

ALL IN

PEDIATRICS



NASSIM McMONIGLE & MESCHIA
PEDIATRIC AND ADOLESCENT MEDICINE



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[Visit our Website!](#)

[Send us an email!](#)

Congratulations!

Brandi Milan is the winner of a \$50 Target gift card! Brandi's name was drawn from the list of those who recently completed our Patient Family Survey.

You Talked. We Listened.

As a direct result of the Patient Family Survey, we are now offering "well" check-ups during

Hello!

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

Concussion - Not just a bump on the head!

[Stan Schooler](#), MD and owner of [Active Athlete Sports Medicine](#), recently visited our clinic to talk with our staff about sport-related injuries, primarily concussions. A [concussion](#) is caused by a jolt that shakes your brain back and forth inside your skull. Any hard hit to the head or body - whether it's from a football tackle or a car accident - can lead to a concussion.

Many people with concussions do not black out. A few telltale symptoms will show that you may have a concussion and need to see a doctor:

- Dizziness
- Nausea
- Vomiting
- Blurry vision
- Headache
- Trouble thinking clearly

Although a concussion is considered a mild brain injury, it can leave lasting damage if you don't rest long enough to let your brain fully heal afterward. One such risk of not waiting long enough is [Second Impact Syndrome](#), a condition in which a second concussion occurs before a first concussion has properly healed, causing rapid and severe brain swelling and often catastrophic results.

Second impact syndrome can result from even a very mild concussion that occurs days or weeks after the initial concussion. If there are any doubts about whether the person is suffering from delayed effects of the

our weekly evening hours.

Call right away to schedule your child's appointment as we expect those times to book up quickly.

concussion, it's crucial to keep them out of situations that could lead to another concussion resulting in second impact syndrome.

If you suspect you or your child have sustained a concussion, do not wait! See your doctor immediately and follow instructions for proper healing.

Sport & School Physical

NAFC Schools start in just 23 days!! Don't wait until the first day of practice to get your child's sport physical. Call the office today **812-949-0405** to schedule his/her appointment!

[Download the IHSAA Sport Physical Form](#), complete the parent/athlete portion, and bring it with you to your appointment! This will save you time during the appointment.



You Swam. You Splashed. Now You Have It... Swimmer's Ear!



Swimmer's ear is an infection in the outer ear canal, which runs from your eardrum to the outside of your head. It's often brought on by water that remains in your ear after swimming, creating a moist environment that aids bacterial

growth. While symptoms of Swimmer's Ear are usually mild at first, if left untreated can become quite severe. Mild symptoms include:

- Itching in your ear canal
- Slight redness inside your ear
- Mild discomfort that's made worse by pulling on your outer ear (pinna, or auricle) or pushing on the little "bump" (tragus) in front of your ear
- Some drainage of clear, odorless fluid

If you have been swimming, particularly in an open body of water rather than a treated pool, and experience any of these symptoms, contact us immediately. Treatment is easy and painless if administered early.

Follow these tips to avoid swimmer's ear:

1. Keep your ears dry. Dry your ears thoroughly after exposure to moisture from swimming or bathing. Dry only your outer ear, wiping it slowly and gently with a soft towel or cloth. Tip your head to the side to help water drain from your ear canal.
2. At-home preventive treatment. If you know you don't have a punctured eardrum or have tubes in your ears, you can use homemade preventive eardrops before and after swimming. A mixture of 1 part white vinegar to 1 part rubbing alcohol may help promote drying and prevent the growth of bacteria and fungi that can cause swimmer's ear. Pour 1 teaspoon (about 5 milliliters) of the solution into each ear and let it drain back out.

Similar over-the-counter solutions may be available at your drugstore.

3. Swim wisely. Watch for signs alerting swimmers to high bacterial counts and don't swim on those days.
4. Avoid putting foreign objects in your ear. Never attempt to scratch an itch or dig out earwax with items such as a cotton swab, paper dip or hairpin. Using these items can pack material deeper into your ear canal, irritate the thin skin inside your ear or break the skin.

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