



## House Calls - A Monthly Pediatric Newsletter

### Schedule Well Visits & Sports Exams Now Volume 1, Issue 8

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The flowers have barely bloomed and it is already time to start planning for next school year. Call now to schedule your Well Visits and Sports Physicals for the summer months. Most school age children need Well Visits and forms completed before going back to school. All children participating in school sports anytime in 2010-2011 will need to have a Sports Exam performed after June 1, 2010 regardless of when the last one was as per the [PIAA](#) requirements. Every year some of our patients are excluded from school and sports because they wait until the last minute to schedule appointments. Don't let your child be one of them. Call us now @ 724-325-2133.

Spring Cleaning	✓
Do Laundry	✓
Walk Dog	✓
Penguins Tickets	✓
Plan Summer Trip	✓
Schedule Doctor Visit	??

### Prevent Child Abuse

April is Child Abuse Prevention Month. Every year 3.5 million children in the US suffer from abuse or neglect. Even our practice has seen cases of abuse this year. Together we can help prevent this tragedy. There are things *you* can do to help prevent child abuse:

- Raise the issue.
- Help a friend, neighbor, relative, or even yourself.
- Recognize the signs of abuse and neglect.
- Report suspected abuse or neglect.

For more information about child abuse prevention check out [Prevent Child Abuse—PA](#) . Consider getting involved with [Pinwheels for Prevention](#) to raise awareness.



### R \_ U \_ A N \_ I D I O T ?



77 billion text messages are sent every month in the US. A recent survey showed that 75% of people have sent or received an email, IM, or text while driving. Cell phone use is responsible for 300,000 accidents and 2,600 fatalities annually. Many studies have shown that texting while driving is as dangerous as drinking and driving. Make a contract with your teenager drivers like this [one from the CDC](#). The biggest influence on how teens drive is their parents. Be a good role model. Check out [www.dontdriveandtext.org](http://www.dontdriveandtext.org) for more info.

To remove your name from this mailing list, please send an email to:

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Questions or comments? Email us @:

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Or call us @: 724-325-2133