

ALL IN

PEDIATRICS



NASSIM McMONIGLE & MESCIA
PEDIATRIC AND ADOLESCENT MEDICINE



Contact Us

Green Valley Commons
2305 Green Valley
Road
New Albany, IN
47150
(812) 949-0405

[Visit our Website!](#)

[Access Our Patient
Portal](#)

Walk-In Hours Available

While we hope your child doesn't need to see us for an illness or accident, those things do happen. If your child wakes up sick or you pick him/her up from daycare and can tell there is something wrong, bring them in right away to be seen by one of our physicians

Hello!

It's hard to believe, but here we are... back to school. In this issue of our newsletter we will discuss school bus safety, sports physicals, and hydration concerns.

School Bus Safety

A school bus is a great way to get your child to school on a daily basis. In the United States 23 million students take a bus to and from school on a daily basis. Like any form of transportation, however, there are risks, mainly getting on and off the bus, so talk with your children about school bus safety. Here are a few tips:



- Your child should arrive at the bus stop at least 5 minutes before their assigned pick-up time, so they are not running to get to the bus and less likely to observe potential risks, such as oncoming vehicles.
- Walk with your child to the bus stop and discuss keeping a safe distance from the curb - at least 6 feet or 3 giant steps.
- Remind your child that the bus stop is not the place to run around.
- When the bus arrives, instruct your child to stay put until the bus comes to a complete stop, the door is opened, and the driver says it's okay to get on the bus.
- Explain to your child that he/she should NEVER walk behind the bus! He/she should walk along side the bus at a safe distance, at least 10 feet.
- Before walking in front of the bus, your child should make eye contact with the driver, so the driver knows your child is crossing the bus's path.

or nurse practitioners.

Monday-Saturday

8am - 10am

Monday-Thursday

4pm - 6pm

While an appointment is still best for a sport or camp physical, if you're in a pinch stop on in.

Not All Sports Physicals Are Created Equal

Back to school means back to sports and other physical activities! While sports physical clinics or grocery store health clinics who charge you out of pocket for a sport physical seem like a good idea. We caution you to consider what you're NOT getting in that exam.

- A provider who is NOT familiar with your child's health history
- A physical exam which does NOT include your child's entire body
- A "medical" service that is NOT filed through your insurance, so you have to pay out of pocket



Our providers follow the American Academy of Pediatrics recommendation for all physicals conducted in our practice, which include screening for:

- Heart and lung problems
- Head injury and concussion
- Heat and hydration
- Overuse and over scheduling
- Cultural issues, such as expectations and behavior of athletes, parents, and others

In addition to a more thorough examination, your child's exam record is stored in our electronic medical record, so that we can provide a copy of the exam record/physical form at any time for the next 12 months! That means next summer when your child wants to go to camp, you don't have to "do" another physical exam.

Back to Back Safety

Backpacks come in all sizes, colors, fabrics, and shapes and help kids of all ages express their own personal sense of style. And when used properly, they're incredibly handy. When worn correctly, the weight in a backpack is evenly distributed across the body, and shoulder and neck injuries are less common than if someone carried a briefcase or purse.



When a heavy weight, such as a backpack filled with books, is incorrectly placed on the shoulders, the weight's force can pull a child backward. To compensate, a child may bend forward at the hips or arch the back, which can cause the spine to compress unnaturally.

Kids who wear their backpacks over just one shoulder may end up leaning to one side to offset the extra weight. They might develop lower and upper back pain and strain their shoulders and neck.

The American Academy of Pediatrics (AAP) recommends that parents look for the following when choosing the right backpack:

- **a lightweight pack** that doesn't add a lot of weight to your child's load
- **two wide, padded shoulder straps**; straps that are too narrow can dig into shoulders
- **a padded back**, which not only provides increased comfort, but also protects kids from being poked by sharp edges on objects (pencils, rulers, notebooks, etc.) inside the pack
- **a waist belt**, which helps to distribute the weight more evenly across the body
- **multiple compartments**, which can help distribute the weight more evenly

Using Backpacks Wisely

- **Lighten the load.** No matter how well-designed the backpack, doctors and physical therapists recommend that kids carry packs of no more than 10% to 15% of their body weight - but less is always better.
- **Use and pick up the backpack properly.** Make sure kids use both shoulder straps. Also tighten the straps enough for the backpack to fit closely to the body. The pack should rest evenly in the middle of the back and not sag down to the buttocks.

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