

March / April 2017

Spring Into Summer!

Spring Allergies

As beautiful as spring can be, it is also one of the key times of the year for seasonal allergies. The main contributor to spring allergies is pollen which is released by numerous plants, such as trees, grasses and weeds. This dreaded pollen is responsible for millions of peoples' runny noses, sneezes, itchy eyes, coughs, and other symptoms that are commonly associated with other ailments. In fact, according to the American Academy of Allergy Asthma and Immunology, there are many medical conditions that mimic the symptoms of allergies and the only way to be sure that there is not a deeper issue at hand is to visit your primary care physician.

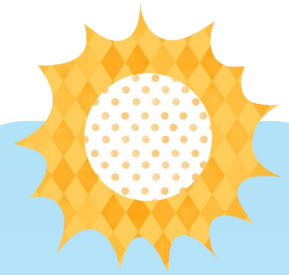
After you have visited your primary care physician and verified that allergies are causing your symptoms, there are many over-the-counter medications that can help soothe the ailments. There are oral tablets and nasal sprays for antihistamines and decongestants, steroid nasal sprays and eye drops, all of which help clear up and relieve the stress of allergies. Remember to consult your primary care physician to make sure these OTC medications are right for you or your child or if an allergy test is recommended.

Here are some tips to help reduce pollen buildup and avoid the stress of allergies:

- Stay indoors when pollen counts are very high, especially if you know you or a loved one is sensitive to pollen
- Keep doors and windows shut during spring months
- Clean the air filters in your house regularly
- Wash hair after going outside as allergens love to collect there
- Vacuum/dust twice a week to prevent the build of allergens

<http://www.aaaai.org/conditions-and-treatments/related-conditions>

<http://www.webmd.com/allergies/guide/spring-allergies#3>

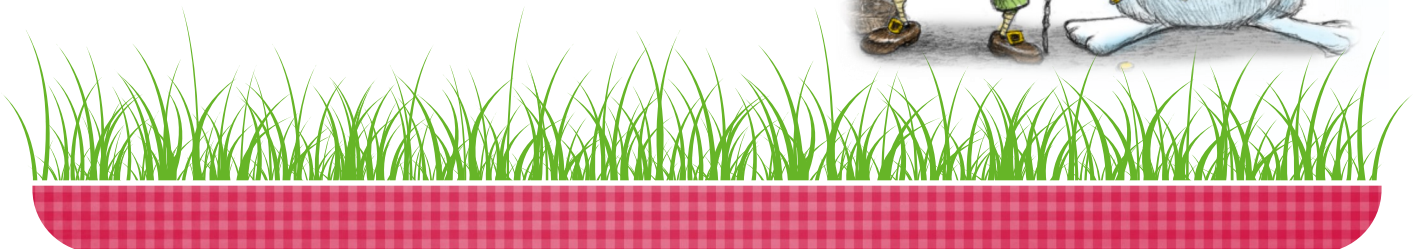


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Important Dates

3/12	Daylight Savings
3/17	St. Patrick's Day
4/1	April Fools Day
4/14	Good Friday
4/16	Easter
4/21	Meet and Greet
4/22	Earth Day



Birthdays!

- ◆ Lisa—March 11th
- ◆ Christine—March 12th
- ◆ Kathleen—April 21st
- ◆ Dr. Middleton—April 27th

Meet and Greet!

April 21st

This is a chance for *expecting* parents to learn more about our practice, tour our facility, and are encouraged to ask Dr. Middleton and our team questions about our practice.



Tips for Avoiding the Flu

Spring means that Flu Season is drawing to an end. Here are a few tips from the CDC to help you and your loved ones avoid any last minute ailments:

- Take time to get the Flu vaccination
- Take everyday preventative actions to avoid the spread of germs
 - ◇ Avoid close contact with sick people
 - ◇ While sick, limit contact to keep from spreading
 - ◇ Cover your nose and mouth when coughing or sneezing
 - ◇ Wash your hands with soap and water or sanitizer often!
 - ◇ Avoid touching eyes, nose, and mouth to limit the spread of germs
 - ◇ Clean and disinfect objects that may have germs on them

<https://www.cdc.gov/flu/protect/preventing.htm>

Team Spotlight

Middleton Pediatrics is spotlighting our AMAZING interns!

Katie Gauger recently graduated from the University of Florida with a bachelor of science in applied physiology and is currently completing a clinical internship at Middleton Pediatrics. Her goal is to apply to PA school this summer. She met Dr. Middleton through a mutual friend and chose to intern at Middleton Pediatrics because she saw a lot of opportunity for learning and growth. "My internship consists of scribing clinic visits, intaking patients, and some administrative work. I have already learned so much and I'm really enjoying my time at Middleton Pediatrics."

Brandon Wright graduated from UCF with a bachelor of science in health science. He is currently in his last semester in UCF's master of health services administration program. This program requires that he serves an internship in an area he hopes to focus on in the future. "I chose to intern at Middleton Pediatrics because I currently work in pediatrics and hope to gain employment at one of Orlando's children's hospitals upon graduation. I have already learned many useful skills through the projects I have worked on at Middleton Pediatrics and I am positive that they will help in my future career in the health field."

