



Healthy Little Texans

1 FLU SHOTS: WHY? WHO?

The flu causes fever, headache, exhaustion, cough, congestion, sore throat and muscle aches. You contract it through your nose and mouth when an infected person projects the virus into the air by sneezing or coughing. You can also become ill when you come into contact with objects that an infected person touched. The flu can be mild or severe enough to require hospitalization. *Precautions include:*

- > Receiving the flu shot or flu mist
- > Washing your hands often
- > Avoiding people who are sick

*Do NOT give aspirin to children for symptoms. There is a risk of Reye Syndrome.

Flu vaccine recommendations have been expanded for the 2008 – 2009 flu season.

The Centers for Disease Control published a new recommendation that all children aged 5 to 18 years receive an annual flu vaccination.

It is a continued recommendation that all children ages 6 months to 4 years receive an annual flu vaccination. Flu mist has been approved for use in healthy children over the age of 2 years old.

Call 512.451.5161 to schedule an appointment today!



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2 Resources

BABY CARE CLASS

Offered once a month, this class will help you understand what to expect at the hospital and during the first weeks at home with your new born. Topics include immunizations, breastfeeding, jaundice, sleep, fever, antibiotics and home safety. This will also provide the opportunity to meet Dr. Bell and see your future pediatric office. Class size is limited. Call 512.451.5161 to register. Class dates are available at www.cmgaustin.com. Upcoming classes:

- December 9, 2008
- January 13, 2009
- February 10, 2009
- March 10, 2009

WELL CHECK SCHEDULE

- Hospital follow-up
- 2 week
- 1 month
- 2 month
- 4 month
- 6 month
- 9 month
- 12 month
- 18 month
- 15 month
- 2 year
- 3 year
- 4 year

NEW WEBSITE! www.cmgaustin.com

- Staff photos & profiles
- Medication dosages
- Guidelines for common symptoms
- Patient forms & more!

Breastmilk Storage Guidelines

	EXPRESSED BREASTMILK	THAWED BREASTMILK
ROOM TEMPERATURE	4 hours at 68-72° F	Do not store
COOLER WITH 3 ICE PACKS	24 hours at 59° F	Do not store
REFRIGERATOR	5-7 days at 32-39° F	24 hours
SELF-CONTAINED REFRIGERATOR FREEZER UNIT	3-4 months	Never refreeze thawed milk
DEEP FREEZER	6-12 months at 0° F	Never refreeze thawed milk

711 West 38th Street, G-2
Austin, Texas 78705
512.451.5161

Anna C. Bell, MD, FAAP
 Pediatric and Adolescent Medicine
www.cmgaustin.com

3 Announcements

AFTER HOURS CALL SERVICE

There is no charge for after-hours calls to Dr. Bell and all calls will be returned by a pediatrician.

DR. BELL IN THE COMMUNITY

Empowering parents through education is a passion of Dr. Bell's. Here are recent ways that she is making an impact on the health of our community:

- Educating Riverbend Church Day School teachers
- Serving as guest speaker at the Mom's Together group
- Contributing an article on fever to the Seton Family of Hospital's website
- Presenting to expecting families at the Seton Medical

4 Reminders

> **DR. BELL LOVES PHOTOS & ACHIEVEMENT UPDATES**

> **SCHEDULE FLU VACCINES FOR THE WHOLE FAMILY**

> **HOLIDAY SERVICE PROJECT:**

Blankets for Babies: Please bring new & gently used receiving blankets to Dr. Bell's office to donate to premature babies in neonatal intensive care units. These tiny Texans weigh as little as one pound and need comfortable blankets & beanie babies as they gain strength over several months in the hospital. Many families cannot afford to provide blankets and some cannot even afford to visit them. In fact, there are at least 35 babies every day at each hospital that are in need of your generosity. This is an opportunity to make a HUGE difference for a very TINY cause.

5 Events

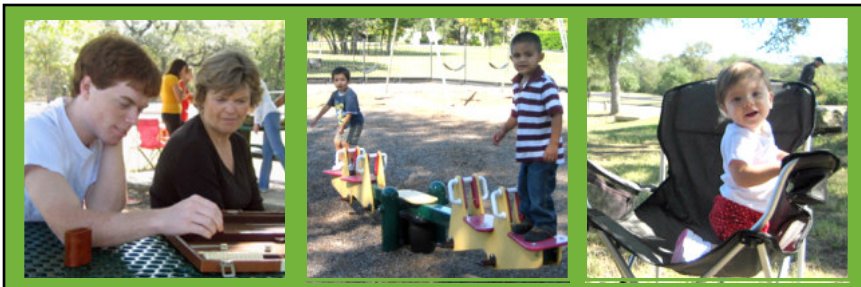
ELECTION DAY They may not be old enough to vote but at Dr. Bell's office everyone's voice is heard! Patients submitted ballots for the presidency for Barack Obama, John McCain, the Easter Bunny or Santa Claus. It was a close race and the winner was.....the Easter Bunny!



HALLOWEEN Spiderman, a lion and other trick-or-treaters needed a quick visit with Dr. Bell prior to collecting candy from their neighbors. We sure were excited to see their costumes!



PICNIC The weather was beautiful for the 1st Annual Staff Picnic. Grilling, board games and conversation made for a truly fun time.



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Email: tx157@postnet.com

3571 Far West Blvd | Austin, TX 78731

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