

HENDERSONVILLE
PEDIATRICS, P.A.

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TO SERVE
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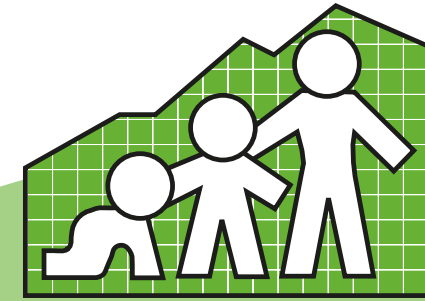
Healthcare from diapers to college...

Please contact us at our Website: www.hendersonvillepediatrics.com
to e-mail your child's pediatrician if you have any
medical questions or concerns!

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600 Beverly-Hanks Centre



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HENDERSONVILLE
PEDIATRICS, P.A.

NEWS
FOR YOU SPRING
2009

what parents should know

Autism Spectrum Disorders

Autism Spectrum Disorders (ASDs) are a group of related brain-based disorders that affect a child's social, communication, and behavior skills. They include Autistic Disorder and Asperger Syndrome. An ASD begins before age 3 and lasts throughout a person's life. The thinking and learning abilities of people with ASDs can vary from gifted to severely challenged. ASDs occur four times more often in boys than in girls and across all racial, ethnic and socioeconomic groups. We still do not know the cause of ASDs, but we understand that both genetics and environment play a part. Children with medical conditions, such as Congenital Rubella, Fragile X and PKU, have a higher risk of having an ASD. Parents who have a child with an ASD have a 2-3% chance of having another child who has an ASD.

ASDs can often be detected as early as 18 months of age, which is why we screen for them (using an M-CHAT form) at all 18 month and 2 year checkups. Research has shown that early intervention can significantly improve a child's development.

The symptoms and severity of ASD vary among children, but all fall into similar patterns. Children with ASDs have differences in their:

SOCIAL SKILLS, such as not cuddling, smiling or responding to their name, poor eye contact, not showing emotion and difficulty making friends

COMMUNICATION SKILLS, such as not saying words by 18-24 months, not wanting to communicate, losing language milestones, poor pretend play, repeating what is said but not understanding it

BEHAVIORAL SKILLS, such as spinning, rocking or flapping hands, liking routines and rituals, obsession with a few activities, intense or lack of sensitivity to smells, sounds, light, textures and touch

All children with an ASD will need developmental and educational services and most will need therapy and behavioral interventions. Only certain children need medication to help control behaviors that interfere with their therapy.

An excellent resource for learning more about ASDs is the Autism Society of NC at www.autismsociety-nc.org, 1-800-743-0204. If you have concerns about your child's development or suspect he or she has an ASD, please talk to his or her pediatrician.

EMPLOYEE WELLNESS PROGRAM

Employees of Hendersonville Pediatrics have had the opportunity to participate in a 13-week Wellness Program coordinated by Kathy Mlay, Certified Health Education Specialist from Broad River Insurance Company, and sponsored by Hendersonville Pediatrics. Employees have received an initial health assessment, viewed informational DVDs, and listened to lifestyle improvement topics based on information from different agencies such as the American Heart and Diabetes Associations. Topics such as stress relief, weight management and healthy eating and cooking were some of the topics covered. Kathy provided the staff with excellent resources and presentations in a fun and uplifting environment.

spotlight on a pediatrician:

MEET DR. ANN E. FARASH!

Dr. Ann E. Farash joined the Hendersonville Pediatrics Brevard office in June 2007 after retiring as a Colonel with the U.S. Air Force in October 2006.

Dr. Farash received her undergraduate degree in Biology from Adelphi University in her home state of New York. She went on to receive her Doctor of Medicine from Tulane University School

of Medicine in New Orleans, Louisiana. She performed her Internship and Residency in Pediatrics at Williford Hall United States Air Force Medical Center in San Antonio, Texas. Dr. Farash is Board Certified with the American Board of Pediatrics.

During her time in the Air Force, Dr. Farash served in Spain, Germany, Texas, Arkansas, and Mississippi as Pediatric Flight Commander and Chief of the Pediatric Clinic. She proudly served our country during the devastation for Hurricane Katrina. She has received several military decorations including the Meritorious Service Medal on four different occasions and a Commendation Medal.

Dr. Farash is married and has two children, Carly, 10 and Ben, 14. Her professional interests include caring for the total child and she is passionate about childhood literacy. Her personal interests include spending time with her family and her church family, cooking, hiking and spending time with her horses. Her secret wish is to be a cowgirl.



DR. WELLS HEADED TO HAITI

Dr. Wells is making his fifth trip to Montrouis, Haiti this spring. This is Mission Manna's 11th trip to medically serve the children in this coastal town and surrounding mountain villages. This team of 12, including his daughter Anna Grace, son Matthew, and daughter-in-law Kelly, will spend a week in five clinics and serve over 1,000 children. There will be three doctors, three nurses and a physical therapist that will examine these children and provide medical treatment as needed. Each child also receives worm medicine, as de-worming malnourished children every six months can be lifesaving. Children and nursing mothers also receive vitamins, iron tablets and folate, if needed. We are collecting toothbrushes to dispense. Children who are malnourished also receive AK-1000, which is a supplement made from beans, rice and grains, and is eaten like oatmeal grits.

Haiti is the poorest country in the western hemisphere and 3rd poorest in the world. It has a very high infant and child mortality rate. The people are descendants of slaves who worked French plantations until they overthrew French rule and became the first slaves to free themselves and establish the second free republic in this hemisphere. For more information visit the Mission Manna web site at www.missionmanna.org.

time for a snack?

Prep Time: 15 minutes

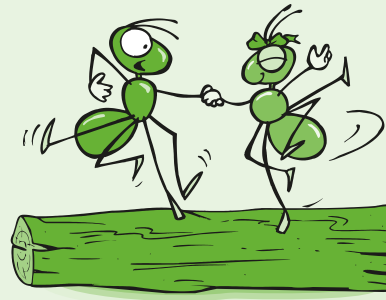
Ingredients:

Celery Stick
Peanut Butter or Cream Cheese
Raisins

Preparation:

A very simple snack idea! Fill the center of the celery stick with peanut butter or cream cheese. Place a few raisins on top to be your ants. Eat and enjoy!

"ANTS ON A LOG"



FUN ACTIVITY! fox and rabbit game

Supplies:

- 2 blindfolds
- Small grassy area

How to Play:

1. Get everyone into a circle, with players about an arm's length away from one another. Because this game relies on one player hearing another's movements, it is best played on grass, and everyone should keep very quiet during each round. Pick one player to be the fox and another to be the rabbit. Bring them both to the center of the circle and blindfold them.
2. Explain that the fox is hunting at night and is listening for his prey, the rabbit. The rabbit, naturally, is trying to avoid the fox. The other players are trees that will guide the rabbit or fox gently back into the circle when either wanders off the playing area. Turn the rabbit and fox around several times to slightly disorient them, then let the hunt begin. Give every player a turn at being the fox and rabbit.

PREVENTING CHILDHOOD OBESITY

Henderson County was one of five counties in North Carolina receiving a grant to address childhood obesity. Hendersonville Pediatrics P.A. is actively working with parents and children to identify families who may benefit from a referral to some of the community programs that are available through the grant.

An increasing number of kids are overweight, and if no intervention is made, most of them will stay overweight as adults. This can put them at risk for many medical problems, including diabetes, high blood pressure, high cholesterol, and sleep apnea. Obesity can also adversely affect self-esteem.

While most children should not be put on a severely restricted diet, weight management by a combined approach of a sensible diet and regular exercise will help to control weight gain. It is also important to modify the behaviors that led your child to become overweight and prevent weight loss, including:

- **LIMITING TELEVISION** and video or computer games: you should limit television viewing to about one hour each day.
- **HEALTHY EATING HABITS:** choose low-fat and low calorie whole foods. Don't skip meals-especially breakfast.
- **SNACKS:** they should include low-calorie foods, such as raw fruits or vegetables. Avoid using high calorie or high fat foods for snacks, especially chips, cookies, etc.
- **DRINKING:** you should encourage your child to drink four to six glasses of water each day, especially before meals. Water has no calories and it will help them feel full.
- **AVOID FAST FOOD:** you should limit how often you allow your children to eat fast food, as it is usually high in fat and calories.
- **ENCOURAGE REGULAR EXERCISE** for 20-30 minutes 4-5 times each week. This can include walking, jogging, swimming, bike riding, rollerblading, riding a skateboard, etc. It can also include playing a new sport.

IMPORTANT REMINDERS

- Be patient.
- Get the whole family involved. Healthy eating habits and regular exercise should be a normal part of your family's life. It is much easier if everyone in the house follows these guidelines, than if your child has to do it alone.
- Allow your child to have special foods or desserts on special occasions.
- Avoid strict diets, fasting, and crash, liquid or fad diets. They rarely work and will discourage your child from continuing.
- Call your pediatrician if your child is not having some weight loss with this regimen or if it is affecting his self-esteem.