

Board Certified Pediatric Physicians and Pediatric Nurse Practitioners proudly providing quality health care services to children from infancy to young adulthood.

Winter is Influenza Season

Influenza is a common respiratory infection in winter. Most people who get influenza will have severe "cold-like" symptoms such as coughing, congestion, fever, and chills. Once infected, a person is contagious from the day before symptoms appear until approximately 5 days after the illness begins.

Antibiotics will not cure influenza since it is a viral infection. Treatment is primarily for relief of symptoms including Tylenol/Motrin for fever and body ache. As with other viral infections, influenza is contagious to other people through direct contact such as touching, coughing and sneezing. Children in schools and Day Care often catch it from other children. The best treatment for influenza is to prevent it in the first place by the use of flu vaccine.

Children 6 to 23 months of age have the same chance of being hospitalized with complications from influenza as their grandparents do. Island Pediatrics along with health officials recommend immunization for infants and children at risk including:

- All children 6 to 24 months
- Children with medical conditions, such as asthma, diabetes and heart disease
- Children taking immunosuppressive drugs, steroids or aspirin therapy

Also, any person coming in close contact with the above children should get vaccinated to prevent spread of the disease to these children. This includes parents, grandparents, older brothers and sisters, and any caregivers.

The best time to get an immunization for your child is in October and November to ensure protection before the flu season starts. Timing is particularly important for children 6 months to 9 years of age who have never been immunized before, as they will need to have 2 doses one month apart to ensure they are fully protected. The staff at Island Pediatrics will be glad to answer any questions you may have about influenza, the vaccine and whether or not your child should be immunized.

A Sick Child is a concern

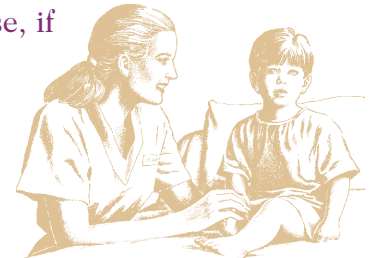
A sick child can be especially concerning for any parent. We are here to work with you to provide the best care possible to your sick child. Nurses, specially trained in phone triage, and our physicians can be reached by calling our office, any time, day or night. When our office is not open, our Pediatric nurse triage service and on-call doctor are available to help you with your concerns. If you do not hear back within an hour from your initial phone call, please call back again.

New Office Hours

In order to accommodate busy parent schedules, the Island office has added appointments Mondays and Fridays from noon until 1 PM. Dr. Piwko will also be available to see patients Wednesday evenings until 6 PM. The Tonawanda office is open Monday through Thursday 7:30 AM until 8 PM and Friday until 5:00 PM. The Tonawanda office is also open on Saturday from 8:00 AM until Noon for sick visits.

PREVNAR update

The recommended immunization schedule for pneumococcal conjugate vaccine (Prevnar) was suspended due to vaccine shortage. Additional vaccine recently became available and health officials are now encouraging the fourth dose be given to children under the age of two. Children will get their catch up dose, if appropriate, at their next scheduled well visit.



Physician referrals on line

In addition to prescription renewals available on our website at www.Islandpediatrics.com, physician referrals are now available. Both areas are secure sites, meaning that all personal identifying information is encrypted and your message will not be internally or externally forwarded to other third parties. Your request will be processed within 24-48 hours and you will receive an email confirmation that it is being processed.

Quality Management Award

Independent Health recently recognized the combined offices of Tonawanda and Island Pediatrics for their outstanding performance on its January - June 2003 Quality Management Initiative Award. Tonawanda and Island Pediatrics received a "Top 10" score based on measures of patient satisfaction, access, emergency room utilization, and percentage of patients successfully receiving preventive health measures such as immunizations.



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