

ALL IN PEDIATRICS



NASSIM McMONIGLE & MESCIA
PEDIATRIC AND ADOLESCENT MEDICINE



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[Visit our Website!](#)

[Send us an email!](#)

Schedule School/Sport Physicals NOW!

It sounds crazy, but we're only a little over a month away from another school year! First day of school is July 31st. Call today to schedule your child's school/sport physical now!!

812-949-0405

Hello!

Welcome to our new email newsletter where we will communicate important information regarding your child's health, our practice, and community health events.

Patient Family Survey

A big thank you to all of you who completed our recent patient family survey. We appreciate your feedback and will use the results of that survey to create improvements to our practice.



ICK! IT'S A TICK!!

If you find a tick attached to your skin, there's no need to panic. There are several tick removal devices on the market, but a plain set of fine-tipped tweezers will remove a tick quite effectively.

How to remove a tick

- Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
- Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.
- After removing the tick, thoroughly clean the bite area and your

hands with rubbing alcohol, an iodine scrub, or soap and water.

Avoid folklore remedies such as "painting" the tick with nail polish or petroleum jelly, or using heat to make the tick detach from the skin. Your goal is to remove the tick as quickly as possible--not waiting for it to detach.

Sun Safety

It's officially summer and that means outdoor activities for you and your children. Even just a little bit of sun can be damaging to a child's sensitive skin and it doesn't take long. A sunburn can be more than just painful - it can lead to skin cancer later in life.

Best practice sun protection includes:

- Cover the skin with light weight clothing
- Wear sunglasses
- Cover the head with a wide brim hat
- Apply UVA and UVB sunscreen - don't forget ears and lips



Keep in mind, sunscreen is not meant to allow your kids to spend more time in the sun than they would otherwise. Sunscreen reduces damage from UV radiation, it doesn't eliminate it.

Download the CDC's [Play It Safe In the Sun](#) brochure!

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, Meschia & Team