



News & Updates from your pediatrician

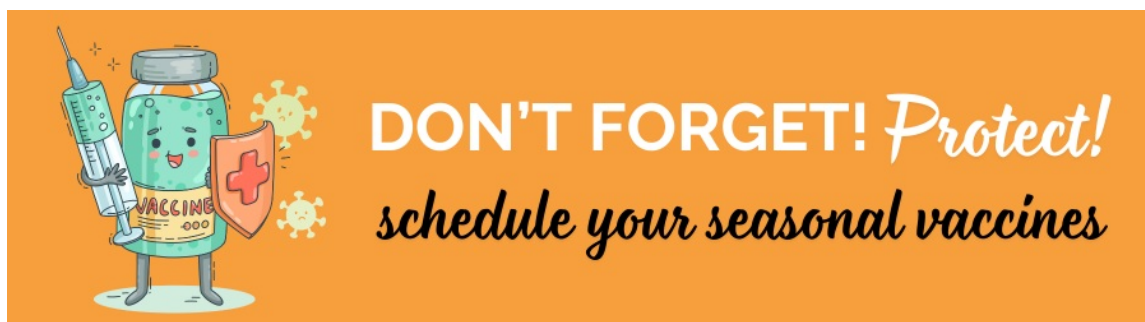


Pediatric Associates of Mt. Carmel is grateful for the families that have made this practice thrive for more than 50 years. Thank you for choosing us to take your child's health into our hands. We wish your family a blessed Thanksgiving.

HOLIDAY HOURS

Please note, our offices will be closed on Thursday, November 27.

The Eastgate Office will be open Friday, November 28 from 8 a.m.-5 p.m.
Mason and Batavia Offices will be closed.



Flu vaccines, including injectable and nasal spray (FluMist), COVID vaccines and RSV immunizations are available at all three offices and can be scheduled by calling us at 513-752-3650. Flu vaccines can also be [self-scheduled on the patient portal](#).

Diabetes in Children

World Diabetes Day is observed

annually in November. Diabetes causes problems with the body's ability to change food, especially sugars or carbohydrates, into fuel for the body.

There are two types of diabetes:

Type 1: Occurs when the pancreas does not produce enough of a hormone called insulin. Insulin allows the body to use glucose (sugar), which builds up in the bloodstream. This sugar passes out of the body in the urine and take water with it.



Type 1 diabetes can begin at any age. Often the first sign is an increase in the frequency of urination, especially at night and an increase in thirst. There are other key symptoms as well: being tired, losing weight, and an increased appetite.

Type 2: In this case, the pancreas is able to make insulin, it just doesn't work as well in the body, which leads to high glucose levels. Risk factors for type 2 diabetes in children include being overweight, having a family member with Type 2 diabetes, and being born to a mother with diabetes while pregnant (gestational diabetes), or other medical problems that affect the way the body handles insulin. Symptoms can be similar to type 1 diabetes and may show up gradually. Darkened areas of the skin, especially around the neck or in the armpits, are also common.

For more information about this medical condition, [visit this article](#) or contact your pediatrician.

Cold & Flu Remedies

In most cases, time is the best treatment for cold and flu, but it's best to consult your pediatrician if symptoms worsen.

In the meantime, there are some ways to keep your child comfortable while they get well.

- Reach for honey instead of cough syrup (not suitable for children under 1)
- Add a cool-mist humidifier
- Keep your child hydrated



For more information about seasonal illnesses, [visit this article](#).

Human Papilloma Virus (HPV) Awareness

Each year, more than 46,000 people—men and women—suffer from cancers caused by HPV. Over 7,000 die per year from cancers caused by HPV, including penile, vaginal, vulvar, anal and head and neck cancers. [Dr. Kroeger shares some valuable insight about HPV](#) and how you can help protect your child against it.

Non-tech Holiday Gifts

Children and teens often fill their holiday wish list with things like tablets, cell phones, headphones, "smart" toys and other tech-related gifts. But it's important to find a balance and ensure that today's "connected kids" have some quality off-line time, too.

Here are some recommended [kid-friendly gifts](#) to put under the tree this year!

- Craft supplies
- Board games, puzzles, blocks, and legos
- Outdoor toys, such as sports equipment or games like wiffle ball or cornhole
- Tickets to local experiences - sporting events, theater performances, or memberships to kids' museums and entertainment parks



Caring for our Community

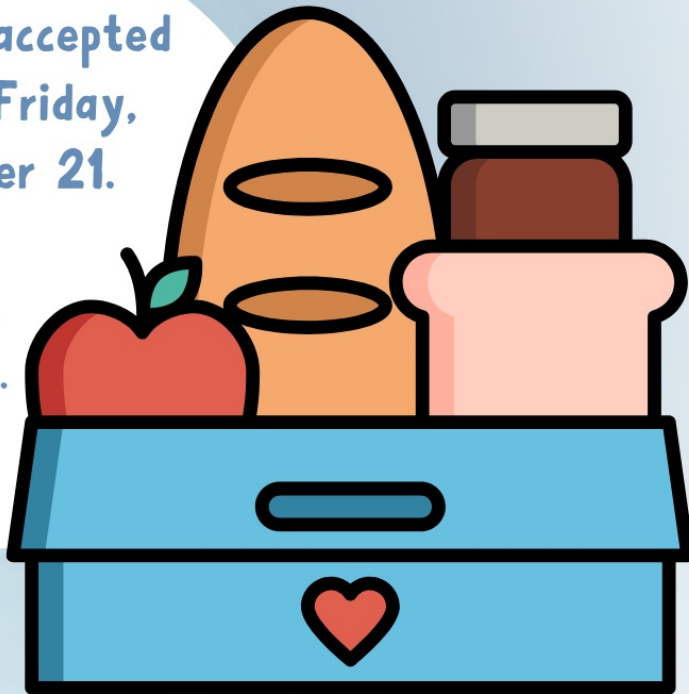
We are collecting non-perishable food items and grocery store gift cards to share the gift of gratitude and giving and help local families in need this Thanksgiving. Donations will be accepted through November 21 at all three office locations. Please give what you can and help us help our communities!

A Season of Gratitude

PAMC Food Collection Drive

Donations accepted
through Friday,
November 21.

Non-perishable
items & grocery
store gift cards.



Crusty Cornbread Recipe

Nothing says Thanksgiving like a fresh pan of warm cornbread. This delicious dish will complement any dinner and satisfy those picky eaters!

Enjoy this recipe using the instructions [here](#).



Moments of Mention

Our Halloween festivities were a hit! Thanks to our wonderful staff and community partners, we hosted a successful trunk or treat for local families. We were also thrilled to participate in the Blue Ash Halloween Walk as Dr. Hardy and Dr. Peters handed out candy and crayons. Our offices also competed in a pumpkin decorating

contest, with the back office medical assistants at Eastgate claiming the victory with their Lady and the Tramp inspired decorations.



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