



NOVA PEDIATRICS NEWSLETTER

NOVA Pediatrics, Ltd. Announces Our New Young Adult Medicine Program!

As of April 1, 2011, NOVA Pediatrics began a new program for **Adolescent and Young Adult Medicine**, with Dr. Tiffany Meyer as Medical Director.

Dr. Meyer is Board Certified in Pediatrics and Adolescent Medicine, which makes her uniquely qualified to direct the program.

She completed a Residency in Pediatrics, and a Fellowship in Adolescent Medicine, both at Children's National Medical Center in Washington, DC.

"Our program allows continuity of care as patients reach their adolescent and young adult years. We offer a variety of services to young women and men, including prevention and wellness services.



Tiffany Meyer, M.D.

We also address problems and issues unique to this age group, in a caring environment geared towards those in the 14-25 year-old age group," said

Dr. Meyer during a recent discussion.

The other physicians and nurse practitioners within the practice work under the direction and in conjunction with Dr. Meyer in providing these services.

The program is offered in both the Springfield and Woodbridge offices, where separate exam rooms and waiting areas are planned, or have already been implemented.

Call either office to make your appointment today!

NOVA Pediatrics and Young Adult Medicine

Summer 2011

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NOVA Pediatrics Celebrates 50 Years!

We are proud to announce that 2011 is the 50th anniversary of NOVA Pediatrics and Young Adult Medicine.



The practice was founded in July, 1961 in the basement of the Springfield home of Dr. Ira Seiler. Soon thereafter, Dr. Seiler was joined by Dr. Phillip Littleton, and the late Dr. Max Walton. They soon moved the practice to a larger Springfield office. In the 1970s, NOVA also opened a Woodbridge location.

We experienced a "growth spurt" in the late 1980's and the early 1990's when Dr. Kathy Hamilton, Dr. Larry Seidman, and Dr. Violet Nematollahy joined the group.

As of today, NOVA Pediatrics has grown to nine doctors and two nurse practitioners. This growth prompted our move to the newly expanded Woodbridge site last year.

In the fall, both the Springfield and Woodbridge offices will be holding **OPEN HOUSES in CELEBRATION of our 50th ANNIVERSARY**. All families of current and former patients are welcomed to attend the festivities. We look forward to honoring all of you on this special occasion.

Stay tuned for updates and specific information.

Top 10 Reasons for Adolescents to Continue Seeing Their Pediatrician

- 1) Doctors, nurses, and staff are already familiar with adolescents. Doctors and patients have long-standing relationships and have bonded since early childhood. Patients receive better care from someone who knows their past medical history and has developed a good rapport with them.
- 2) Pediatricians better understand the physical and psychological development behind teenagers' actions.
- 3) Pediatricians are more sensitive to adolescent issues and are focused on helping these young adults make good decisions about their future.
- 4) Pediatricians have special training to address adolescent needs and concerns.
- 5) The adolescents are already familiar with the doctors, nurses, and staff.
- 6) Continuity of care is more efficient.
- 7) Comfortable and friendly environment for teenagers.
- 8) Family friendly environment including parents, siblings, and other family members.
- 9) Ability to schedule appointments in a timely manner.
- 10) Insurance will cover medical care up to age 25.

Fun in the Sun!

(From the American Academy of Pediatrics)
www.aap.org

For babies under 6 months old:

The two main recommendations from the AAP to prevent sunburn are to avoid sun exposure, and to dress infants in lightweight long pants, long sleeve shirts, and brimmed hats that shade the neck to prevent sunburn.

However, when adequate clothing and shade are not available, patients can apply a minimal amount of sunscreen with at least 15 SPF (sun factor protection) to small areas, such as the infant's face and back of the hands. If an infant gets sunburn, apply cold compresses to affected area.



For all other children:

- * The first and best line of defense against harmful ultraviolet radiation (UVR) is covering up. Wear a hat with a three inch brim or a bill facing forward, sunglasses that provide 97% to 100% protection against both UVA and UVB rays, and cotton clothing with a tight weave.
- * Stay in the shade when possible, and limit sun exposure during peak intensity hours between 10am and 4pm.
- * On both sunny and cloudy days, use a sunscreen with SPF of 15 or greater that protects against UVA and UVB rays.
- * Apply sunscreen, about one ounce per sitting for a young adult.
- * Reapply every two hours, or after swimming or sweating.
- * Use extra precaution near water and sand (or even snow!), as they reflect UV rays and may result in sunburn more quickly.

Food Allergies

"Food Allergies"
(From the July, 2011 Issue of Pediatrics Magazine)

A large national study of food allergies found that more children have allergies, including severe allergies, than previously thought.

The study, published in the July 2011 issue of Pediatrics magazine found that 8% of children under age 18 had a food allergy, which equals about 6 million children. Of these, 38.7% had a history of severe reaction, and 30.4% had multiple food allergies.

The most common food children were allergic to were peanuts (25.2%), milk, (21.1%), and shellfish (17.2%). Black and Asian children had higher odds of having a food allergy, compared to White children.

Families with lower incomes were less likely to have food allergies compared to families with higher incomes.

Please call either office if you have questions on this topic.



NOVA Pediatrics and Young Adult Medicine

WE HAVE 2 LOCATIONS

6120 Brandon Avenue
Suite 308
Springfield, VA 22150
Phone: 703.451.3333
Fax: 703.451.7219

1483 Old Bridge Road
Suite 201
Woodbridge, VA 22192
Phone: 703.491.2141
Fax: 703.690.0815



NOVA Pediatrics has an exceptional staff, which includes pediatricians that are certified by the American Board of Pediatrics. In addition, we have highly qualified and experienced employees in nursing, the business office and management.

Our nurses are available to help breastfeeding mothers with any concerns they may have. We offer "get acquainted" office visits for parents needing a pediatrician for their children. A nurse in each office is available to schedule a private appointment with you. During this visit, the nurse will give you a tour of the office, discuss office procedures and policies, and answer your questions about our practice.



Nova Pediatrics Office Hours

Springfield, VA

6120 Brandon Ave., Suite 308
Phone: 703-451-3333
Monday / Tuesday: 8:00 am - 5:45 pm
Wednesday / Thursday: 8:00 am - 4:30 pm
Friday: 7:30 am—5:45 pm
Every other Saturday 8:00 am - 12:00 noon

Woodbridge, VA

1483 Old Bridge Rd, Suite 201
Phone: 703-491-2141
Monday: 7:30 am - 5:45 pm
Tues. 7:30 am - 8:00 pm
Wednesday / Thursday 8:00 am - 5:45pm
Fri. 7:30 am - 4:45 pm
Every other Saturday 8:00 am -12:00 noon

Time to Schedule Your Physical Exam!

It is summer, and that means physical exams for camp, sports, and school. We are "gearing up."

We have provided extra appointment times in our doctor and nurse practitioner schedules for comprehensive physical exams, which will address prevention, screening, and diagnostic issues.

Give us a call at either office, and we will do our best to accommodate your requests.

Call our office
today for a
physical!

Springfield

703.451.3333

Woodbridge:

703.491.2141