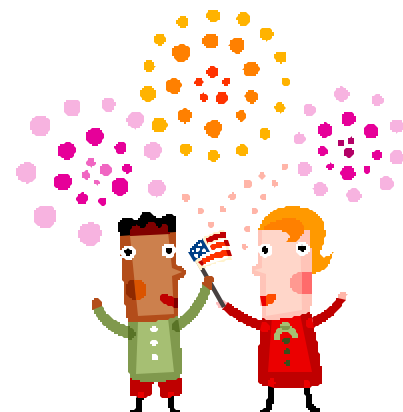


PEDIATRIC
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Monthly Newsletter

July 2007

This Month's Topics: Things To Keep In Mind When Traveling Overseas With Children, The Dangers of Small Turtles as Pets For Children, and Thomas the Train Toy Recall.

Things to keep in mind when traveling overseas with children

Trisha Koriath

Heading overseas on a family vacation can be an exciting experience for children of all ages.

Prior to travel, parents should make sure they are well-equipped to handle the health care needs of children, especially when heading to a developing country. Half of all travelers to developing countries will experience a health problem, and 8,000 will require the attention of a physician each month, according to the Journal of Infectious Diseases.

Parents should make certain they have packed appropriate medications and equipment. Traveling with youngsters who have asthma, allergies (including food allergy), diabetes and other chronic conditions requires preparation. Appropriate converters to use in international electrical outlets should be packed when bringing nebulizers and other electrical equipment.

Before the vacation, parents also should ensure the entire family is current on immunizations and visit with their pediatrician to discuss other necessary medications and immunizations (e.g., anti-malaria drugs for travel to tropical areas or rabies immunization for those traveling to areas with bats or unvaccinated dogs and cats).

The Centers for Disease Control and Prevention advises travelers abroad to pack over-the-counter medications and supplies that might not be readily available or accessible at the travel destination. Such supplies include:

- ?? age-appropriate pain relievers,
- ?? cold medications,
- ?? antacid liquid or tablets,
- ?? insect repellent
- ?? sunscreen,
- ?? hydrocortisone cream,
- ?? infant care needs (e.g., diapers, wipes, formula, baby food),
- ?? tweezers, scissors and a thermo meter, and
- ?? bandages.

Because U.S. travelers to developing countries can be susceptible to traveler's diarrhea, experts advise families to avoid consuming raw, uncooked food, including salad bars and cold buffets, fruit and vegetables that cannot be peeled, food from street vendors and tap water. Safer snacks for children include packaged cereals, bread and pasta, bottled water and pasteurized juices and dairy products.

Sanitation and health standards in other countries might vary, so parents are encouraged to have children frequently wash hands thoroughly with soap and water, or use hand sanitizer gel when soap and water are not available.

Upon return to the United States, parents who have questions about symptoms such as fever, chills, sweating, persistent diarrhea and weight loss should call their child's pediatrician.

<http://aapnews.aappublications.org/cgi/content/long/28/7/24-c>

Small turtles dangerous pet choice for children

Trisha Koriath



They may be cute, but they also can be deadly. That's the message health experts wish to convey to families with children under age 5 who might be considering small turtles as pets.

While sale of these small turtles for educational purposes in schools is legal, the tiny reptiles do not make appropriate pets in the homes of young children, according to the Food and Drug Administration. Small children and people with suppressed immunity are more likely to become sick from salmonella, the bacteria harbored by the turtles.

In the 1970s, the small turtles caused major health issues, accounting for 100,000 salmonella cases. A government ban on the sale of turtles with shells smaller than 4 inches in diameter as pets has prevented at least 100,000 salmonella cases annually, according to the Centers for Disease Control and Prevention.

"These little turtles are not appropriate pets for young children," said Larry K. Pickering, M.D., FAAP, editor of an American Academy of Pediatrics' book of infectious diseases, Red Book. He advises those with small children to remove the turtles from the home.

Parents and caregivers with turtles and other reptiles in the house are advised to assume that all reptiles can expose children to salmonella and should follow safety precautions while handling the creatures, including:

- ?? avoiding changing the creatures' water in the kitchen sink or around food preparation areas;
- ?? preventing children from kissing the reptiles or putting their hands in their mouths after handling them; and
- ?? washing children's hands thoroughly with warm soapy water after contact with any animals or animal product.

Some breeders and pet shops sell reptiles that they claim are salmonella-free. However, reptiles can become re-infected with salmonella from the environment fairly easily, said Dr. Pickering.

"Turtles are salmonella factories," Dr. Pickering said. "All reptiles basically carry salmonella. You have to assume if you see a turtle that it's got salmonella in its intestines."

<http://aapnews.aappublications.org/cgi/content/short/28/7/25-d>

TOY RECALL INFORMATION

NEWS from CPSC

U.S. Consumer Product Safety Commission

Office of Information and Public Affairs

Washington, DC 20207

FOR IMMEDIATE RELEASE

June 13, 2007

Release #07-212

Firm's Recall Hotline: (866) 725-4407

CPSC Recall Hotline: (800) 638-2772

CPSC Media Contact: (301) 504-7908

RC2 Corp. Recalls Various Thomas & Friends™ Wooden Railway Toys Due to Lead Poisoning Hazard

WASHINGTON, D.C. - The U.S. Consumer Product Safety Commission, in cooperation with the firm named below, today announced a voluntary recall of the following consumer product. Consumers should stop using recalled products immediately unless otherwise instructed.

Name of Products: Various Thomas & Friends™ Wooden Railway Toys

Units: About 1.5 million

Importer/Distributor: RC2 Corp., of Oak Brook, Ill.

Hazard: Surface paints on the recalled products contain lead. Lead is toxic if ingested by young children and can cause adverse health effects.

Incidents/Injuries: None.

Description: The recall involves wooden vehicles, buildings and other train set components for young children listed in the chart below. The front of the packaging has the logo “Thomas & Friends Wooden Railway” on the upper left-hand corner. A manufacturing code may be located on the bottom of the product or inside the battery cover. Toys marked with codes containing “WJ” or “AZ” are not included in this recall.

Recalled Product Name
Red James Engine & Red James’ # 5 Coal Tender
Red Lights & Sounds James Engine & Red James’ #5 Lights & Sounds Coal Tender
James with Team Colors Engine & James with Team Colors #5 Coal Tender
Red Skarloey Engine
Brown & Yellow Old Slow Coach
Red Hook & Ladder Truck & Red Water Tanker Truck
Red Musical Caboose
Red Sodor Line Caboose
Red Coal Car labeled “2006 Day Out With Thomas” on the Side
Red Baggage Car
Red Holiday Caboose
Red “Sodor Mail” Car
Red Fire Brigade Truck
Red Fire Brigade Train
Deluxe Sodor Fire Station
Red Coal Car
Yellow Box Car
Red Stop Sign
Yellow Railroad Crossing Sign
Yellow “Sodor Cargo Company” Cargo Piece
Smelting Yard
Ice Cream Factory

Sold at: Toy stores and various retailers nationwide from January 2005 through June 2007 for between \$10 and \$70.

Manufactured in: China

Remedy: Consumers should take the recalled toys away from young children immediately and contact RC2 Corp. for a replacement toy.

Consumer Contact: For additional information, contact RC2 Corp. toll-free at (866) 725-4407 between 8 a.m. and 5 p.m. CT Monday through Thursday and between 8 a.m. and 11 a.m. CT Friday, or visit the firm's Web site at recalls.rc2.com



Join us for a **FREE** Yoga Class for Children ages 3-7

Class taught by Cara Besskó R.Y.T., certified Hatha Yoga Instructor for children and adults.

The class is held at Pediatric Associates of Durango on Tuesday July 25th 3:15-4:00PM.

Community Calendar and Events

July 4th- Kids to Kids Flea Market: Wells Fargo Bank's Kids to Kids Flea Market. Toys, sports, clothes, music and games! **12PM-3PM**

July 4th- Forth of July Parade and Street Dance: Parade begins at 6PM sharp! Parade entrants will be led by a Color Guard made up of representatives of the United Veterans Council. Other highlights include the popular Dancing Diva's, the traditional Tin Lizzies, local 4-H Clubs and many other community clubs and organizations.

July 4th- Durango Fireworks. Topping off the 4th of July celebration will be the salute-to-America fireworks display. The show boasts over 2200 charges and lasts nearly a half-hour. Find many great locations in town for viewing. 9:15PM-9:45PM

Mondays: July 9th, July 16th, July 23rd, July 30th- Art Camp at the Durango Children's Museum. It is an innovative camp incorporating the talents of many local artists! Your child will make many keepsakes, learn new artistic techniques, work with multiple mediums and express their budding creativity. A different artist will join the group each week to share their knowledge and methods!
AGES 3 & 4: First Session: 9:00-11:30am, Second Session: 1:00 - 3:30pm. Cost \$55 for members, \$65 for non-members.

Tuesdays: July 10th, July 17th, July 24th, July 31st- Art Camp at the Durango Children's Museum. It is an innovative camp incorporating the talents of many local artists! Your child will make many keepsakes, learn new artistic techniques, work with multiple mediums and express their budding creativity. A different artist will join the group each week to share their knowledge and methods! AGES 5+: First Session: 9:00-11:30am, Second Session: 1:00 - 3:30pm. Cost \$55 for members, \$65 for non-members.

July 10th -Craniosacral Therapy clinic led by **Dr. Paul Lee** will be held at Pediatric Associates of Durango from 1:30PM – 4:00PM. Children who are covered by CHP and Medicaid will be given a free session. Co-pay is the only required payment for insured patients and the remainder of the balance will be paid by your insurance company or handled by Dr. Paul Lee. Dr. Lee will be performing the therapy with his students. Please call Pediatric Associates of Durango at 970-259-7337 to schedule an appointment

July 25th - FREE Children's Yoga Class for 3-7 year olds. The class begins at 3:15PM at Pediatric Associates of Durango. **Please contact Pediatric Associates of Durango to reserve your child's spot in the class 259-7337.**

Pre-school story time every Wednesday and Saturday at 10:30am at the **Durango Public Library** @ (970)-375-3380.

Craft Time- Every Friday morning at **The Durango Children's Museum**. The Museum will present two separate crafts, one for toddlers and one for pre-school age and up. Pre-registration is not required. Museum members do not pay a fee; non-members pay standard admission to the museum to participate in Craft Times.

Tumbling Tots- Bayfield Recreation Center, **every Monday from 11:30-12:30** and **Thursdays 1:00-2:00pm**. Please register at the Bayfield Parks and Rec's department at 884-9034. Come join us during this hour of interactive play and tumbling time. Come play with balls, hula hoops, parachutes, singing songs, and just fun with your child. If you have any questions about the class call Nicole at 749-3323. **Cost 20.00 for 4 classes.**

Tumbling Babies-Bayfield Recreation Center, Every Wednesday from 12:30-1:30 for babies up to one year. Cost is 20.00 for 4 classes. Please call Nicole at 749-3323 if you have questions about the class.