



# Spring 2016 Newsletter

## Sneezing & Wheezing

It's that time of year again...sunny days, flowers blooming...and Spring allergies with sneezing, clear runny or stuffy nose, itchy eyes and cough. Try these prevention and environmental control tips for Spring allergies:

- Keep windows closed at home and in the car.
- Limit outdoor activities in the early morning when the pollen count is highest.
- Take evening showers and use saline nasal rinses to get rid of stuck on pollen.

If over the counter allergy medications are recommended, use them daily through the season and not only when your child has a bad allergy day. Having uncontrolled allergies can put your child at risk for sinus infections, ear infections, poor concentration at school and can worsen asthma symptoms.

## Have you seen our new website that is now more mobile friendly???

From illness and wellness education, to drug dosages, to information about our offices and providers, our updated website is chock full of great information. You can also make an appointment, request forms, seek triage advice and pay your bill from our new website. Check it out and let us know what you think about it!

## Don't get benched!

Is your child playing a spring sport or going to a summer camp? Call us today to make sure your child is up to date on their annual well child check-up and vaccines!

## SPRING SPORT SAFETY

- Always use sunscreen during outdoor activities. Apply sunscreen SPF 30 or greater every hour, and after towelng to protect against dangerous UVA and UVB rays.
- Consider a mouth guard to protect your child's teeth during sports such as lacrosse, soccer, baseball or softball. You can purchase one that molds to your child's mouth at any sporting goods store. They are an inexpensive investment in your child's smile!
- Since 1993, Georgia law requires all children under the age of 16 to wear a helmet while riding a bicycle. We recommend that all children wear a helmet on ALL wheeled recreational toys- roller blades, hover boards, scooters, and skateboards. A properly fitted helmet sits just above the eyebrows with fastening straps surrounding the ears and fastening under the chin. It should be snug enough that it will not rock back and forth on your child's head and will allow one finger between your child's chin and the strap. Be a good role model parents and wear your helmet too!
- Wrist guards and knee and elbow pads can help prevent skin injuries and broken bones.

## 6 steps for parents to help keep teens sports injury free and feeling great:

- Start slowly and gradually increasing the frequency, intensity and duration of sports training will avoid overuse injuries.
- Always warm up. Many sports injuries like ACL tears occur from increasing activity too quickly. Light stretching and jogging before practice and games will warm muscles and ligaments to make them more flexible and ready for activity.
- Drink plenty of fluids. It is important to drink fluids before, and every 20 minutes, during exercise. Water is best, but a sports drink can be a good choice if your teen is active for more than 1 hour. Dehydration can cause muscle cramps, nausea, vomiting, heart palpitations and lightheadedness.
- Get 8-10 hours of sleep. Parents, don't be afraid to take away your teen's phone at night so they can rest appropriately!
- Eat healthy! Teen athletes need to eat well balanced meals that include grains, vegetables, fruits, dairy, meat and beans. Eat well on game days. A high carbohydrate meal is best. Try to eat a large meal no earlier than 2 hours before a game. Avoid high fiber foods, which may cause stomach upset, on game day.
- Get a sports physical. This exam will include specific sport related questions and family history questions to make sure young athletes are ready to compete safely.