

The Truth About Tryptophan

Get Smart About Antibiotics

A Pediatrician's Thanksgiving

Middleton Pediatrics patients are thankful for...



November 2011



The Truth About Tryptophan

You've just finished your Thanksgiving dinner (with two helpings of turkey!), and you suddenly have an overwhelming desire to fall into a food coma and take a nap. But have you ever wondered why exactly you are so tired? Could it be the turkey you ate?

Probably not. Turkey meat contains an amino acid called L-tryptophan. Amino acids travel through the blood stream and enter the brain, and are the building blocks of muscles and other parts of the body. Tryptophan can be metabolized into serotonin, which is needed for the production of melatonin. Serotonin is known to improve mood and calm you down, while melatonin is responsible for regulating sleep cycles.

However, tryptophan is one of the last amino acids to enter the brain, and therefore is unlikely to cause sleepiness soon after a meal. Tryptophan may make you sleepy if it is eaten on an empty stomach and without any other amino acids,

or in conjunction with carbohydrates. Eating carbohydrates with tryptophan-rich foods allows the amino acid to cross the blood-brain barrier quickly, and therefore may induce sleepiness soon after eating. So, if tryptophan is not the reason you feel groggy after your Thanksgiving feast, what could it be?

Thanksgiving is a holiday that revolves around mealtime, and with all that overeating the digestive system is in overdrive. The increased blood flow to the stomach and amount of energy it takes to digest a Thanksgiving dinner may be the cause of your post-supper sleepiness.

To avoid wanting to snooze after supper, eat small, healthy meals throughout the day, drink water, stick to reasonable portions, stop eating when you feel full, and take a walk after dinner.

Happy Thanksgiving!

www.kidshealth.org

Caring Well
Thursday November 17
6:00PM-7:30PM
Session 4:
Let's Talk About Talking
with
Dr. Michael Middleton
and
Shannon Osborn
Talk Time Speech and
Language Services, Inc.
For more information visit
www.middletonpediatrics.com

National Get Smart About Antibiotics Week November 14-20th

Held annually since 2008, Get Smart About Antibiotics Week was designed by the Centers for Disease Control and Prevention (CDC) to promote appropriate antibiotic use and educate the public about antibiotic resistance. The Institute of Medicine has identified antibiotic resistance as one of the key microbial threats to health in the U.S., and decreasing the inappropriate use of antibiotics as a primary solution. For this reason, antibiotic resistance is among the CDC's top concerns.

Antibiotic Resistance

Antibiotic resistance occurs when bacteria change and become less sensitive to the drugs designed to destroy them. These resistant bacteria survive and continue to multiply in the body causing more harm, meaning more or longer illnesses and the need for stronger medications to fight them. The problem of bacterial resistance to antibiotics is not new, however the last decade has seen a staggering increase in the number of resistant strains. Historically the production of new antibiotics has countered this problem, but the development of new antibiotics has been on a steady decline. From 1983-1987, sixteen new antibiotics were released but only two were developed from 2008-2011, and neither are effective against resistant bacteria. If bacteria become resistant to the drugs that are available now and there aren't newer antibiotics available to take their place, treating infections will become more difficult or even impossible.

Appropriate Antibiotic Use

Alexander Fleming discovered the first antibiotic, penicillin, in 1927. Since that time, antibiotics have dramatically reduced illness and death from infectious diseases. Antibiotics are incredibly useful and necessary for infections like strep throat, and some ear and sinus infections. However, the overuse of antibiotics for common viral illnesses has become too commonplace. Based on a national survey, antibiotics were prescribed in 68% of acute respiratory tract visits - and 80% of those were unnecessary according to CDC guidelines. This overuse is the number one factor contributing to the problem of antibiotic resistance.

What Can We Do?

To start, don't pressure your provider for, or expect, an antibiotic for common viral illnesses. Focus on ways to relieve symptoms until the virus runs its course (Tylenol for pain or fever, honey for coughs, a humidifier for congestion). When you or your child are prescribed an antibiotic, take it exactly as instructed even if you begin to feel better. If treatment is stopped too soon, some bacteria may survive and re-infect you. Also, throw away any leftover medication once you've completed your prescription and never restart a previously prescribed antibiotic for a new illness.

For more information about antibiotic resistance or Get Smart, visit http://www.cdc.gov/getsmart/index.html

Holiday Office Hours

Table with 4 columns: Day, Date, Time, Status. Wednesday November 23 (8:15am-12:00pm), Thursday November 24 (Closed), Friday November 25 (8:15am-12:00pm), Monday December 26 (Closed), Monday January 2 (Closed).

A Pediatrician's Thanksgiving

If you follow the current healthcare conversation, you will undoubtedly hear a lot of griping. Increasing regulations, decreasing reimbursements, increasing health insurance premiums, excessive wait times for scheduling appointments (and in the waiting rooms!)... certainly, there is a lot that needs fixing. Being a healthcare professional in the midst of the current system can definitely present its share of frustrations. (A recent report titled "The 10 Most Overrated Jobs in America" had different types of physicians holding 3 of the top 4 spots.) However, as I look back over the last 10 months since we opened Middleton Pediatrics, I cannot help but feel a huge amount of gratitude. So, in the spirit of the Thanksgiving season, I want to take this opportunity to say that I am so thankful for...

... THE FAMILIES WE GET TO SERVE

One of our core beliefs is that great pediatric care happens best in the context of a family. Every aspect of a child's life, including their physical and emotional health, is shaped by the family of which they are a part. At Middleton Pediatrics, we have such wonderful families; almost daily, one of our employees will say to me "that is such a nice family". So many great moms, so many great dads (and we love it when dads come to the appointments!). Some single moms having to go above and beyond (some single dads too), grandparents stepping into the lives of their grandchildren and making their lives better and healthier, adoptive parents, -- the families of our practice help make practicing pediatrics so much more successful and more enjoyable. I am thankful for our families.

... OUR TEAM OF EMPLOYEES

Very early in the journey of this past year it became obvious to me that I had been blessed beyond expectations with a wonderful group of people to work with. Each member of our team is personally committed to providing excellent care to our families and doing so with remarkable kindness. They love kids and are great at their jobs. I know it is a gift to be able to work alongside people who share my same commitment and vision as it relates to pediatric healthcare. And for this gift, I am thankful.

... OUR OFFICE BUILDING

Almost one year ago, we found our current location for starting Middleton Pediatrics, and almost one year later, I couldn't be more thankful. It is great having a convenient location, easily accessible, good parking, etc. that is also a fun, pleasant space for kids to receive their care. (And it is great being so close to our home!) So many friends and family members have played a part in making this office a great place to work and a great place for families. I am thankful for 200 E. Marks St and all that has gone into making the building what it is.

... THE "SCIENCE" OF PEDIATRICS

It is easy to appreciate that medicine is a dynamic field, ever-changing as new and better information becomes available. It has been said repeatedly that we live in the "Information Age", and one of the results of this plethora of information that exists today has been the difficulty one has in finding good information. There are far too many unfounded and even harmful therapies and opinions regarding kids' health so easily distributed today, and the voice of true science is all too easily lost amidst this sea of noise. I am so thankful for individuals committed to scientifically discovering and providing evidence-based information to help kids be healthier and enjoy life. Because of the efforts of these individuals and organizations, our children today are healthier than at any other time in history. While there are certainly many more issues that we need to learn about and improve in the days ahead (increasing rates of obesity, autism, and allergies to name a few), I am thankful for and confident in the sincere, science-based efforts put forth to promote pediatric health. It is the way medicine advances, and we need more of it.

... THE MEDICAL COMMUNITY OF CENTRAL FLORIDA

It is now almost 10 years that I have practiced pediatrics in Orlando, and now more than ever, I am thankful for this great place to work. We are fortunate to have a great (and growing) pediatric medical community to serve our children, one that includes hospital systems committed to improving the healthcare of children, pediatric subspecialists that are excellently trained and respected in their fields, dentists, surgeons, therapists, school nurses, and on and on. On a daily basis, I am thankful for the support of this larger pediatric community of which I am privileged to be a part.

... MOST OF ALL, THE KIDS

The greatest part of being a pediatrician is the opportunity to have great, meaningful interactions with awesome kids so many times every day. The funny things they say, their bravery through the tears, seeing their apprehension relieved (and their entire body language change) once they realize the visit is over and it wasn't that bad, and especially watching them grow through the years, moving from tiny, speechless newborns held in one hand to full-grown adults full of health and independence. Who could possibly ask for a better job?

So, 10 months into the journey of Middleton Pediatrics, I am more convinced than ever that pediatrics is a privilege, and I am thankful for that privilege.

Happy Thanksgiving.

-Dr. Middleton

Visit Us at:

www.middletonpediatrics.com

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Middleton Pediatrics patients are thankful for...

"Lila is thankful for markers . And food." -Lila, 18 months

"I am thankful for everything." -Nadine, age 12

"I am thankful for my family and my friends and God. And I am thankful for picnics and pink rooms." -Ansley Allen, 3 years

"I am thankful for my class pet Henry. He is a hedgehog." -Kelsea, age 7

"I am thankful for eating." -Brady, 3 years

"I am thankful for musical theatre." -Hannah Rose, age 12

"I am thankful for Thanksgiving." -Kimble, age 4

"I am thankful for my family and mickey mouse." -Alana, 2 years

"I am thankful for my family, Middleton Pediatrics, my teacher, candy, and Jesus." -Grace, age 8

"I am thankful for my mom and dad, my dogs and my grandparent. I am thankful for everything God has given me" -Jenna, age 10