



House Calls - A Monthly Pediatric Newsletter

Sports Physicals and Well Visits

Call the office now to schedule your summer visits. If your child is planning to participate in sports for the 2009-2010 school year, the Pennsylvania Interscholastic Athletic Association (PIAA) requires a comprehensive pre-participation physical after June 1st, 2009 that will remain effective for the entire school year. Don't wait until the last minute to schedule these appointments. For more information and to download the forms go to www.piaa.org.

Volume 1, Issue 1

July 2009



Summer Fun Safely

The warm summer months are a wonderful time for children to enjoy being physically active. Don't forget to keep your child safe with correct use of helmets, pads and other safety apparatus. Consistent and frequent use of sunscreen and protective clothing can help prevent immediate and long-term injury from the sun's harmful UV rays. It is also safe for children over 2 months old to use insect repellent to protect them from ticks and mosquitoes. For more information on summer safety go to www.eastsuburbanpediatrics.com.



Swimming Pool Facts



Swimming is a fun way to exercise during the summer. Pools can be dangerous, though. There are nearly 8000 deaths due to drowning in the U.S. each year. Infants and toddlers may love the water and can safely play in the pool with an adult who is within arms reach *at all times*. Never leave your child alone in or near a pool, even for a second. An adult who knows CPR should actively supervise kids while swimming. After children are done swimming, secure the pool and access to the pool to prevent them from going back in. Older children and teens should consider becoming certified in CPR. Don't forget the sunscreen!! For more pool safety tips, go to www.aap.org/family/tippool.htm.

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

newsletter@eastsuburbanpediatrics.com

Questions or comments? Email us @:
newsletter@eastsuburbanpediatrics.com

Or call us @: 724-325-2133



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