

Lighthouse

QUARTERLY NEWS

Caring
for your
children
in His Name

THE RED EYE

The term pink eye is reddening of the white of the eye and is often used to describe something known as conjunctivitis. There are several potential causes of pink eye. Many children have either watery or mucousy

drainage along with a pink eye. The discharge can cause the eye to be crusted shut in the morning or after naps. They can also have itching but should not have significant pain.

Viral conjunctivitis is usually at the start of an upper respiratory infection and does not require medication. We recommend monitoring for 1-2 days if your child has watery or no drainage.

Bacterial conjunctivitis will often have the symptom of thick drainage and may require prescription drops.



Allergic conjunctivitis occurs when someone is exposed to something that irritates the eye. This type of pink eye can be treated with artificial tears or in older children an over-the-counter allergy eye drop.

Trauma to the eye can cause a scratch on the eye that can cause redness, drainage, and significant pain.

There are conditions that can look or act like pink eye. Young infants can have a blocked or narrowed tear duct that causes eye drainage, but usually does not cause redness.

There are also serious conditions that can cause prolonged pink eye symptoms. We recommend that you call if your child has fever, ear pain, severe eye pain, vision change, eye swelling, or if your child has pink eye that lasts more than 3 days.

SCREENING

We are administering the Pediatric Symptom Checklist (PSC-17) at the well-child checks at yearly physicals from ages 5 to 18 years. You should get a notification to complete this on the portal prior to your visit. Your answers – and there is NO wrong

one - give us insight to potential challenges with your child's behavior or mental health. We can then address any concerns raised on these screenings and develop a plan to assist your family.

STAFF SPOTLIGHT



Amy Smirnov
Office Manager

Meet our office manager, Amy Smirnov. Amy is a Naples native and has been with Dr. Shepard for the past 25 years. She loves a good project and uses her strong organizational

skills to assist staff in daily operations behind the scenes. When not at work, Amy, her husband, and teen daughter can be found on the saltwater fishing or just enjoying a relaxing boat day.

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.

 lighthousepedsnaples

 lhpnaples

 LighthousePedia

www.Lighthousepedsnaples.com



OFFICE NEWS

We now offer extended hours TWO nights weekly! Dr. Shepard is in the office on Monday until 8 pm and Thursday until 7 pm. We are doing primarily physicals and ADD rechecks at these times so our families do not have to miss work or school. We are also able to fit in sick visits if needed – please call first. You can now make sick appointments on the portal! Just look for the tab on the top right when you open the portal and you will be given time and provider options. This is still only for sick appointments on same-day or up



to 3 days out. Call or message us if you don't see the time/provider that you want, or if you need to schedule something further out than 3 days.

We are very grateful to partner with Nicklaus Children's Hospital to provide mental health counseling for our families. This is made possible through a grant from the NCF (wine festival.) We will refer patients for counseling from our office. We will need to meet with your family prior to making this referral. Many families in our practice have already benefited from this service!

CHARITY CORNER

Samaritans Purse - Operation Christmas Child
Every October you will see a display case in our reception area with empty shoeboxes waiting to be filled by our generous families. This can be a really fun family project where your children can help shop and pack a box for a child their age. These shoe boxes are sent all over the world and are a way to share God's love

to less fortunate children. You can pick up a shoe box from our front desk area and then can return them filled by Nov. 21, 2025. For more information about the program and packing instructions, check out: [Operation Christmas Child | Shoebox Outreach of Samaritan's Purse.](#)



WE'VE UPDATED OUR WEBSITE!

We're so excited to share that our office website has a fresh new look! The updated design makes it easier than ever for parents to find what they need. You'll now find:

- Quick links to forms and documents needed before your child's physical
- Quick links to forms for new patients
- A new blog with helpful posts for parents

- Updated resources and information for families with children of all ages
- A new section to get to know our doctors and staff

Take a few minutes to look around and explore the updates—we hope you love the new site as much as we do!

www.lighthousepedsnaples.com

SAFETY

Many of our families enjoy the Halloween festivities, and we wanted to give you a few safety tips:

Costumes: Choose fire-resistant costumes and avoid masks that may block your child's vision. If trick-or-treating after dark, put reflective tape on their costumes. Remove any make-up with mild soap before bedtime to minimize any skin irritation.

Trick-or-treating – Adults should accompany young children and stay only in well-lit areas. If you have an older child who is going with friends, remind them never to enter a stranger's home and not to eat any treats until they return home and you can look through the treats.

At home – Consider participating in the teal pumpkin project in support of children with food allergies where you commit to handing out non-food items. To learn more and get a free download go to: [Teal Pumpkin Project - FoodAllergy.org](http://TealPumpkinProject - FoodAllergy.org)

OFFICE INFORMATION

Lighthouse Pediatrics
3227 Horseshoe Dr. S
Naples, FL 34104

PHONE: 239-449-9882

FAX: 239-449-9884

OFFICE HOURS:

Monday: 7:30am - 8:00pm

Tuesday: 8:30am - 5:00pm

Wednesday: 8:30am - 5:00pm

Thursday: 8:30am - 7:00pm

Friday: 8:30am - 5:00pm

Saturday: Closed

Sunday: Closed