



Contact Us

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 or nurse practitioners.

Monday-Saturday
8am - 10am
Monday-Thursday
4pm - 6pm

Hello!

In this issue of our newsletter we're going to take the confusion out of sunscreen selection. Also, meet our newest provider and read about how we're growing in Salem. Finally, you've heard the saying "It's time to make the donuts", now we're saying "It's time to submit your child's school forms".

Sun Safety

With all of the recent discussions about sunscreens, we thought we'd remove some of the confusion and give you simple guidelines to follow when selecting a sunscreen:

- Use a sunscreen that says "broad-spectrum" on the label - that means it will screen out both UVB and UVA rays.
- Use a sunscreen with an SPF (sun protection factor) of at least 15. The higher the SPF, the more UVB protection the sunscreen has.
- Look for the new UVA "star" rating system on the label.
 - One star is low UVA protection.
 - Two stars is medium protection.
 - Three stars is high protection.
 - Four stars is the highest UVA protection available in an over-the-counter sunscreen product.
- For sensitive areas of the body, such as the nose, cheeks, tops of the ears, and the shoulders, choose a sunscreen or sunblock with zinc oxide or titanium dioxide. While these products usually stay visible on the skin even after you rub them in, some now come in fun colors that kids enjoy.
- If possible, avoid the sunscreen ingredient oxybenzone because of concerns about mild hormonal properties. Remember, though, that it's important to take steps to prevent sunburn, so using any sunscreen is better than not using sunscreen at all.

Sunscreen for babies

- For babies younger than 6 months. Use sunscreen on small areas of the body, such as the face and the backs of the hands, if protective clothing and shade are not available.
- For babies older than 6 months. Apply to all areas of the body, but be careful around the eyes. If your baby rubs sunscreen into her eyes, wipe the eyes and hands clean with a damp cloth. If the sunscreen irritates her skin, try a different brand or try a sunscreen stick or sunscreen or sunblock with titanium dioxide or



zinc oxide.

How to Apply Sunscreen

- Use enough sunscreen to cover all exposed areas, especially the face, nose, ears, feet, hands, and even backs of the knees. Rub it in well.
- Put sunscreen on 15 to 30 minutes before going outdoors. It needs time to absorb into the skin.
- Use sunscreen any time you or your child spend time outdoors. Remember that you can get sunburn even on cloudy days because up to 80% of the sun's UV rays can get through the clouds. Also, UV rays can bounce back from water, sand, snow, and concrete, so make sure you're protected.
- Reapply sunscreen every 2 hours and after swimming, sweating, or drying off with a towel. Because most people use too little sunscreen, make sure to apply a generous amount.

How to Treat a Sunburn

The signs of sunburn usually appear six to twelve hours after exposure, with the greatest discomfort during the first twenty- four hours. If your child's burn is just red, warm, and painful, you can treat it yourself. Apply cool compresses to the burned areas or bathe the child in cool water. You also can give [acetaminophen](#) to help relieve the pain. (Check the package for appropriate dosage for her age and weight.)

If the sunburn causes blisters, fever, chills, headache, or a general feeling of illness, call us right away. Severe sunburn must be treated like any other serious burn, and if it's very extensive, hospitalization sometimes is required. Sometimes extensive or severe sunburn also can lead to dehydration and, in some cases, fainting ([heatstroke](#)). Such cases need to be examined by your pediatrician.

We're Coming Salem!

If you've driven by our new location under construction on the corner of Jim Day and SR 56, then you see we are laying the groundwork for the facility. Walls will be up soon!

If you have friends in the area who are looking for pediatric services, please refer them to our New Albany location. They may transfer to the Salem office as soon as it's opened, but getting their children under our care now will make for a smooth transition to the new location.

Meet Brittany Payne

Meet Brittany Payne, the newest member of our provider team. Brittany is a hometown girl from southern Indiana and a mother of 3, soon to be 4 children! She says the reason she chose to become a pediatric nurse practitioner is because she truly loves children. Of her family, Brittany has this to say, "We are busy with the activities of our children and season pass holders at Dollywood in Pigeon Forge, TN. It's our thing!"



Time to Submit School Forms

In preparation for the onslaught of forms you will need to submit for your child this coming school year, we'd like to suggest that you send/deliver those forms which require a physician signature to us NOW! If your child has had a physical with us in the past year, we can complete the required forms and return them to you prior to the start of school. This will speed up our process and eliminate the wait you may experience after the school year begins.



Here is a list of forms you can send in immediately:

- Sports Physical
- Asthma Action Plan
- Medication
- Food Allergy
- Daycare/After care
- Head Start

Please send your forms to the following email address or fax # :
Attention: Form Team
Email: frontstaff@mw.twdbc.com
Fax: 812-949-0445

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