

Kups Corner

JUULING: A TEEN EPIDEMIC

WARNING

HEALTH RISKS

The number of teens that admit to using E-cigarettes continues to climb each year. Since the introduction of the Juul and other small vaping products more and more kids are using these products at school, at home, and sometimes in plain sight. These E-cigarette products have been designed to make your teen addicted. **This is not an overstatement.** Each vaping pod contains **MORE NICOTINE** than a pack of cigarettes. Teens can become addicted after using as little as half a pod. The brains of teenagers are uniquely vulnerable to nicotine addiction. They become addicted more quickly and with less use of nicotine than an adult. 95% of U.S. adult nicotine users start before age 21. Teens in Massachusetts are 9 times more likely to use E-cigarettes than adults. These products were not created to help adults quit smoking cigarettes. They were created to make teenagers addicted to nicotine. Nicotine changes the brain structure of teenagers and can lead to mood disorders and attention problems

In addition to nicotine, E-cigarettes contain numerous toxic substances that can harm the brain, lungs, and hearts of your child. E-cigarettes are being marketed to your kids. Companies are adding flavors to the liquid pods so that they make these products appealing to kids. Tobacco companies are trying to hook your child so that they become lifelong users of nicotine. This is happening every day and the only way to stop it is to educate your children. Talk to your kids about the dangers of E-cigarettes and vaping **BEFORE** they try it. Prevention is the best way to keep your teen from becoming exposed and potentially addicted.



Quincy Pediatric Associates

Kup's Corner is the quarterly newsletter of Quincy Pediatrics and is dedicated to the memory of Dr. Steven Kuperstein, our friend and colleague, whose absence is felt everyday.

Call TODAY and Schedule your Child's Annual Exam or Sports Physical

The summer months and early fall are incredibly busy months for Routine exams in our office. We strongly recommend you call the office ASAP to schedule your child's exam. This will ensure you are able to get your first choice for the date, time, and provider you and your child would like.

Remember Physicals and Health Forms are only valid for one year, so if your Child has not had a physical within the past year we will be unable to give a health form until they are up to date.

PREVENTING SPORTS INJURIES

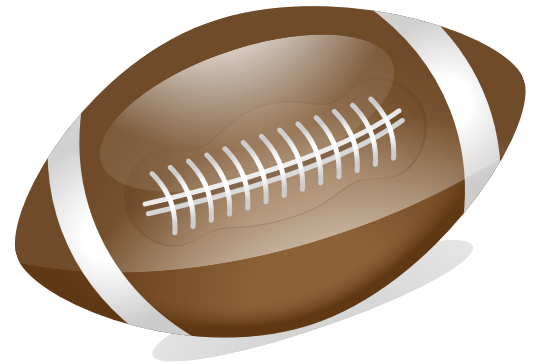


Exercise is an essential part of being healthy. We encourage patients to exercise at least 30 minutes 2-3 times per week. Exercise can be done either alone or with a team. Many school age children are involved in sports which is a wonderful way to be physically active, socialize, and learn how to work with a team. There are risks associated with some sports but the benefits typically outweigh the risks. For sports with more contact the risks tend to be higher. You can have musculoskeletal injuries to muscles (sprains), ligaments (fractures). There is also the risk of more serious injury

including head or neck injury. There are several things that will help prevent injuries in sports.

It is very important to wear the appropriate protective gear for your sport. This often includes helmets, protective cups, mouthguards, eye wear, and protective padding. Make sure that your child does not overdo their sport. Taking time off will allow their body to rest. Children should take off at least one day a week. It is often helpful to do other types of exercise to help cross train your body which can also help strengthen muscles and reduce the risk of an injury. Make sure that your child stretches before and after exercise. Encourage your child to listen to their body. Do not tell them to play through

pain. If you are injured then you need to rest. Make sure to hydrate and avoid heat illness. Exercise and sports are such an important part of being healthy but we want you to do it safely and injury-free.



WATER SAFETY



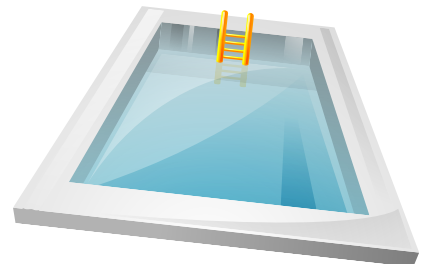
Drowning is the third leading cause of accidental death. Nearly 1,000 children and adolescents under 20 years old die from drowning each year. For every childhood drowning death there are 5 children who will be hospitalized for injuries related to submersion in water. Children aged 1 to 4 years old are most likely to drown in home swimming pools. Proper pool barriers will help reduce this risk. It is recommended that swimming pools have a fence that is at least 4 feet high and surrounds the pool on all four sides. Pool alarms are also helpful. Consider adding an alarm to the pool fence gate and house doors. Gates should be self-latching and face outwards. More than a quarter of drownings among

children age 4 and under occurred at the home of a friend, relative, or neighbor. Make sure you assess safety around any pool or other body of water when away from home.

Drowning can occur anywhere there is water including in a hot tub, bucket, bathtub, toilets, pool, or lake. Never leave small children unsupervised around any water, including in a bathtub or sink. Water should be emptied from containers after use. Inflatable pools are high risk and need to be drained of all water after use. Teens are the most likely to drown in a lake, river, or ocean. Make sure your teen understands that drinking alcohol is a major risk factor for drowning or injury. Swimmers should know the depth of the water before jumping or diving. Coast Guard-approved life jackets should be used for all

boating activities. Air-filled swimming aids are not a substitute for a life jacket.

The American Academy of Pediatrics recommends that formal swimming lessons should start around the time a child turns 4 years old. Children should never swim alone or without adult supervision. An adult should be within arm's reach and should not be distracted by their phone or drink alcohol while supervising children. Children with underlying medical problems such as seizure disorders should be closely monitored near water.



IN THE NEWS: MEASLES- WHY IS THIS BACK?

It is impossible to ignore the fact that measles is back in the United States after being effectively eliminated by the vaccine in 2000. Why did this happen? Measles has had a resurgence due to people's misperceptions about the vaccine. The measles vaccine has been proven to be safe and effective. The Internet is full of information that is false and misleading. Parents can feel overwhelmed by all of this scary misinformation.

Measles is a vaccine preventable illness that can cause serious illness and even death. As of June, 2019, there are over 1000 confirmed cases of measles in 26 states. This number is rising every day. If your child has not been vaccinated then they are at serious risk of exposure and infection with measles. Call our office today if you are not sure of your child's vaccine status.

Do not put your child at risk. Vaccinate.

DID YOU KNOW?

You can access your child's HealthForms & Immunization reports, request appointments & prescription refills and more from **HOME!!!**

Sign-up for **Patient Gateway** TODAY! Stop by the Front Desk to be enrolled on the spot.



Quincy Pediatric Associates

191 Independence Ave
Quincy, MA 02169
and
769 Plain Street
Marshfield, MA 02050

Phone:
617-773-5070 (Quincy)
781-837-5070 (Marshfield)

Office hours:
Monday-Friday:
Quincy & Marshfield:
8:30am-Noon and 1:15pm- 5:30pm

Evening Sick Hours
by Appointment:
Available in Quincy Office until
7:30p.m.

Saturday:
Quincy Office :
9am-noon and
1:00pm- 4pm

Sunday:
Quincy office:
Available for sick visits starting at
11am

Call Hour:
Physician available by phone
Everyday 7am-8am

Please call the office if you
need to schedule a sick or
acute visit for your child.

www.quincypeds.com