



RPC Winter Newsletter



Thank you!

Thank you for once again voting us Best Pediatric Practice of North Fulton and South Forsyth. The providers and staff of Roswell Pediatric Center take great pride in offering outstanding care to our patients and to their families. We are honored by your support of our practice as we continue to serve families in our community.

Holiday Hours

Saturday, Dec.24th
8:00 until last sick patient seen
Monday, Dec.26th
All Offices Closed

Do you have a child that plays a spring sport?

Call today to schedule their sports physical.

Have you and your child had a flu vaccine yet?

If not, call us now to schedule an appointment!

Looking for a New Year's Resolution? How about quitting smoking or smoking cessation?

Protect your child's developing lungs! Second hand smoke causes numerous health problems in infants and children, including more frequent and severe asthma attacks, respiratory infections, ear infections and sudden infant death syndrome (SIDS).

Did you know that...

- Smoking during pregnancy results in more than 1,000 infant deaths each year?
- Second hand smoke can increase risk of coronary artery disease, stroke, and lung cancer in adults.
- You can help protect your child's lungs: Don't smoke in or near your home; don't smoke in the car, even with windows open; choose smoke-free schools and daycare; avoid public areas with smoking, even with a non-smoking section; stop smoking!
- Please check out <http://smokefree.gov> for helpful ways to become smoke free!
- Also, help your smoking teen <http://teen.smokefree.gov>.

Winter...A fun time for hot chocolate, snowmen, and unfortunately....

NOSEBLEEDS

- Pinch your child's nostrils together, just below the bridge of the nose. Continuous pressure to the nostrils for 7-10 minutes will allow bleeding to stop
- Don't tilt your child's head back. This will cause blood to run down the throat
- Don't have your child blow his or her nose. This will cause more nosebleeds
- Apply nasal spray and petroleum jelly (for example, Vaseline or Aquaphor) to your child's inner nostrils to help keep them moist
- Call your doctor if your child has 3 or more nosebleeds per day OR if a nosebleed lasts longer than 30 minutes with direct pressure



Thanks for making Roswell Pediatrics your medical home!
Have a healthy and happy winter and holiday season!

Is your Insurance changing in 2017?

If so, make sure we have your most current information on file.

Under the Affordable Care Act (HealthCare.gov), insurance companies are currently offering open enrollment. Roswell Pediatric Center, effective January 1, 2017, will only be participating in the Exchange Plans offered through: **Humana** (NOT Humana HMO X) and **Blue Cross Blue Shield of Georgia**

