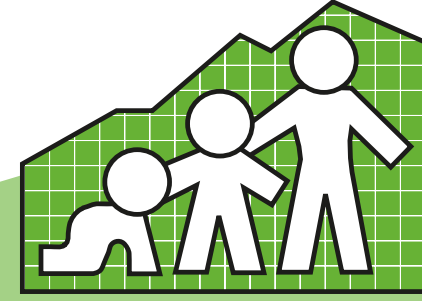


**HENDERSONVILLE  
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**HENDERSONVILLE  
PEDIATRICS, P.A.**

**NEWS  
FOR YOU** WINTER  
2009

## what parents should know: **THE FLU and YOU**

The seasonal flu vaccine became available in September. Everyone older than 6 months (and not allergic to eggs) should be vaccinated. The seasonal vaccine is different every year because the flu virus is very prone to mutation and cannot help changing every year or season.

The "novel H1N1 flu" vaccine is being made available in October. Universal vaccination is recommended, but vaccination may be prioritized for high-risk groups such as pregnant women, health care workers, children (6 months- 5 years of age), and those with chronic medical problems.

The H1N1 is "novel" because it is a new strain with human, bird and pig characteristics. Researchers refer to this as antigenic shift. It is actually the "great-grandson" of the H1N1 flu, which is the strain that caused the great pandemic of 1918. A pandemic means that the virus has spread worldwide. We have had pandemics in: 1918 (H1N1-swine), 1957 (H2N2-bird), 1968 (H3N2-bird) and 1977(H1N1-swine). The initial occurrence in the spring of 1918 was a mild 2-3 day illness similar to what the US has experienced since April of this year. By fall of 1918, it mutated and became the deadliest pandemic in history.

The incubation period for the new flu is 1-7 days and the virus can be shed for up to 7 days after the fever starts, or 24 hours after it ends. Symptoms include: fever, cough, sore throat, headache and fatigue. It can also include vomiting, diarrhea, chills and sore muscles and joints.

Tamiflu and Relenza are anti-flu medicines that are helpful in treatment if started within the first 48 hours of symptoms. However, most people will recover with rest, fluids, food and fever-reducing medicines. Treatment for flu should be reserved for those sick enough to be hospitalized or high-risk groups. This will reduce the occurrence of resistant strains and prevent the supply of medicine from being exhausted.

The US has had almost 50, 0000 cases of flu since the spring, of which 98% have been H1N1, but the seasonal flu is coming. Respiratory fluids from sneezing and coughing, as well as other body fluids like diarrhea, spread flu. You can help decrease the spread by covering your coughs and sneezes with a disposable tissue or your elbow, frequent hand washing/cleaning and avoiding people who have the flu or their secretions and fluids.

If someone in your family has the flu and begins to experience rapid breathing or shortness of breath, chest or belly pain, dizziness, confusion, or marked worsening, contact your doctor or go to the emergency room. The same is true for an infant whose color is blue or gray, is lethargic, not eating or extremely irritable.

Many hospitalizations and deaths from flu occur when bacteria cause a secondary pneumonia. The HiB and Prevnar vaccines can prevent many of these in your child. Arrange appointments for flu shots and update other important vaccines.

For more information, visit [www.cdc.gov](http://www.cdc.gov) or [www.flu.nc.gov](http://www.flu.nc.gov).

- Dr. Wells.

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

Healthcare from diapers to college...

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## spotlight on a pediatrician:

### MEET DR. JAMES V. VOLK

Dr. James V. Volk joined Hendersonville Pediatrics, PA in 1975. He received his BA in Chemistry from Valparaiso University in 1968 and his MD from Bowman Gray School of Medicine in 1972.

He performed an Externship at U.S.P.H.S. Center for Disease Control in Atlanta, GA. And his Internship and Residency were performed at Children's Memorial Hospital, Chicago, IL, and Baptist Hospital (Bowman Gray School of Medicine), Winston-Salem, NC respectively.

He is Board Certified with the American Board of Pediatrics.

During his career, Dr. Volk has developed expertise in Attention Deficit Disorder and mental health. He believes that mental health is just as important as physical health. He also studied infectious diseases while in medical school and residency, and he continues to enjoy the diagnosis of fever. "I am amazed that despite my number of years in practice, new diseases, conditions, and problems surface that force me to learn and re-learn," he states.

Dr. Volk enjoys traveling and is very active in the Four Seasons Rotary Club and Mt. Pisgah Lutheran Church in Hendersonville. He enjoys the outdoors and has been active in organizations that support the environment. He is married to Barbara Volk and has two children and several grandchildren with whom he dearly loves spending time.

You may make an appointment with Dr. Volk by calling Hendersonville Pediatrics at 828-693-3296.



## time for a snack?

HERE'S A HEALTHY SNACK YOU CAN SERVE WARM OR COLD.

### APPLESAUCE BARS

#### Ingredients:

- ¼ cup butter
- ¾ cup packed brown sugar
- ¾ cup unsweetened applesauce
- 1 cup all purpose flour or whole wheat flour
- ¼ cup raisins
- ½ tsp soda
- ½ tsp cinnamon
- 1/8 tsp nutmeg
- 1/8 tsp cloves
- ¼ cup chopped nuts

#### Preparation:

Microwave butter in a covered glass mixing bowl until butter is softened. Blend in brown sugar and beat in applesauce. Stir in flour, soda, cinnamon, nutmeg and cloves. Mix in nuts and raisins. Grease an 8 inch square glass baking dish on the bottom only and spread batter in dish. Microwave (high) uncovered, 8 minutes or until no longer doughy, rotating dish twice. Cool and cut into bars.



## WINTER ACTIVITY! snowball relay race

#### Supplies:

- Styrofoam ball for each team
- Pencil for each team

#### How to Play:

Divide into teams. First child on each team will be given a Styrofoam ball (snowball) and a pencil. On your mark they are to bend over, place the ball on the floor, push the ball with the pencil across the room, around an obstacle, and back to next child on team. First team to finish wins.

## RAISING RESILIENT TEENS & REDUCING STRESS IN ADOLESCENCE

Teenager, adolescent, preteen, tween, the formative years—all of these terms can bring fear into the heart of a parent. It's no bed of roses for the child, either. One way to ease the inevitable stress is to have good communication. Having a thriving relationship with your teenage children is a key way to keep your child healthy and happy. Even though at times it is tough, don't stop listening to them. Allow your teen to express their hopes, dreams, concerns, and frustrations to you. Listen without giving advice when you can. However, communication is a two way street so as a parent, you must stay in their business. I know my teen readers will not like this part, but it is critical. Know where they are, whom they are with, what they are doing and when they should be home, at all times. Do not rely on cell phones to track the whereabouts of your child. Be willing to go where they say they are to double check. Studies show that close parental supervision of teens, reduces the incidence of teen pregnancy and substance abuse.

All of today's tools (television, computer (games and internet), cell phones) can make our lives easier, more enjoyable and more efficient, but your teen still needs supervision in these areas. The more time they spend in these activities, the less time they have for healthy exercise and thoughtful family communication. Limit these before they become a barrier to communication between you and your child. TV and the Internet often give younger adolescents access to subjects and images for which they may not be developmentally ready. TVs and computers should not be in children's rooms. They should be in a central location, which can be monitored at all times.

Cell phones and emails allow our teens to have instant access to many people, and many people to have instant access to them. Tell your teen you will be "keeping tabs" on their emails, calls and texts. Communicate with your teen about their friendships. Get to know their friends, and their friends' families.

Trust your instincts. If you are worried that your teen may be doing something risky, he or she may well be. Ask the hard questions, compassionately, even if you are scared of the answers. If you don't ask, you may find out in another way (pregnancy, addiction, injury). Seek help from professionals (pediatricians, counselors, teachers, and others) when you feel you are in over your head.

Remember that your goal should be to help your teen avoid making a bad decision with life-long consequences. You know and love your teenage child more than anyone. Let them know that regularly. This is a tough world to navigate, but they need you now as much as ever. Be there.

- Dr. Smith

## take note:

- Ruth Kitchen, MLT/Medical Assistant recently received her registration as a Medial Laboratory Technologist from the American Society of Clinical Pathologist. Congratulations Ruthy!

- We would like to welcome several new employees to Hendersonville Pediatrics team.

**Hendersonville office:** Dawn Mintz, Medical Secretary, Marcia Bushaw, Medical Secretary, Amy Baker, Medical Secretary, Terri Worley, Clinical Manager

**Brevard office:** Kim Morris, Medical Assistant, and Laura Donelan, Insurance/Billing Secretary for both offices

- The front staff in our Brevard office say welcome back to Nicole Bell after the birth of her new son, Mason. Congratulations Nicole and Justin.
- On occasion, the location of our night and weekend clinic may vary between the Hendersonville and Brevard offices. You will be informed of the location when you make your appointment.
- For after hours phone triage service, please call Healthlink - 1-800-862-6264.