



Atlanta Children's Clinical Center, P.C.

March 31, 2023

To the patients and families of ACCC:

Happy Spring! We have had an early start to some warmer spring weather and **allergy season** is upon us. If you think your child might have allergy symptoms or are not sure, please reach out. We can discuss their symptoms over a telemedicine visit or examine them in the office, especially if they have a cough or sore throat. We have seen a high number of **strep throat** cases in the last several weeks. Strep throat can present as fever, rash, vomiting, headache with or without a sore throat. It is the great masquerader!

The CDC and FDA recently approved a **booster dose of the Pfizer bivalent Covid vaccine for children ages 6 months to 4 years** of age if they previously had 3 doses of the original covid vaccine and it has been at least 2 months since their 3rd dose. Some of our patients had the bivalent booster as their 3rd dose and they do not need a booster at this time. If you are unsure which vaccine your child received for their 3rd dose, please call the office, and we can help you sort it out.

Among our older patients, we continue to see a large number of **mental health** issues, including anxiety and depression. If your child does not seem like himself, is more withdrawn, having trouble sleeping, or struggling in school, please think about a possible psychological issue. You can reach out and discuss what you are seeing with us, we can talk to your child alone or together with you and determine the best course of action. We are treating many mild to moderate cases ourselves along with therapists in the community. In severe or complex cases, we can give you referrals to child psychiatrists. There are evidence-based effective therapies available to help.

A recent study uncovered a shockingly high number of cases of **type 2 diabetes** in children and teens post pandemic. The jury is out on the cause, but the prevailing theory is school closures led to an increase in sedentary activity and worsening of dietary habits. As we all know, we have seen an overall increase in **both obesity and eating disorders** these last few years. If you are concerned about your child's weight or dietary habits, please make an appointment. We can discuss appropriate labs, give suggestions on diet and exercise, and make referrals if necessary.

We continue to reach out to you to schedule your child's annual **well visit**. We are finally seeing many patients we have not seen since 2021 or earlier! Well visits allow us to screen for healthy weights, discuss diet, exercise, screen time and also to pick up subtle signs of illness like heart murmurs or abnormal blood pressures. These are all extremely important screenings. Of course, if your child needs a form for sports or summer camp, we can complete those at the well visit. If they have had a well visit in the last 12 months, we can turn those forms around in a few days.

We appreciate your feedback, so if there are things we can do better around here, please let us know. We truly value your opinions as well as your new patient referrals to our practice. Thank you!

Drs. Maxey, Chugani, & Ference