

Happy  Health Month

We Love Our Patients

The Middleton Pediatrics Family would like to give a big thank you to all of our patients, friends, and families for their love and support! We appreciate all that everyone has done for us in getting Middleton Pediatrics up and running. It has been wonderful seeing familiar faces pop into the office just to say “hi” and see what we are all about. We have received an enormous amount of support as we began this journey, and continue to receive a tremendous number of encouraging words as

Middleton Pediatrics grows. Without you none of this would be possible. We look forward to being able to serve you and your loved ones, and extend an immense amount of gratitude for giving us the privilege to care for your children.

Kindly,

The Middleton Pediatrics Family

How Do Pre-participation Sports Exams Identify Cardiac Risks?

Playing on a sports team is an exciting part of childhood that helps enhance self-esteem, increase coordination, and boosts physical fitness. Children competing in organized sports are required to obtain a pre-participation physical exam (PPE) before beginning the athletic season. The PPE helps maintain the health and safety of your child by determining their general health and fitness level, and detecting conditions that should limit participation or may predispose them to injury. It also provides an opportunity for us to educate your family on a variety of health topics.

One of the hot topics in the news recently is the concern regarding sudden cardiac events, including death, in young athletes. The PPE is aimed at identifying those children at an increased risk. According to the American Heart Association, “a complete and careful personal and family history and physical exam is designed to identify or raise the suspicion of cardiac issues is the best available and most practical approach for all athletes”. More extensive cardiac testing, including electrocardiograms (EKGs), in the routine PPE is not recommended

The most crucial portion of the PPE is a thorough medical history. A complete history will identify approximately 75% of cardiac problems that affect athletes. However, a medical history completed by your child does not reveal the same results as one completed by mom or dad. Ideally, you will complete the form together prior to your child’s visit. Children with cardiac symptoms and those with significant family medical history will be re-evaluated and scheduled for specific diagnostic tests, or follow-up with a cardiologist.

The purpose of the PPE is not to disqualify athletes from competition, and most children are completely cleared for sports. Our goal is to promote safety, identify ongoing injuries and health risks, and prevent future injuries in those children who are cleared. Through continued contact with your family, we can also provide health education and physical care that may promote a healthy lifestyle for years to come.

<https://www.aap.org/pubserv/ppe>

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Thank you for all of your support!

Sports Exams Identifying **Cardiac** Risks

Screening for **Heart** Health

Team Spotlight

The soul is healed by being with children.

~Fyodor Dostoevsky



Screening for Health

Cholesterol Screening in Kids

“It may be possible to incorporate laughter into daily activities, just as is done with other heart-healthy activities, such as taking the stairs instead of the elevator.

The recommendation for a healthy heart may one day be exercise, eat right and laugh a few times a day.”

Michael Miller, MD, F.A.C.C.,

Center for Preventative Cardiology
at the University of Maryland
Medical Center

Checking your child’s cholesterol levels now can prevent problems later in life. According to the American Academy of Pediatrics, cholesterol should be checked as early as age two in children with a family history of obesity or heart disease. Kids with high cholesterol are prone to have high cholesterol as adults.

Cholesterol is a fat that is stored in the blood and used to build cell walls and produce hormones. HDL is the healthy variety of cholesterol, and LDL is the dangerous kind that is known to clog the arteries. Children and adults with low levels of HDL and high levels of LDL have an increased risk of developing heart disease. A toddler’s total cholesterol should not exceed 170 mg/dL, and the LDL cholesterol should remain 110 md/dL or less.

Providing healthy foods and getting your kids moving are excellent ways to monitor their cholesterol. Toddler exercise is essential to increasing the levels of HDL, which will in turn lower LDL levels. Substituting tasty alternatives to cholesterol-laden foods is a great way to monitoring your child’s cholesterol intake.

It is important to understand that our bodies naturally produces cholesterol, and there is no need for us to consume dietary cholesterol. All cholesterol found in our diet comes from animal products. When choosing proteins stick to the motto “Lean=Loin” since loin meats, such as pork tenderloin or beef tenderloin, tend to be lower in fat, and therefore low in cholesterol. Soy foods are also good alternatives. Try egg whites or egg substitutes, and dairy products such as milk, cheese, yogurt, and ice cream should be of the low-fat variety. Canola or olive oils, which contain healthy fats, should be used to cook foods rather than vegetable oils. Frying should also be avoided. Margarine containing plant stanols and sterols block the absorption of cholesterol in the body, and are good alternatives to butter and other margarine spreads. Avoid packaged foods made with hydrogenated oils. Other foods that have no cholesterol, contain fiber, and lower LDL levels are whole-grain breads, pastas, and cereals, and fresh produces.

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Team Spotlight: Ginger Hunt



Nickname: Genga Favorite Movie: Dirty Dancing

Hometown: Wilson, NC Siblings: 3 sisters

Pets: 1 dog-Blazer Favorite Book: Redeeming Love by Francine Rivers

Favorite Vacation Destination: Asheville, NC Why she loves working at Middleton Pediatrics: “I get to work with the best doctor in the whole world. I also love to see the kids and watch them grow year after year!”

Favorite Restaurant: Brio

Hobbies: Scrapbooking, Reading, Shopping