

# ALL IN PEDIATRICS



**NASSIM McMONIGLE & MESCHIA**  
PEDIATRIC AND ADOLESCENT MEDICINE



## Contact Us

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(812) 949-0405

[Visit our Website!](#)

[Access Our Patient  
Portal](#)

## Prescription Refill Requests

Did you know you can request refills for existing prescriptions directly through our Patient Portal? You can! [Just click here to access the portal.](#) Once you have entered your login information follow the instructions for prescription refill.

If you do not have a portal login, please contact our office.

**Walk-In**

Hello!

April showers bring May flowers! Welcome Spring! Not so welcome spring time nasal allergies! Read below for some suggestions to treat seasonal allergies. In addition, when it's not just allergies... When does your child need to be seen by a doctor? Check out the AAP's Symptom Checker for guidelines.

## Itchy, Tingly, Sneezzy...

No, those aren't the names of 3 new dwarfs. We're talking about nasal allergies! It's a miserable feeling and living in the Ohio Valley we have more than our share of allergens. So what's to be done? Of course, we are available to answer your questions before experimenting with any pharmaceutical (including over the counter medicines) or herbal or complementary options. Here are a few natural remedies you may want to try:



1. Mattress and pillow covers - If you're allergic to dust mites, cover your mattress and pillows, the leading culprits of dust mites, with a "hypoallergenic" cover and wash your sheets in hot water to kill any mites.

2. Neti Pot - The pot looks like a tea pot with an elongated spout. The devices are sold widely, for about \$10 to \$20, online and in drugstores and health food stores.

To use the pot, typically you mix about a pint of lukewarm distilled, sterile, or previously boiled water with a teaspoon of salt. Next, tilt your head over a sink at an angle of about 45 degrees. Place the pot's spout

## Walk-in Hours

Have you heard? We are now offering **walk-in hours Monday-Saturday 8-10am and Monday-Thursday 4-6pm**. So if you wake up to find a sick child in her bed or pick a sick child up from daycare after work, bring her/him in to be seen right away - no appointment necessary. This service is to assure that your child's entire health history is readily available to the provider, which is not the case at the neighborhood urgent care center.

into your top nostril and gently pour the solution in.

The salt water will flow through your nasal cavity, into the other nostril, and perhaps into your throat initially. Blow your nose to eliminate any water, then repeat the steps on the other nostril.

3. Moist Air - If the air is dry and you're having sinus problems -- like pain and pressure -- keep your nasal passages moist. Drink a lot of water, as it is the best way to do this. Other Suggestions: Use a humidifier or vaporizer (and keep it clean), apply warm compresses over your nose and mouth, and breathe in steam from a pot on the stove. Just make sure not to make your home too swampy. Dust mites, mentioned above, thrive in humidity.

## Is this Something the Doctor Should See?

How many times have you heard your child complain about something physical and wondered to yourself, "Should I take her to the doctor?" As a parent, if we were given a quarter for every time that thought crossed our minds we'd all be millionaires!



As a general rule and as your pediatrician, we'd have to say if you are concerned about something with your child err on the side of caution and contact us. However, if you're doing the "symptom litmus test" to decide if the complaint is doctor worthy, here is a great symptom checker provided by the American Academy of Pediatrics: [Symptom Checker](#)

When you open the page, hover over the area of the body your child has indicated there's an issue, once highlighted, click your mouse and a drop down box will appear with various complaints/conditions/suggestions. Again, as a general rule if you are concerned there's a problem, please bring your child into our office.

Thank you so much for trusting us with the health of your family. We look forward to communicating more regularly with you through email, so stay tuned for more information pertinent to the health of your children.

Sincerely,

Drs. Nassim, McMonigle, Mescia & Team