

# ALL IN

## PEDIATRICS



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



### Contact Us

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[Visit our Website!](#)

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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!

In this month's news, we want to encourage Halloween safety. How to choose the right costumes for your children and keeping them safe during trick or treating.

Also, let's discuss seasonal allergy treatment. If your child suffers from seasonal allergies, contact us right away. We can help.

Finally, please read the Message from Dr. Meschia, as it contains important information regarding flu vaccine availability.

### Boo! Be Safe Not Scary!

Many parents spend a great deal of time on choosing the perfect Halloween costume for their children. Instead of focusing on the cute factor, how about we talk about safety?

For a tear-free celebration, observe these safety recommendations from the American Academy of Pediatrics, the Los Angeles Fire Department, and the National Safety Council.

- Choose fire-retardant costumes. Look for a label that indicates flame-resistance on any costumes, wigs, and headpieces you purchase. If you're making the costume yourself, examine the fabric content and talk the salesperson to help you choose the least flammable material.
- Use make-up instead of masks. Hypoallergenic, non-toxic face paint is a better choice than a mask, which may obscure your child's vision and hinder his breathing. If you do opt for a mask,



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.

## Keeping You Posted

We don't want to alarm anyone, but winter is not too far around the corner. In the event of bad weather or other circumstances which may cause us to alter or cancel our office hours, we will alert you via Facebook and email.

cut oversized holes for his eyes and mouth, and encourage him to take the mask off each time he crosses the street.

- Avoid oversized costumes and shoes that can trip her up. Choose comfortable shoes and make sure clothes don't drag on the ground.
- Select light-colored costumes when possible. This makes it easier for drivers to spot trick-or-treaters. For costumes that have to be dark, accessorize with a white pillowcase your child can use to stash his loot and help him stand out in the dark.
- Attach reflective tape to her costume to make her easier to spot. A few strips on her back, front, and goodie bag should do the trick. If she's planning on biking or skateboarding, stick some tape on that as well.
- Ensure his emergency information (name, number, and address) are somewhere on his clothes or on a bracelet if you're not going to be with him.
- Choose accessories that are smooth and flexible. Look for swords, knives, and other accessories that don't look too realistic or have sharp ends or points.
- Give her a flashlight, watch, and cell phone or coins to help her see where she's going, know when to head home, or make a call if she's in trouble. Make sure she knows her curfew and how to contact you.

## A Message from Dr. Mescia



We have been informed by MedImmune, the company that produces the FluMist nasal spray flu vaccine, that their production this year will be cut nationwide by around 50%. This will affect FluMist supply for all insurances. We have been informed that we will be getting very small shipments at infrequent intervals and we will not be able to predict when they will be coming. Due to this dramatic change in our supply, we unfortunately cannot schedule nurse visits ahead of time for FluMist any more this season. We are very sorry that this year it appears some children who are used to getting FluMist each year will end up only having the injectable flu shot as an option. My children won't be happy about the news either, as I will stop waiting for enough FluMist to come in for them and just go ahead and get them the shot.

On the positive side, so far the reports this year are suggesting the flu vaccine is better matched for the different strains that are coming our way. We expect this year's vaccine to work significantly better than last year. We highly recommend getting a flu vaccine for you and your child this year and have a robust supply of the injectable 4-strain Flu shot. You can schedule a nurse visit or just walk in at your convenience. For most all plans, this should be covered at 100% with no deductible or copay. Here's hoping we have as mild of a flu season as possible this year!

**ACCGHHHOOO! When a Sneeze is**

## AACCCCHHOOO! When a Sneeze is Just a Sneeze and When it's SNOT!

If you are like many living in the Ohio Valley, you realize the season change through your nose. Autumn is one of the worst seasons for those who suffer from nasal allergies. If your child is suffering from a runny nose, watery eyes, and sneezing he/she may have seasonal allergies. If not controlled, the symptoms can be miserable to bear.



At Nassim, McMonigle, and Mescia, we offer a focused approach to treating Allergies and Asthma. Melissa Howe, NP, has specialized training in allergy and asthma treatment and prevention- even offering PFT, Pulmonary Function Testing, in our office. If your child is experiencing symptoms of allergies or asthma, please contact us and make an appointment immediately.

There are also some easy at home treatments for nasal allergies. We recommend a saline solution nasal spray. Irrigating the nasal passages can eliminate the offensive particles that cause an inflammatory response in your nose. You can purchase the saline solution spray over the counter at your local pharmacy or mix your own solution - [click here for a saline solution recipe](#).

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