

# Lighthouse

QUARTERLY NEWS

## Caring for your children in His Name

### YEARLY CHECK-UPS

The staff at Lighthouse Pediatrics believes that the yearly check-up is an important part of the quality care we provide for our patients. The check-up serves as a way for us to provide

**preventative care** by giving routine vaccines and discussing safety. We review your child's **growth** at each visit and discuss any concerns about growth.



Poor growth or rapid weight gain can be identified and treated more effectively if caught early. We use the yearly check-up to review a child's **milestones** and identify possible challenges in development and behavior. We also address nutrition and sleep habits at each check-up. Younger children require more frequent check-ups, and everyone should have a yearly check-up after age 3. Please contact our office to schedule a check-up for your child.

### STAFF SPOTLIGHT

Our office manager, Diane Worman, has worked with Dr. Dudley and Shepard in many different capacities since 2003. She is the true "woman behind the scenes" that assures all is running smoothly in the office.



Diane is married to Mike and has 2 children and 3 grandchildren. She enjoys daily bible study as well as spending time with her family. She is available for any questions or concerns you have about the office.

### SCREENING CORNER

We use screenings that follow the American Academy of Pediatrics (AAP) guidelines for preventative care known as Bright Futures. We will be outlining these screenings in the next few newsletters.

The AAP recommends that all adolescents be screened for depression at their annual physical. Up to 10% of teens are depressed and yet less than half of those teens are receiving treatment. We give the PHQ-9 (Patient Health Questionnaire) at each adolescent check-up. It consists of 9 questions and should take the teen less than 5 minutes to complete. This tool has allowed us to identify concerns the teen may be experiencing that he/she may not have otherwise mentioned.



### SUMMER IS HERE...



and so are the bugs!! Here are a few tips to help prevent bug bites:

- Try to eliminate items with standing water — empty flower pots, baby pools, and buckets.
- Avoid scented soaps and lotions — they attract bugs and so do bright, flowery clothes.
- Try to keep areas covered with lightweight clothing.
- Use insect repellent with DEET on children older than 2 mos — use on exposed skin — excluding the face, don't reapply, and rinse after use.



And if you or your child DOES get a bite:

- Try to keep from scratching and keep fingernails short and clean.
- Call the office if the area of redness and swelling continues to increase after 48 hours.



### OFFICE NEWS

#### Surveys from Officite

We are periodically sending surveys from our website. You may also go on our website and review us there!



## EXERCISE-RELATED HEAT ILLNESS

Exercise-related heat illness (ERHI) or heat injury happens when exercise is done in high temperature and high humidity. It's one type of injury that can almost always be prevented with proper attention to safety and common sense.

- Exercising muscles create 10 to 20 times more heat than resting muscles.
- Sweating is the main way the body gets rid of excess heat.
- As humidity rises, sweating becomes less effective at cooling the body.
- Body temperature will rise if the body is unable to get rid of excessive heat, resulting in heat illness.

## TIPS TO HELP PREVENT HEAT ILLNESS

- Schedule activities during the coolest parts of the day (early morning or late afternoon/evening); consider cancelling or delaying an activity under extreme conditions.
- Allow athletes to gradually adjust to exercising in hot, humid weather by increasing activities slowly over the first 2 weeks of practice.
- Avoid the use of excessive clothing and equipment.
- Schedule breaks every 10 to 15 minutes during any activity that lasts longer than 1 hour.
- Weigh athletes before and after each activity. Athletes should replace all of their weight lost during any exercise period prior to the next exercise period.
- Encourage athletes to drink 4 to 8 ounces every 15 to 20 minutes during any activity period.
- Encourage athletes to eat a balanced diet that provides the necessary vitamins and minerals.
- Identify athletes at high risk, such as athletes who are obese, are poorly conditioned, are not acclimated, have a current illness, are taking certain medicines, or have a history of previous heat-related problems.
- Plan for emergencies—measure body temperature, call 911, cool immediately.



## SIGNS OF EXERCISE-RELATED HEAT ILLNESS

- **Heat cramps** — painful muscle contractions when the body is getting overheated.  
Treatment: stop exercising, stretch and massage the muscle, drink lots of cool, salt-containing water.
- **Heat exhaustion** — body temperature up to 104°F, fatigue, nausea, vomiting, dizziness, fainting, flushed, moist skin.  
Treatment: stop exercise, move to shade or indoors, drink lots of cool liquids. Go to the ER if child is not drinking or doesn't improve quickly.
- **Heat stroke** (life-threatening) — body temperature greater than 104°F, confusion, combativeness, seizures and/or stroke, shock, coma (unresponsive), and/or heart failure/cardiac arrest.



and covering with cool cloths or water; don't wait for help to arrive.

## COMMUNITY NON-PROFIT SPOTLIGHT



Since launching in Southwest Florida in 2015, Safe Families for Children has helped hundreds of families remain intact and get the help and the support they need to provide a loving, stable home for their children. Safe Families provides a nurturing home for children whose families are in a crisis situation.

Safe Families for Children Southwest Florida doesn't take kids from their parents. Instead, Safe Families gives parents peace of mind that their children are protected and nurtured while they get clean, sober, working, and back on their feet. The goal is to strengthen and preserve biological families so that they can better care for their children.

### Volunteer Opportunities:

**Family Friend:** Provide a mentoring relationship to parents that are in need by providing support, encouragement, guidance and prayer. Our family friends can also provide transportation, babysitting and tutoring to children that are being hosted.

**Host Family:** Welcome a child into your home for a short time and mentor their parents through reunification. Since hostings are temporary, they can last 24 hours to 90 days.

**WrapAround Friend:** Provide donated goods or services to help support a host family or a parent. Examples may include donating diapers, formula, gift cards or providing meals and other professional services such as counseling, dentistry, mechanics, hair cuts, etc.

With donations from our families, our Swap Closet has already provided for some of our Safe Families kids. If you are interested in becoming a host family or if you need the Safe Families' services, call Isis LaRose at 470-2733 or visit <https://Flourish-now.org>.

