

Start to 2025!

We have had great month here at the Middletown Location as we continue to grow and learn new ways to serve our patients. We're settling back into our normal rhythm after a choppy few weeks with travel and holidays (as we've all felt). We've seen that our Direct Primary Care model provides even more value during these seasons as it provides more accessibility and communication regardless of office hours! We hope you've settled back into a groove as well as we start the new year.

-Dr. Stewart



Cold Weather Safety

Living in Louisville is great because we (kind of) get all four seasons. But we have ridiculously low temperatures upcoming this month and it's important to keep your kids safe! Cold weather doesn't have to stop your kid from playing, but extra precautions should be taken. Some good guidelines during colder times:



- Kids (particularly infants) need one extra layer compared to adults as they lose heat faster than adults do.
- Space heaters, fireplaces, outdoor heaters, should all be out of reach if hot and unplugged when not in use. (Kids are FAST and seaky).
- If outside, cover as much skin as possible, and check skin color routinely, any area of discoloration/white could be a sign of frostbite and needs to be addressed immediately.
- Take plenty of breaks when playing outside to warm body temperatures
- Have them drink tons of fluids (hot chocolate counts and is my daughter's favorite thing on the planet). Kids' bodies work extra hard when outside and can quickly get dehydrated
- **Have tons of fun and join them if you can! Kids will remember these memories forever!**

January Newsletter

Office Logistics:

I will be out of the office on 1/13 all day, so we have avoided scheduling well checks during that day. As always, if you need us for a sick visit that day, please call and we can have you seen by Dr. Johnson at the Norton Commons location. I'll be available by phone as well if you need something that can be handled virtually!

As a reminder, we have transitioned to a new flat rate pricing model of \$165/month regardless of age.



Louisville Health Updates

Flu cases are spiking quickly, as is the norm around this time of year. Typical symptoms include high fevers, body aches, cough, headache, sore throat, and GI issues. Flu A is the predominant strain over Flu B right now, though functionally there is little difference between the two strains. We have medicines that can help with the flu, Tamiflu and a newer medicine named Xofluza. If started early, these can bring some relief, but ultimately the flu is a virus that can't be "treated" other than letting itself run the course. We still have flu shots available at our office and highly recommend as getting your flu shot helps prevent more serious illness.

In addition to flu, we have a large number of "pneumonia" cases going around. While this feels specific, there are a few different types of pneumonia that a child can develop, so we are here to help navigate. There are more simple viral pneumonias, or the virus infecting a section of the lung. Additionally, bacterial pneumonias exist (and we further break those down into different categories as well if it wasn't confusing enough). In particular, starting last summer, we have had increased numbers of "walking pneumonia" cases which are normally more mild, but can last months if untreated.

Long story short, if your child has a prolonged or worsening cough, especially if there is fever or difficulty breathing, let me know and we can help clarify what's going on.

January Newsletter

Back to School



After long breaks from routines, **it can feel extra difficult getting your child back in the flow.** Some kids will jump right back in, but most will have an adjustment period. This shows itself in many ways (especially depending on the age of the child.) Fatigue, moodiness, school avoidance, vague complaints such as headaches or abdominal pain, anger outbursts, etc can all be seen during the transition period back to school/daycare. Know that these difficulties are “normal” and can be weathered quickly if you’re able to identify and work with your child to help ease the transition. Establishing a good sleep and meal pattern, weaning screen time (which increases during winter breaks), re-introducing educational activities will all be helpful! Please reach out if you feel like you’re having extra difficulties finding that balance.

UPDATE: Mother nature played a cruel joke and decided the holiday break wasn’t long enough. Hang in there!

Extras:

- Don’t forget about our in-house pharmacy. We’ve got loads of common sick day medicines. If you’re in the office, ask us about samples, we want to get rid of them!
- More than anything else, **please reach out if there is anything we can do to make navigating your child’s healthcare easier.** This office is designed with you in mind, and we want our actions to reflect that. We seek out feedback and find it helpful in making this place better for our families and patients!

A BIG “Thank You”

As we head into 2025, we have spent time reflecting on the last few months of opening as well as planning for new, exciting things in 2025 (more to come!) More than anything, we’ve reflected on our thankfulness that you all have trusted your child’s care to us. We know there is nothing more important to you, and we always hope to partner and support you in this journey! We enjoy getting to see your kids grow and develop and get to know them more with each visit! THANK YOU!