

## A Note to Parents...

Welcome to the first issue of *wccupdate*, our patient family newsletter designed to keep you informed about our clinics as well as provide helpful hints for everyday life. We have highlighted a few recent changes to our services below. We hope you will find our newsletter informative!

### Clinic Hours

Seven days a week, you will find at least one of our clinics open, including evening hours until 8:00 pm Monday - Thursday. Patients are welcome at all three sites in Chaska, Spring Park or Wayzata. See complete clinic hours on the back panel of this newsletter.

### No Appointment Necessary Services

**Strep Tests** - Call the Front Desk staff at any location and come in for a "Lab Visit" at least one hour before we close (not available from 11:30 am - 1:30 pm). If your child's test is positive, you will receive a telephone call from our Lab with directions.

*There is a fee for the test, the staff time to process the record or to call in a prescription. Please be aware that your insurance company may assess a co-pay. Lab-only strep tests are for children over the age of two.*

**Pink Eye** - If you think your child has this condition, an appointment may not be necessary. Call our Triage Nurse during clinic hours, Monday - Saturday, and they can assist you.

*Please be aware that children under age 2 and children with other symptoms may need to come in to see a Provider.*

**Walk-in Clinic/Chaska Open Clinic Hours** - Monday evening 5:00 pm - 8:00 pm and Sunday 12:00 pm - 3:00 pm. You may wish to call, but you are welcome to just come in!

### Triage Nursing 24 hours a day, seven days a week

During clinic hours our own Registered Nurses (RNs) are available. For after-clinic-hour Emergencies, RNs from the Children's Physician Network, associated with Children's Hospital, are available. They will answer your questions or put you in touch with one of our Pediatricians who is on-call seven days a week, 24 hours a day.

It is an honor to care for your children!

 *The Pediatricians and Nurse Practitioners of Wayzata Children's Clinic, P.A.*

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Celebrating

30  
years at WCC



For 30 years, Dr. Cavender has practiced pediatrics at Wayzata Children's Clinic.

During his tenure, Dr. Cavender has provided exceptional quality care for thousands of children (and in many cases their children). As a parent and grandparent, he recognizes the importance of building a long-term relationship with patients and their families. He truly epitomizes what we value so highly here at the clinic, a passion for pediatrics, love of family and the absolute joy that comes from caring for and interacting with children.



## HOT TOPIC: Lead Poisoning

by Martha R. Engelbrekt, M.D.



Every time we turn on the news lately, it seems we are hearing of another toy recall due to high levels of lead. So what is the concern about lead anyway?

Where does lead come from? Lead is one of the natural elements in our world. In this country, it was in gasoline until around 1990 and in paint until 1978. But lead does not degrade, it stays in the soil and environment around us. The main sources of lead in this country now are chips of old paint or lead dust from lead-painted surfaces, water from lead-soldered plumbing, and car emissions which get into the air and dirt.

But what about other sources? In other countries, the laws are not as strict as in the U.S., and lead is still in gasoline, paint (that may be used for toys), pottery, cooking vessels, and even in some herbal or folk medications. Many of these products are imported and sold in the United States, and can therefore affect our children.

Why do we worry about our children? Babies and toddlers spend much of their time on the floor or ground, and can get lead dust on their hands and put it in their mouths. Also, young children may absorb more lead through their intestines than adults do. In children, especially younger than 6 years of age, things in the blood, such as lead, can pass into the brain and affect how the brain functions.

What are the symptoms of lead poisoning? This can be a bit hard to diagnose, since sometimes children have no symptoms. Early symptoms can seem like any other illness - poor appetite, irritability, poor sleep, and lower activity than usual. If these are due to high blood lead levels, all these symptoms usually get worse over time. Other symptoms of long-term lead exposure include developmental delay or loss of developmental milestones. With very high lead levels some children may have persistent vomiting, altered consciousness, seizures, or even coma.

How do we prevent lead exposure? By minimizing or removing the lead in our children's environment. If you live in an older home, near busy highways or industrial areas, or have concerns about the toys your child plays with, Wayzata Children's Clinic can do a simple screening blood lead level. If your child's lead level is elevated, we will work with you to find and eliminate the source, and provide appropriate treatment for your child. If you have any questions, just ask your Wayzata Children's Clinic provider.

*Martha Engelbrekt joined Wayzata Children's Clinic in 2005. She sees patients in Wayzata and Chaska. Martha is an avid sports fan and enjoys time with her family.*

## Nutrition ABCS: Healthy Eating Patterns

by Lynda J. Stuber, C.P.N.P.



Did you know that we set up our child's eating patterns beginning in infancy and throughout childhood? How we feed our children and the examples we give them are with them forever.

Healthy eating consists of eating at regular times, typically three meals a day and two snacks, eating when hungry and stopping when satisfied. Food choices should provide a variety of food groups. Below are some helpful tips to assure that your family is setting up healthy eating patterns:

- Set up a schedule for meals and snacks and try to follow as closely as possible.
- Sit at the table for all meals.
- No TV or other distractions at mealtimes.
- Start family meals in a positive way; say something positive about each child, tell a joke or a happy story.
- Set up a family rule that there is no arguing allowed at the table, and no complaints about the meal.
- If your child chooses not to eat, do not make him/her.
- Let your child choose to eat and choose how much.
- Encourage your child to try new foods by making it fun, not by forcing them to do so.
- Most important: Be a good role model for your child!

*Lynda Stuber joined Wayzata Children's Clinic in 2007. She sees patients in Chaska and specializes in childhood obesity, parenting and preventive health. Lynda enjoys hiking, canoeing and spending time with friends and family.*

# Health News: I Have the Flu! (or Do I?)

by Kelly S. Lemieux, M.D.



"I think I have the flu" is a common complaint of many children and families. We often refer to a variety of symptoms including vomiting and diarrhea as "the flu". But what really is the flu and what can we do to protect our families from getting ill?

Technically, "the flu" is caused by the influenza virus and causes an infection of the nose, throat, and lungs. Most people with influenza are sick for about a week and then get better. Young children, children with chronic illnesses, pregnant women, and older people can get very sick and some can even die.

Influenza symptoms usually include high fever, headache, dry cough, sore throat and a runny, stuffy nose. Influenza is spread by people coughing and sneezing who are infected with the virus. Healthy adults can spread the virus between one day before getting sick and up to five days after getting sick. This contagiousness can last longer in young children, who often don't fight disease as well.

Influenza vaccine is the best way to protect your family against influenza. The CDC and the American Academy of Pediatrics recommend that all children from the ages of six months up to their fifth birthday receive the influenza vaccine each fall or winter. You can protect your child by getting an influenza vaccine yourself too. Also encourage your child's close contacts and other caregivers to get the influenza vaccine.

For more information about "the flu" or influenza, talk to our Wayzata Children's Clinic nurses, nurse practitioners, and pediatricians or visit [www.cdc.gov/flu](http://www.cdc.gov/flu). We welcome any age child to receive the vaccine.

*Kelly Lemieux joined Wayzata Children's Clinic in 1995. She sees patients in Spring Park and specializes in allergies and asthma. Kelly enjoys traveling, music, and children's activities.*

## kid's corner: All About Germs

by Anna N. Hoffman, C.F.N.P.

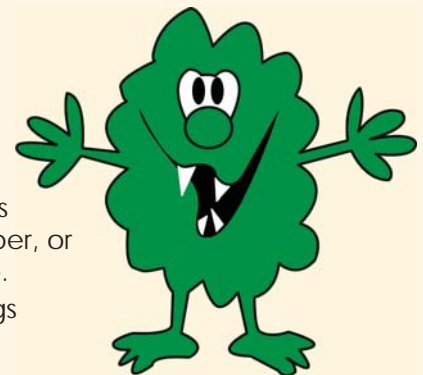


We all come in contact with germs and illness every day. Our bodies have wonderful defense systems to help us prevent getting sick. Even with these natural defenses, there are a few things we can do to better our chance of not getting sick.

- The best thing we can teach our children is good hand washing. Make it a fun activity by singing the ABCs or other short songs or poems while rubbing hands together with soap and water. You should wash your hands and your child's hands after such activities as eating, touching an animal, blowing the nose, changing a diaper, or playing outside. If a sink is not available, hand sanitizers will suffice.
- Wipe down surfaces that kids come in contact with, especially things they can put in their mouth.
- Keep your child up to date on immunizations.
- In general, a healthy lifestyle, including eating a variety of foods and being active, helps to keep the body strong.
- If you have an infant, consider or continue breastfeeding. Breastfeeding will help prevent your baby from getting sick besides providing good nutrients.

If your child does become ill, know when to keep them at home. In general, your child should stay home if she or he has a temperature over 100° F, is persistently vomiting and/or has diarrhea, or has a communicable disease such as chickenpox. A child is able to go to school with the common cold. Remember, most illnesses are viral and do not require an antibiotic. If you are not sure if your child can go to school or should see a health care provider, remember you can call our office for advice.

*Anna Hoffman joined Wayzata Children's Clinic in 2005. She sees patients in Wayzata and specializes in newborn care and adolescent issues. Anna enjoys running, hiking, biking, reading, and traveling.*



## clinic hours

### WAYZATA:

250 North Central Avenue,  
Suite 101  
Wayzata, MN 55391  
phone: 952.473.0211

### hours

M-TH: 8:00 am - 8:00 pm  
F: 8:00 am - 5:00 pm  
SAT: 8:30 am - 12:30 pm

### CHASKA:

3000 Hundertmark Road  
Chaska, MN 55318  
phone: 952.448.3847

### hours

M-F: 8:00 am - 5:00 pm

### Open Clinic hours

SUN: 12:00 pm - 3:00 pm  
M: 5:00 pm - 8:00 pm

### SPRING PARK:

4695 Shoreline Drive, Suite A  
Spring Park, MN 55384  
phone: 952.495.8910

### hours

M-F: 8:00 am - 5:00 pm

Open Clinic and evening hours are for walk-ins, same day, acute illness and urgent care. Wait times may vary based on severity.



Want to receive *wccupdates* by email?

Go to [wayzatachildrensclinic.com](http://wayzatachildrensclinic.com), enter your email address into the 'wccupdate subscription' field and click submit.

## wcc health care team

### PEDIATRICIANS:

R. Collins Cavender, M.D.  
Joseph E. McHugh, M.D.  
Burton A. Benson, M.D.  
Anne M. Benolken, M.D.  
Kelly S. Lemieux, M.D.  
Emily P. Chapman, M.D.  
Tracie F. Dodig, M.D.  
Heather L. Bergeson, M.D.  
Martha R. Engelbrekt, M.D.  
Carrie A. Muench, M.D.  
Angela D. Siwek, M.D.  
Tracey A. McGuinn, M.D.

### PEDIATRIC NURSE PRACTITIONERS:

Kelly A. Boie, C.P.N.P.  
Cynthia Hibbs, C.P.N.P.  
Madalynne H. Clem, C.P.N.P.  
Jane Allen, C.P.N.P.  
Anna N. Hoffman, C.F.N.P.  
Lynda J. Stuber, C.P.N.P.

Save time and fill out our patient forms before your clinic visit. This will allow more time at your visit for questions important to you. Visit our IMPROVED website to download the forms & fill out before visiting us: [www.wayzatachildrensclinic.com](http://www.wayzatachildrensclinic.com)