



Newsletter Summer 2010
June, July, August



Sharon Lee Hong, MD, Tiffany Meyer, MD, Larry Seidman, MD
Allison Rodgers, MD, Lena Garcia, CPNP, Kenneth Kim, MD
Sapna Nambiar, MD, Kathleen Hamilton, MD, Violet Nematollahy, MD
Mona Hanna, MD, Ginger Beecher, CPNP, (not pictured) Gina Schwartz, MD

New Woodbridge Office Opens

Here we grow again! In response to increasing demand for our services in the Woodbridge area, our new office on 1483 Old Bridge Rd., Suite 201 opened on May 3, 2010. The new office is located almost directly across the street from our previous office, in the Yarborough plaza.

The new office has fifteen exam rooms, a sick and well child waiting area, a new reception area, and expanded parking.



“We are pleased and excited to be opening the larger Woodbridge office”, said Ron Hughes, Practice Administrator of Nova Pediatrics. “This is the result of the increasing number of patients we continue to see in the greater Woodbridge area, year after year.”

Thank you for your continued support. Visit us soon!!

Office Hours

Woodbridge
Mon, Wed, Thurs. 8 am-6pm
Tues 8am-8pm, Fri. 8am-4:45pm
703-491-2141

Springfield
Mon, Tues, Fri. 8 am- 6p
Wed., Thurs. 8 am- 5p
703-451-3333

Dr. Nematollahy Returns from Health Mission to Haiti

Most of us feel empathy, and often donate money to people who are the victims of disasters. Dr. Violet Nematollahy, went a step further, and provided medical care to children of the Haiti earthquake this past April of 2010.

Dr. N. traveled to St. Michael Hospital with a group called Community Coalition for Haiti, which brings doctors to the country to help. She volunteered in the town of Jacmel, 25 miles southwest of the capital of Port-au-Prince.



In her two weeks there, Dr. N. treated children for malaria, typhoid fever, ringworm, and a skin disease called cellulitis, which are extremely rare in the United States, but all too common in this devastated island.

“They still need so much help, because they are no longer in the spotlight” said Dr. N. “People have forgotten about it, but work needs to be done. They will need lots of help for years to come.”

Dr. N. encourages our community to continue donate to charitable organizations that help the children of Haiti.

Nova Pediatrics is proud of Dr. Nematollahy as she represented us on the world stage, helping those children in greatest need.

Did you know.....?

Dr. Larry Seidman is an accomplished artist. He has painted for years, and his work can be seen at www.larryseidmanart.com.

Dr. Tiffany Meyer, Board Certified in Adolescent Medicine

There are few pediatricians who become board certified in both pediatrics and adolescent medicine. Dr. Tiffany Meyer of Nova Pediatrics is one of these physicians. She completed a Fellowship in Adolescent Medicine at Children's National Medical Center, Washington D.C. in 2003, and become Board Certified in Adolescent Medicine in December, 2005

We asked Dr. Meyer a number of questions about her background, and philosophy in the care of adolescent patients:



Describe the difference in the levels of care between pediatrics and young adult medicine?

The difference in the levels of care between pediatrics and young adult medicine is based on the knowledge that there is a fine balance between not treating teenagers as children and making sure they understand the significance of their actions. Young adults are known to take risks and test limits. Research has shown that adolescents' brains don't fully mature in regard to risk taking behavior until the age of 25. These risks may involve driving reckless, using/abusing drugs and/or alcohol, having sex, and engaging in other impulsive behavioral actions. Physicians need to regularly screen for these behaviors at each office visit. Young adults require more time commitment at each visit. In addition, one of the developmental milestones of adolescence is to establish independence from the family. This being said, there comes a time when the physician's focus changes from full parental involvement in the care and plan of the pediatric patient to involving the teenager in his/her own care with less input from the parent for the young adult patient.

What is the one thing you find most interesting about these young adult patients?

The one thing I find most interesting about these young adult patients is their ability to grow and learn. I completed a fellowship in Adolescent Medicine because I believed I could shape and guide these young people. Adolescents are on the verge of venturing out into the world, leaving their families, and establishing their own identities. I wanted to be able to guide them in the right directions. I wanted to keep them healthy and prevent them from making mistakes that could be serious or deadly.

Describe the continuity of care that the patient/doctor relationship offers since these patients will not leave at 18, but can stay in the same practice with the same doctor instead of leaving and going on to a primary care somewhere else:

Without argument, patients receive better care from someone who knows their past medical history and has developed a good rapport with them. Just as children should not be medically treated as little adults, adolescents should not be considered younger versions of adults. Adolescents have unique psychosocial concerns. They view the world in very different ways than adults do. Many of them do not want to listen to the advice of authority figures. Pediatricians, who are already familiar with their patients, are in an excellent position to continue seeing them up to the age of 25. Pediatricians today have been trained in taking care of teenagers during their residencies. Pediatricians better understand the physical and psychological development behind teenagers' actions. Adult medicine physicians do not have this same important perspective. We are more sensitive to adolescent issues and are focused on helping these young adults make good decisions about their future.

As the Medical Director of Nova Pediatrics, who also specializes in Young Adult/Adolescent Medicine, what are some of the health challenges that these patients face today:

- 1) Injuries, including motor vehicle accidents, are the number one cause of death in teenagers. We counsel teenagers and parents about injury prevention. We also provide teen driving contracts to encourage safe driving practices.
- 2) Obesity is a huge health challenge. Today many young people and adults are overweight. Not enough exercise and making the wrong food choices from a very early age are leading to epidemic proportions of obesity in the United States. We screen patients for weight concerns and provide dietary and exercise counseling in addition to blood work evaluation.
- 3) Sexually transmitted infections (STIs) are also a major health concern for adolescents. Papilloma virus (HPV) is the number one infection affecting teenagers, causing genital warts and pre-cervical cancer changes in females. We vaccinate against HPV. Chlamydia and gonorrhea, together with HIV and syphilis, are also important infections to consider. We screen for STIs and provide treatment when indicated.

In Memory Of.....



Sheila Williams, former administrator of Nova Pediatrics (with daughter Abbie, left) passed away on July 2, 2010.

We will feature a full article on Sheila in our fall, 2010 newsletter.