

Valley Health

Fall, 2014

Pediatric Care as Individual as Your Child



When your child is sick and you don't know why, it can be frustrating, nerve-racking, and scary. But when your child is in good hands with a pediatrician you trust, who knows your child's history, it is much easier to navigate the steps you need to take to help your child get well again.

That's why Appleseed Pediatrics invited Dr. Adrienne Pahl, Pediatrician, to join their team of healthcare providers. Children are Dr. Pahl's focus. She is concerned with the entire spectrum of child development and is specially trained in diagnosing and treating illnesses in infants, children, and adolescents. Dr. Pahl is accepting new patients at both Appleseed Pediatrics locations—Stowe Family Practice and Morrisville Family Health Care.

A self-proclaimed flatlander, Dr. Pahl grew up in Missouri and has always enjoyed working with kids. In high school she was a nanny, and has been

interested in childhood development ever since. She attended Carlton College in Minnesota, where she studied geology and founded an environmental education program for third grade students. After graduating with a Bachelor of Arts, she worked at an environmental education center for children.

Dr. Pahl and her husband, Marshall, moved to Waterville, Vt., in 2005. They have two children, Greta, 9, and Eva, 7, who both attend Waterville Elementary School. It was after Greta was born that Dr. Pahl decided to return to college and pursue a medical degree. "I had struggled to find a doctor for my family and their individual needs," she says. "I realized we need more doctors in my community and in Vermont in general."

Dr. Pahl was accepted at the University of Vermont College of Medicine and graduated in 2011. She completed her pediatrics residency at Vermont

Get a Free Child Passenger Seat Installation Inspection



Lamoille Valley residents can now get child passenger seat installation inspection done for free at Morrisville Family Practice in Morrisville.

Cindy Doerr, LPN, a nurse at Appleseed Pediatrics, attended a four-day course hosted by the Vermont Department of Health's Be Seat Smart Program. Upon completion of the course she received her National Child Passenger Safety Technician certification.

Child passenger seats are required by law because they reduce the risk of death in car crashes by 71 percent for infants and 54 percent for toddlers. But they must be installed correctly to work. According to Safe Kids Worldwide, four out of five child seats are installed incorrectly, and nine out of ten parents move a child from a booster seat to a seat belt too soon.

Call Appleseed Pediatrics at 802-888-PEDS to make a seat-fitting appointment or to see if you qualify for a free car seat (while supplies last).

PEDIATRIC CARE AS INDIVIDUAL AS YOUR CHILD

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Children's Hospital at Fletcher Allen Health Care in 2014. "During medical school you go through a lot of different types of rotations and pediatrics was what felt just right for me," she says. "It's an area of medicine where we have an opportunity to emphasize healthy behaviors that can last a lifetime."

As a global message to parents, Dr. Pahl tries to convey the importance of offering children opportunities for outdoor activity and healthy eating habits. She would like to find ways to coordinate the identification and care of overweight and obese children in her community. "Everyone and every family is different," says Dr. Pahl. "I focus on specific needs of each child and try to make every visit individualized."

Another of Dr. Pahl's areas of interest is encouraging breastfeeding of newborns. "During my residency I worked on a project at the Lund Family Center in Burlington that encouraged early breastfeeding. It was called Promoting Breastfeeding in a Vulnerable Population. There are many reasons why women are reluctant to breast feed. It's natural, but not always easy, and I want to help women to overcome the struggles of early breastfeeding because it's a wonderful thing for the health of both the mother and the child."

As for those electronics that are so popular with kids these days, well, you may be surprised to learn the American Academy of Pediatrics recommends no screens before the age of two. After age two they recommend limiting screen time to two hours

a day, excluding homework, for children of all ages. That includes gaming, television, iPads, and iPhones. "Parents are often astonished when I tell them this," says Dr. Pahl. "I think it's very hard to limit the time because screens are so present in our lives these days, but it's important that kids be moving and playing, not sedentary in front of a screen." By "moving and playing" she doesn't necessarily mean over-scheduling or organized team sports. "Just playing outside is so good for kids of all ages," she notes.

When Dr. Pahl is not in her office she spends time with her family skiing at Smugglers' Notch in the winter. In the summer she and her husband are teaching their girls to sail their small sailboat in St. Albans Bay. She has been active in the community, organizing a parent and toddler group in Waterville when her children were young, and she team taught one-hour health lessons in elementary school classrooms in Burlington. A lover of books, Dr. Pahl was also involved with the Waterville Town Library as an elected trustee to the board, a volunteer librarian, and a grant writer for children's

*Appleseed staff left to right:
Adrienne Pahl, MD, Pediatrician.,
Cindy Doerr, LPN.,
Karen Field*

programming prior to her medical training. Dr. Pahl is looking forward to becoming more integrated with local families. "I'm excited to work in Lamoille Valley and to help support the children of our community."

Dr. Adrienne Pahl, Pediatrician, is accepting new patients at Appleseed Pediatrics at the following times and locations:

Tuesdays and Thursdays



STOWE FAMILY PRACTICE™
1878 Mountain Road, Stowe

Mondays (urgent visits),
Wednesdays, and Fridays

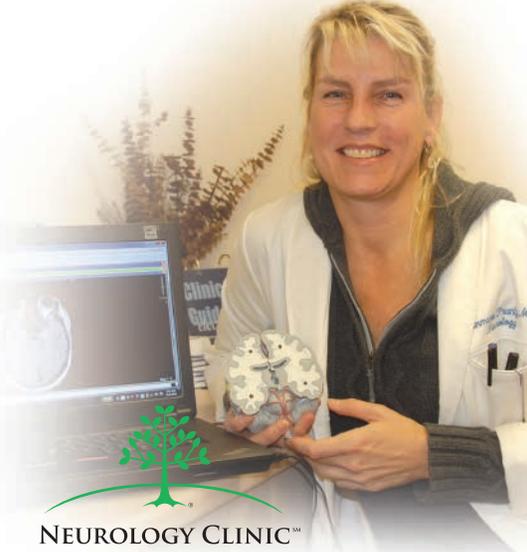


**MORRISVILLE FAMILY
HEALTH CARE™**
607 Washington Highway,
Morrisville

**Please call to schedule a
"Meet & Greet."
802-888-7337 (PEDS).**



Testing for Concussion



NEUROLOGY CLINIC™

Anyone involved in high-impact sports is at risk for concussion. When neurologist Jeanmarie Prunty's son and his friends were playing soccer, hockey, skiing, and snowboarding—all high-impact sports—she wanted to protect them from the dangers of repeated concussions. She heard about ImPACT™ and decided to bring it to the Lamoille Valley School system so that every child could take advantage of it.

ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) is the most widely used and most scientifically validated computerized concussion evaluation system. It's a software program that provides trained clinicians with neurocognitive assessment tools and services that have been medically accepted as state-of-the-art best practices. ImPACT is the most reliable means of assessing when it is safe to return to a sport.

Dr. Prunty has been a board-certified neurologist since 1993 and is the head of neurology at Copley Hospital. Her office is located at the Neurology Clinic at Morrisville Family Health Care in Morrisville. She has a special interest in preventing sports-related head injuries.

“Concussion is a mild traumatic brain injury,” she explains. “The danger is if you have one concussion, your risk is

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Adolescent Depression: Talking With Your Teen

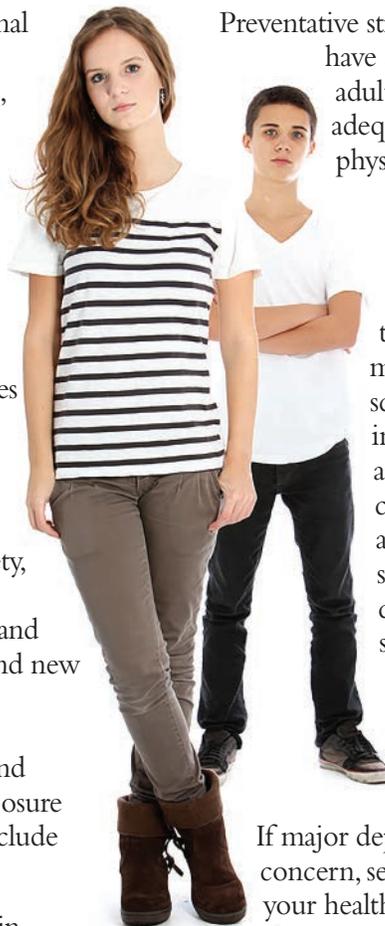
Alexander Johnston, APRN PMHNP-BC

According to the National Institute of Mental Health, by the age of 18, eleven percent of adolescents experience an episode of major depressive disorder, a common but serious illness. This is understandable.

Adolescent life challenges are significant, as adolescence is a period of tremendous life change. Change can trigger depression, anxiety, and other mental health issues. Rapid biological and psychological growth, and new pressures socially and academically redefine relationships to family and parents and increase exposure to risk behaviors that include substance abuse.

Depression may appear in adolescents as decreased interest in activities, decreased energy, changes in sleep, and changes in appetite. They may have difficulty with concentration or academic performance. Additionally, adolescents with depression may complain of increased headaches, stomach cramps, gastrointestinal distress, or pains that do not go away.

Depression differs from periods of time of being sad. It lasts for a long time and interferes with daily activities. More likely to affect girls than boys, it is the leading cause of disability for people ages 15-54. Suicide is a leading cause of death for Americans ages 15-24, with depression contributing to this statistic. Untreated depression increases risks for suicide, substance abuse, decreased academic performance, and development of heart disease, diabetes, obesity, and other diseases.



Preventative strategies for depression have a positive impact on later adult life. They include adequate nutrition, daily physical activity, routine health screenings and immunizations, violence prevention, substance abuse prevention and treatment, and routine mental health care screening. These interventions can reduce adult disease, can support completion of high school and college, prevent substance abuse, and can promote healthy and satisfying relationships.

Earlier treatment interventions are associated with improved outcomes.

If major depression is a possible concern, seek an assessment from your health professional. Early intervention can assist in your adolescent becoming active in their own healthcare and result in improved outcomes.

If you have a young person that you're concerned about, talk with him or her, let them know that you've noticed some changes, and let them know that depression is very common and is treatable. Together, you can have a team approach to improved mental health.



BEHAVIORAL HEALTH
& WELLNESS CENTER™

**Call the Behavioral Health
& Wellness Center to make
an appointment
802-888-8320**

Our New Dentist looks forward to meeting you (and your teeth)!



Community Dental Clinic has a new dentist, Jitka (say Yit-Kuh) Matherly, DDS, who joined the team in August. Dr. Matherly came to Morrisville when her husband was hired at National Life in Montpelier. She was happy to learn that Community Dental Clinic had an opening and began work on September 19.

Dr. Matherly grew up in the Czech Republic and met her husband at an international youth camp in Germany. They were married and moved to New Jersey in 1998, where Dr. Matherly attended Montclair State College. The couple then moved to Maryland so that she could attend the University of Maryland. She graduated in 2004 with a degree in general dentistry.

“My whole life I have wanted to be some kind of doctor,” Dr. Matherly says. “I chose to do dentistry to help take care of people and help them feel better. Dental health is related to many health problems such as diabetes, heart health, and immune system functions that come from battling infection in the mouth.”

As for toothpaste, Dr. Matherly (who has a perfect set of teeth) likes Colgate Total, but she really doesn't care what

other people use as long as they brush their teeth and floss every night at a minimum. She says the most important thing is for people to visit their dentist on a regular schedule and take care of their teeth at home.

Dr. Matherly has two children, Sophia, 9, and Evan, 11, who attend Stowe Elementary and Middle Schools. Both children are cavity-free. “I'm pretty strict about them taking care of their teeth,” says Dr. Matherly. She recommends that parents start brushing their kids' teeth as soon as they see the first tooth, and even before that first tooth pops out.

In her spare time Dr. Matherly enjoys painting, but for now she is too busy working and raising a family to use that sort of brush on a daily basis. She looks forward to serving the Lamoille Valley community and teaching her patients about the importance of a healthy mouth.

Dr. Matherly is accepting new patients at the Community Dental Clinic in Morrisville. **To schedule an appointment call 802-888-7585.**

TESTING FOR CONCUSSION

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five to six times higher to have another. It's common for kids to have two concussions in rapid succession, without recovering in between the two hits. Then recovery becomes very difficult. The grades drop in school and kids sometimes get overwhelmed, turning to alcohol or drugs to relieve the stress.”

When Dr. Prunty learned about ImPACT she brought it to Kevin J. Kelley, president and CEO of Community Health Services of Lamoille Valley. Kelley instantly recognized the value of ImPACT and obtained the program for Dr. Prunty, who became a Credentialed ImPACT Consultant. She works with students, coaches, and athletic trainers at Johnson State College, Lyndon State College, and all the high schools from Hardwick to Stowe, as well as the Mount Mansfield Ski and Snowboard School.

Any student involved in high-impact sports is required to take the ImPACT test before the season begins. It takes about 20 minutes and gives them their baseline scores. If they subsequently have a concussion they are taken out of play. As soon as they feel better, they take the ImPACT test again. Once their scores are at or near their baseline they can return to play. “When parents first bring a child to see me, I educate them on the dangers of concussion. Then I send the child home to rest. When he or she feels better, we do the ImPACT test weekly. Each week they can see improvement. It takes the guess work out of mild traumatic brain injury. It's something concrete to work with in an otherwise nebulous field.”

Dr. Prunty is accepting new patients at the Neurology Clinic in Morrisville. **To schedule an appointment call 802-888-5688.**



COMMUNITY HEALTH SERVICES
OF LAMOILLE VALLEY®

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