

GET THE GPAM “APP” FREE. <http://itunes.apple.com/us/app/gpam/id445520574?mt=8>

Visit our newly designed website www.gwinnettpeds.com. We have a new scheduling feature (<http://www.gwinnettpeds.com/appt-schedule.php>) to help you find an available appointment for your sick child. We also have more tips and links for our teens and teen parents. We have also improved our newborn corner.

SPORTS AND CONCUSSIONS

The risk of sports-related concussion increases as the fall season arrives. Adolescent girls’ soccer has a high rate of reported concussion for girl sports. The rate of concussion for boy’s football is slightly more than the girls’ soccer rate. Concussion can happen at any time with any sport and it is important to diagnose as soon as possible.

Remember, loss of consciousness may or may not be present with a concussion. The most common symptoms include headache, confusion and disorientation or you may notice that your child has reduced reaction time and a “slowness” in processing information. It is recommended that every child with these symptoms be evaluated by a physician.

Return to work or play is child specific. There needs to be a step-wise approach to returning to play starting with a “no activity” stage and increasing to light activity after 24 hours. (Only if the child is symptom free for 24 hours). Ask your doctor for specific instructions. There is no need to push your child too quickly and if there are any questions, have your child re-evaluated. CHOA now offers a concussion service which focuses on education, accurate assessment and safe return to activity.

<http://www.choa.org/Childrens-Hospital-Services/Concussion>

HYDRATION and SPORTS

Children and young athletes should drink water (not energy or sports drinks) to maintain hydration during summer/fall exercise. Many parents and adolescents are not aware that there is a difference between sports and energy drinks. Both could contain caffeine, vitamin supplements, carbohydrates and calories that your child does not need leading to dental decay

<http://www.gwinnettpeds.com/obesity.php>

For more information, the AAP discusses the need for basic water.

(<http://www.healthychildren.org/English/news/Pages/Kids-Should-Not-Consume-Energy-Drinks-and-Rarely-Need-Sports-Drinks-Says-AAP.aspx>)

<http://pediatrics.aappublications.org/content/early/2011/05/25/peds.2011-0965.abstract>

Visit our new website www.gwinnettpeds.com.

Check-ups are due annually after 3 yrs. Request a check-up appointment online; pay your bill online or complete forms before coming to the office.

See Ollie the Otter AT THE LAWRENCEVILLE FESTIVAL, SEPTEMBER 17.

[\(http://www.lawrencevillefallfestival.com/index.html\)](http://www.lawrencevillefallfestival.com/index.html)

Ollie will tell kids what they “otter” do.

VISIT US THERE