

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!](#)

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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!

So your toddler sleeps 15 hours a day, is that a problem? Heck NO! Enjoy the quiet time and know he/she is getting adequate rest, but what about your school age child? Is he/she getting enough sleep? Read more to find out.

You know greens are good for your health, but which ones are the best and why? We'll tell you.

Sleep... It's Not Overrated.

Sleep is as essential to good health as eating well, exercise, and hydration; however, do you know how much is enough not only for your children, but also for you?

or nurse practitioners.

Monday-Saturday

8am - 10am

Monday-Thursday

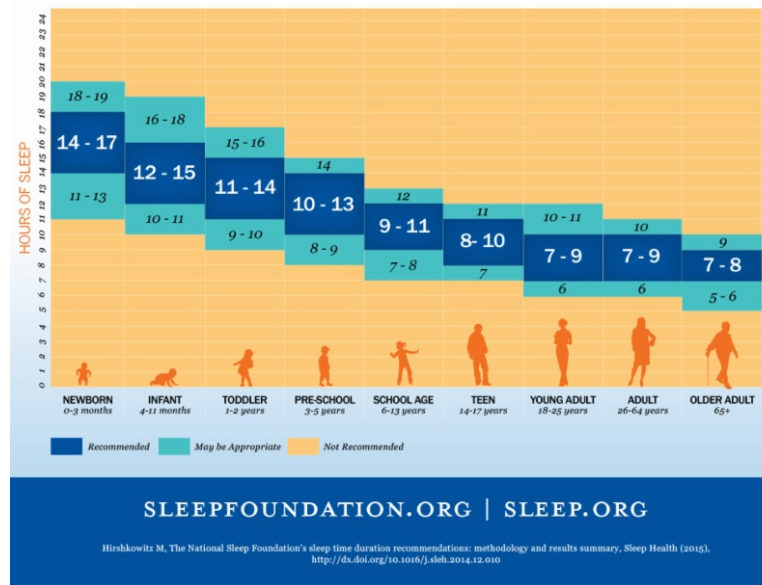
4pm - 6pm

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.

SLEEP DURATION RECOMMENDATIONS



How many of us actually feel rested? Do you even know what that feels like? In the age of electronics, longer work days, and stimulants, such as caffeine and energy drinks, is your circadian rhythm, natural sleep and wake cycle, even a consideration? It should be. Chances are if you're not getting enough sleep, neither are your children.

The image above charts the recommended hours of sleep as determined by the Sleep Foundation in conjunction with several sleep specialists and representatives from other health organizations, such as the American Academy of Pediatrics.

This is great information, but how do you make it happen? Here are some of our recommendations for getting those zzzz's.

- Shut the electronics off an hour before bed. Artificial light from screens increase the level of activity in the brain and actually keep you awake rather than promote sleep. If you need something to do to "wind down," read a book!
- Don't go to bed hungry, but don't load your body up with sugars either. Foods like cottage cheese make a great pre-bedtime snack as it's loaded with casein protein, which takes longer to breakdown in our system - keeping you fuller longer and maintaining your body's metabolism.
- Create a sleep-inducing environment. Dim the lights closer to bedtime. Cool the room just a bit. Take a warm bath and play soft music. Whatever works for you will also work for your children.

Who knew... It's the FLU!

It's that time of year again... time to build your defenses to ward off the flu. Don't risk the health of your child this flu season. Call today to

schedule your child's vaccination.



Due to circumstances beyond our control we have not yet received the vaccine in mist form (FluMist) for private insurance patients. You may choose for your child to receive the vaccine in shot form, however, or wait until we receive a supply of the mist.



Eat Your Greens!

With the onset of flu season it's even more important that your child is well nourished. While healthy eating will not prevent catching the flu or any other contagious virus, it does often lessen the degree of the symptoms and encourage faster recovery.



So if your child is a picky eater and you want to push the greens without having to force feed every green colored vegetable in the store, here is a list of "power greens" everyone should eat:

- Spinach - A heart-healthy food, it's an outstanding source of vitamins C and A which are antioxidants that help reduce free radical amounts in the body. The antioxidants work to keep cholesterol from oxidizing. In addition, folate is good for a healthy cardiovascular system, as well as magnesium, a mineral that helps to lower high blood pressure.
- Kale- All cruciferous vegetables contain cancer-fighting plant compounds and vitamin C. Kale in particular also has bone-boosting vitamin K, vision- and immune-boosting vitamin A, and even anti-inflammatory omega-3 fatty acids.
- Asparagus - This springtime vegetable is rich in vitamins K, C, A, and folate; it also has a number of anti-inflammatory nutrients. Asparagus is famous for a healthy dose of inulin - a "prebiotic" that promotes digestive health
- Avocado - Avocados do contain a lot of fat (about 23 grams in a medium-sized fruit), but it's the cholesterol-lowering monounsaturated kind that nutrition experts love. Avocados also contain lutein, an antioxidant that protects eye health, and they're rich in vitamin E.

This is great info, but how do you get them to actually eat it. Spinach can be hidden in a smoothie! It has very little actual taste in its raw state, so throw it in the blender with other yummy foods such as bananas and strawberries. Kale cooks up great in the oven with just a sprinkle of olive oil and a dash of sea salt - kale chips all around! As you know, avocado is the main ingredient in guacamole. Dish up some guac with banana/plantain chips for a tasty and healthy snack!

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

