



# Spring 2017 Newsletter

## Sneezing & Wheezing

It's that time of year again...sunny days, flowers blooming...and Spring allergies with sneezing, clear runny or stuffy nose, itchy eyes and cough.

Try these tips to manage Spring allergies:

- Keep windows closed at home and in the car.
- Limit outdoor activities in the early morning when the pollen count is highest.
- Evening showers and saline nasal rinses to get rid of stuck on pollen.

If over the counter allergy medications are recommended, use them daily through the season and not only when your child has a bad allergy day. Having uncontrolled allergies can put your child at risk for sinus infections, ear infections, poor concentration at school, and asthma exacerbations.

Please join us in welcoming...

### Christa L. Szabo, DNP, CPNP



We are very excited to welcome our newest nurse practitioner, Christa L. Szabo, DNP, CPNP, to our RPC family. Christa grew up in Marietta, Georgia. She received her B.A., Master of Science, and Doctorate of Nursing Practice from Vanderbilt University. Christa has worked as a Pediatric Nurse Practitioner since 2013 and is certified by the National Association of Pediatric Nurse Associates and Practitioners. In her free time she enjoys traveling, baking, and spending time with family and friends. Christa is now seeing patients at our Old Milton and Cumming locations. Schedule an appointment with her today!



We are excited to announce that we have invested in new technology to improve our check-in process by using an automated solution called Phreesia.

Beginning April 12th, we will be sending out an email link that will allow you to "Pre-Register" for appointments. By clicking the link and answering a few identifying questions, you will be able to complete your registration process from home on any smart phone, tablet, or computer.

If you are unable to "pre-register" before your child's appointment, you will be asked to arrive 15 minutes early and will be presented with a Phreesia pad to complete your registration in the office. Phreesia pads are secure devices that do not store any information on the pad and will automatically transfer any updated information directly to your child's secure Electronic Medical Record. The Phreesia pads have an Anti-Microbial shield that protects you from germs.

## Vaccines 4 Teens

The **Bexero** vaccine is recommended for college students to protect against Meningococcal Meningitis type B. Your college student will need two doses at least 30 days apart before the start of college. Please schedule your rising college student's well check to ensure he or she is prepared for college.

The **HPV vaccine** can help prevent HPV-related cancers. It is recommended that all children 11 years of age receive the HPV vaccine. If your child begins the HPV series between ages 11 and 14 then he or she will only need 2 doses. Children 15 years and older will require three doses. If you have questions regarding this vaccine ask your provider today.