

ALL IN PEDIATRICS



NASSIM McMONIGLE & MESCIA
PEDIATRIC AND ADOLESCENT MEDICINE



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[Visit our Website!](#)

New Year Approaching and a New Look for our Website!

Check it out!! We have a [new website](#). We strive to provide you with the highest quality care for your children and getting the information you need whenever you need it often starts with an Internet search. Through our site you will not only learn more about us and our practice, but we also provide several links to sites that focus on

Hello!

It's hard to believe the holiday season is upon us... already! But here we are trimming trees, planning parties, baking cookies, and shoveling SNOW!! While the holidays can be a lot of fun, they can also be a source of stress.

In this issue we address avoiding the holiday pitfalls of eating too much and exercising too little, as well as tell you about a couple new and exciting developments at our practice.

Early Autism Testing Center

The Indiana University School of Medicine, in partnership with Riley Hospital for Children at Indiana University Health, and as part of the Neurodevelopmental and Behavioral System (NDBS) announces the opening of its Early Evaluation Clinic for Autism at **Nassim McMonigle & Mescia PSC**.

One in 88 children are diagnosed with autism in the United States. Early intervention that maximizes treatment during the time of brain growth and plasticity, before age 2, is important. The average age of diagnosis in Indiana is 5.3 years, but early screening with referral to a level 2 diagnostic clinic can mean diagnosis as early as 18 months of age.

"Even children who are not found to meet criteria for Autism Spectrum Disorder may still have developmental delays. Uncovering those delays earlier through level 2 diagnostics, will enable the child to receive additional care and therapies to promote a better outcome," says Cynthia G. Nassim, MD FAAP.

To qualify for this level of testing, a child must be between the ages of 18-42 months. If you are concerned your child may have a form of

growing happy, healthy children.

New Year Reminder

As the new year approaches be mindful to bring your new/updated insurance cards with you to your child's first appointment of the new year. We need to scan and save the information contained on the card every year.

Deductibles reset at the beginning of the year, so we will collect your insurance deductible at that the time of your service.

Winter Weather Updates

With winter already upon us we may have to change our office hours on occasion to accommodate inclement weather. If that happens we will send an alert to you via email and will also post any changes to our Facebook page, so be sure to get online and LIKE us on Facebook.

autism, contact us right away to talk with either Dr. Nassim or Dr. Irwin.

Avoiding the Holiday Eating Pitfalls

We've all been there... family dinner, party with friends, baking cookies and treats, and before you know it you've consumed way too much food. Unfortunately, our kids do too. So what should we do instead? Here are a few helpful and healthy tips for avoiding overeating:

1. Start with a healthy breakfast (oatmeal, eggs, fruit, or whole grain cereal). It's proven that if you start your day with a healthy breakfast that you're less likely to crave the bad stuff the rest of the day.



2. Eat a small snack of fruit or nuts late morning, before you go to that holiday lunch.

Eating a small snack will reduce your hunger, allow you to be more satisfied at lunch.

3. At that lunch party, opt for the fresh veggies, salads and any food not "swimming" in a sauce. Don't feel like you have to try everything everyone brought. Your friends will understand.

4. Late afternoon, snack on some more almonds or walnuts or a handful of veggies leftover from that fresh veggie tray at lunch.

5. Dinner... you've saved the best for last. Portion control is key here. No item on your plate should be bigger than the palm of your hand. This applies to children as well. Start with a protein source first as it will fill you faster and stay with you longer.

They like to MOVE IT!

One of the most difficult parts of the holidays and the weather this time of year is that we often don't move enough and neither do our kids. It's dark early. It's cold outside. We have so much to do to get ready for the holidays. The excuses are endless, but the fact remains that if we don't make exercise a priority, neither will our children. The American Academy of Pediatrics recommends 30 minutes of physical activity per day for all children and even more if the child is overweight.



So what can you do when you can't just send them out to ride their bike? The YMCA offers excellent activities for children of all ages. Better yet, find an indoor activity you can do together, like a self defense class. Many schools offer open gym time for children to run and play.

Don't feel like having to get out of the house to exercise? Play a game of Simon Says or Charades, but require everyone to choose a movement that involves both arms and legs! If you're really up for a challenge, buy an exercise video to do with your child(ren).

Here is a list of local facilities that offer programs for families and children:

[YMCA Southern Indiana](#)

[Full Moon Martial Arts](#)

[Brad Haynes Martial Arts Academy](#)

[New Albany Parks & Recreation](#)

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