



Paris
Community
Hospital
Family
Medical
Center

October 2016

Keep your child well

staying
healthy

Lauren Fore, MD



Dr. Fore is a new family medicine physician in the Paris Family Medical Center.

She provides care for patients of all ages and

has a special interest in treating children.

Dr. Fore recently completed medical residency through the Southern Illinois University residency program at Decatur Memorial Hospital, and earned her medical degree at Ross University School of Medicine.

Dr. Fore is a native of Hindsboro, Ill., and attended Arcola schools. She earned her bachelor's degree in molecular and cellular biology (with a minor in chemistry) from the University of Illinois.

Dr. Fore is a member of the American Academy of Family Practice, the Illinois Academy of Family Practice, and the American Medical Association.

In her free time, Dr. Fore enjoys collecting hardcover books and spending time with family. She and her husband, Riley, live in Paris with their two children: Kadence, 2, and Clara, 1.

“Well visits” keep kids healthy

Children experience significant mind and body development during the early stages of life. Because of these continuous changes, it is important to assess their health on an ongoing basis.

Children have more “well-child” visits when they are younger because their development is faster during these years. Well-child visits include a complete physical exam, which can help identify or prevent problems. Immunizations, hearing, vision, and other screening tests also are done during visits.

1 At routine well-child visits, healthcare providers pay special attention to how a child is growing compared to normal developmental milestones. The child's height, weight, and head circumference are recorded on a growth chart, which remains part of the child's medical record.

2 The National Institutes of Health (NIH) notes that well-child visits are a good time to focus

on a child's wellness, even if the child is healthy. To get the most out of a medical visit, the NIH recommends parents or guardians write down their questions and concerns about their child and bring them to their appointments.

3 The American Academy of Pediatrics (AAP) has developed comprehensive health guidelines for well-child care providers to follow called “Bright Futures.” These guidelines provide theory-based and evidence-driven recommendations for all preventive care screenings and well-child visits in the 10 areas of child development. These 10 areas are: family support, child development, mental health, healthy weight, healthy nutrition, physical activity, oral health, sexual development, safety and injury prevention, and community relationships and resources.

According to the AAP, visiting with a provider before a baby is born can be especially important for first-time parents, parents with a high-risk pregnancy, and parents who have questions about feeding, circumcision, and

general child health issues.

After the baby is born, the next visit should be two to three days after bringing the baby home (for breastfed babies) or when the baby is two to four days old (for all babies who are released from a hospital before they are two days old). Some providers will delay the visit until the baby is one to two weeks old for parents who have had babies before.

4 The AAP recommends regular visits (about every two months) for children ages two months to 18 months old. After that, visits should occur at least every six months through age three. Yearly visits are recommended for children ages three to 21. However, parents are encouraged to call or visit their provider any time their child appears ill, or whenever they are worried about their child's health or development.

Dr. Lauren Fore, a new family medicine physician, has a special interest in treating children. She will begin seeing patients in the Paris Family Medical Center in early October. To schedule an appointment, call 217-463-1946.



Is it strep throat?

While strep throat can affect people of all ages, it is most common in children.

Strep throat is a bacterial infection caused by group A Streptococcus bacteria called "group A strep," which is highly contagious. However, strep throat accounts for only a small portion of sore throats and often causes only mild illness.

Strep throat is spread by airborne respiratory droplets through coughs or sneezes, or through saliva, such as kissing or sharing drinks with an infected person. It also is possible to get strep throat from contact with sores from group A strep skin infections.

Although strep throat can occur anytime, it tends to circulate in late fall and early spring. Strep bacteria flourish wherever groups of people are in close contact, which can include schools and daycare facilities.

According to the Centers for Disease Control and Prevention (CDC), common symptoms of strep throat include the following:

- Throat pain that usually comes on quickly
- Painful swallowing
- A fever of 101°F or above
- Red and swollen tonsils, sometimes with white patches or streaks of pus
- Tiny red spots on the roof of the mouth
- Headache, nausea, or vomiting
- Swollen lymph nodes in the neck
- Sandpaper-like rash

Healthcare professionals can test for strep by swabbing the throat to determine if group A strep bacteria are present.

Antibiotics are prescribed if the test is positive.

To help relieve the pain of strep throat, drink soothing liquids, such as warm tea. Pain relievers can be taken, such as acetaminophen (Tylenol). Note that children should never be given aspirin, which can cause Reye's syndrome, a life-threatening illness.

The CDC recommends people with strep throat stay home from school, daycare, or work until they have taken antibiotics for at least 24 hours so they do not spread the infection to others.

There is no vaccine to prevent strep throat. To keep from getting it, the CDC recommends washing hands often and not sharing eating utensils or cups. If you suspect you or your child has strep throat, be sure to cover your mouth when coughing and sneezing to avoid spreading the infection.



Paris Community Hospital Family Medical Center

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staying healthy

PCH/FMC's Community Healthcare Programs October & November

Bee Well Challenge

September 26 through October 2

Join the Bee Well of Edgar County challenge on Facebook by checking in (on the Bee Well of Edgar County Facebook page) and posting what you have done to "be well" each day. Personal accomplishments may include going for a walk, eating a healthy meal, getting more sleep, and more. At the end of the week, participants who have posted all seven days will be entered into a prize drawing, which will include a Fitbit.

Stay Strong, Live Long

Ongoing

This free exercise program for seniors takes place on Tuesdays at 10 am at the Chester P. Sutton Community Center for Seniors of Edgar County. The program helps maintain and increase overall strength to make everyday tasks easier. The program is instructed by licensed PCH Rehab staff.

Safe Sitter Class

October 7

A Safe Sitter class for boys and girls ages 11-13 will take place from 8:30 am to 3 pm in Conference Room D. This nationally recognized class teaches adolescents basic lifesaving techniques so that babysitters are prepared to act in a crisis. Cost is \$35. Scholarships may be available based on financial need. Register by September 28. Call Leighsa Cornwell at 217-465-2606, Ext. 228.

Medical Weight Loss Seminar

October 18; November 15

A free informational session regarding PCH/FMC's Medical Weight

Loss Clinic will take place at 5:30 pm in the Family Medical Center. The program utilizes a medically supervised, scientifically based approach that promotes fat loss while supporting muscle mass. To register, call 217-465-CARE (2273).

Monthly Health Screenings

October 19; November 8

Blood sugar, blood pressure, and lipid panel (HDL, LDL, and triglycerides) screenings will be held from 7 to 9 am each day. Fasting for eight hours in advance is required. The cost is \$25. To register, call 217-465-2606 (or toll free 1-866-465-4141), Ext. 228.

Volunteers' Chocolate Sale

October 26 & 27

The PCH Volunteers will hold their South Bend Chocolate Company sale from 8 am to 4 pm by the rotunda entrance to the Family Medical Center. Proceeds support volunteer projects, including scholarships.

Annual Hospital Fundraiser

November 12

The Hospital & Medical Foundation of Paris, Inc., will sponsor its Eveland Basket "Ball"...A Hospital Hoopla fundraiser at Eveland Gym. A social hour will take place at 6 pm with dinner served at 7 pm. Seating is limited. Call Cindy Belt at 217-465-2606, Ext. 734.

National Nurse Practitioners Week

November 13-19

PCH/FMC encourages everyone to thank their nurse practitioners for the valuable service they provide to the community. Nurse practitioners seeing patients at PCH/FMC include: Susan Arp, FNP-C; Ann Bogue, FNP-C; Debbie Griffin, FNP-C, CDE; Angela Hamilton, FNP-C; Danielle Ireland, FNP-C; Tiffany Turner, FNP-C; Sara Spesard, FNP-C; Samantha Volstorf, FNP-C; and Crystal White, FNP-C.