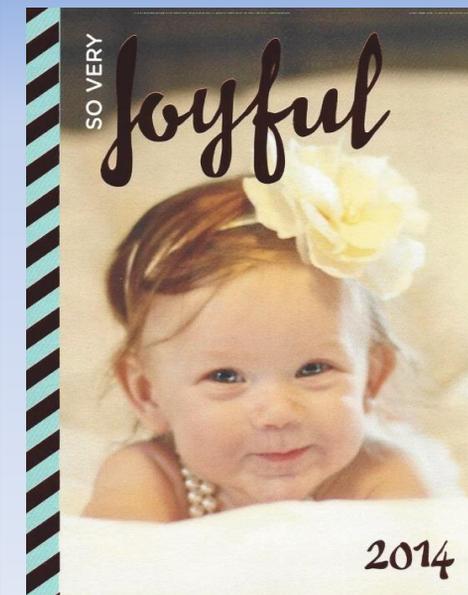




Thank you for
all the beautiful
Holiday smiles
you sent us!

Wishing you all a very Happy New Year!

Congratulations to our latest photo contest winner - "so very Joyful" Anna (pictured below). Your prize, a 1-year membership to Cranbrook Museum of Science, which also has great reciprocity with other museums around the country, is waiting for you at the Doctors For Kids reception.



We had so many adorable entries we wanted to make every smile a winner. We have decided to award an additional runner-up prize to Riley pictured above. She will receive a copy of Dr. Mavani's latest parenting tool – Ticket Please!



Contents:

- Photo Contest Winners
- Update for Food allergy
- Check Out Our Extended Hours
- Measles update on our website main page

Visit Our Web Site
www.dr mavani.org

To sign up online for Wellness Center Courses, Classes and Special Events or email:
patient.concierge@dr mavani.org



UPDATE ON EPINEPHRINE USE FOR FOOD ALLERGEN EXPOSURE.

Extended Hours!

Monday 8:30 am – 6:30 pm
Tuesday 8:30 am – 6:30 pm
Wednesday 8:30 am – 5:30 pm
Thursday 8:30 am – 6:30 pm
Friday 8:30 am – 5:30 pm

We now have three days (Monday, Tuesday and Thursday) that have extended hours, so parents don't have to miss work (or the kids their school) for doctor's appointments.

Please do not hesitate to call after you pick children up from school if you need us.

Avoiding urgent cares is better medicine as we know your children and our Nurse Practitioners also follow the DFK philosophy set by Dr. Mavani of minimal medications and more holistic management. The American Academy of Pediatrics urges use of your pediatrician faculty and so do insurances. We are a patient centered medical home and know your children.

Doctors for Kids

**940 W. Avon Road, Suite 10
 Rochester Hills, MI 48307**



Phone:
 (248) 650-5009
Fax:
 (248) 652-9557
Web Site:
www.dr mavani.org

If your child has food allergies and you have been prescribed an Epi-pen or Auvi-Q, this is very important to read as I know a lot of parents still worry about using epipen and may wait too long before administering it.

Epinephrine is safe, and you already have epinephrine in your body
Epinephrine is a naturally occurring hormone. It is the hormone that is part of our fight-or-flight response. When you are scared or excited, and also when you are exercising, your epinephrine levels surge, but even when you sleep, there is a little epinephrine circulating in your body. An injection from your epinephrine device will increase your level of epinephrine to the range seen under stressful circumstances. Since you have at some point in your life experienced stress, you have already been exposed to the effects of high levels of epinephrine.

If you were given the injection right now, all that would likely happen is that your heart rate and blood pressure would increase to a moderate degree and that you might feel slightly shaky. Epinephrine is metabolized very quickly, and you would not feel this effect for long.

Why You Should Go to the Emergency Room (ER) After Using the Epinephrine

You may have been told that you have to go to the ER after using your epinephrine device. That's not because of the epinephrine; it's because the allergic reaction probably requires further monitoring. Many patients also need more than one dose of epinephrine or other emergency treatments; that may be due to the severity of the allergic reaction or simply because the device was not used correctly (the most common mistake is not holding the device against your thigh for the time required for the full dose of medication to be delivered). So a trip to the ER is the safest thing to do after using epinephrine.

Why You Should Not Wait to Use Your Epinephrine

You might hope the allergic reaction won't be "that bad," and you might be right, but it's important to know that a delay in use of epinephrine is linked to fatal food anaphylaxis. The other risk factor for fatal food reactions is poorly controlled asthma, so if you do have asthma, that is another reason to keep your asthma under good control!

Why You Should Not Be Afraid of the Epinephrine Device

The device itself might look big, but the injection needle is not. It's just like getting a flu shot. As mentioned above, the main side effect you might experience is feeling a bit shaky after using the device.