediate assistance. You can add the Poison Control Center phone number to your contact list on your cell phone by texting "POISON" TO 797979. The most common things children take in by mouth that could be dangerous are: medications, cleaning agents, batteries, coins, or plants/berries.

## COMMUNITY NON-PROFIT SPOTLIGHT

The Fellowship of Christian Athletes (FCA) is touching millions of lives... one heart at a time. Since 1954, FCA has been challenging coaches and athletes on the professional, college, high school, junior high and youth levels to use the powerful platform of sport to reach every coach and every athlete with the transforming power of Jesus Christ. FCA focuses on serving local communities around the globe by engaging, equipping and empowering coaches and athletes to unite, inspire and change the world through the gospel. Find out if there is one at your child's school that he/she can join!



## STAFF SPOTLIGHT

This month, we spotlight our front staff members, Lisa Rodriguez and Karla Campos.



Lisa has worked with us since 1999 when she joined Anchor Health Centers. She grew up in Immokalee and has 4 children and several grandchildren.



Karla has worked with us since 2009 when she made the move from the family practice department. Karla grew up in Ft. Lauderdale, and has 2 grown children and one grandchild.

You will most likely be greeted by Karla and Lisa when you first arrive at the office and visit them as the "last stop" when checking out. The kids may best know them as the "treat ladies" since they are in charge of the cookies and lollipops, too! When you call the office they will assist in making appointments, directing phone calls, and preparing forms your child may need.