

Children's & Women's Physicians of Westchester, LLP

The largest group of pediatric specialists of its kind in the region.



COMPREHENSIVE CARE FOR INFANTS, CHILDREN AND YOUNG ADULTS

FALL 2011, VOL. 2, NO. 2

HIGH TECH MEDICAL CARE FOR PREMATURE BABIES

Martin Katzenstein, MD, to Direct NICU at Good Samaritan Hospital in Suffern

The littlest patients at Good Samaritan Hospital in Suffern, New York, now have a strong ally in their fight for a healthy start in life with the appointment of Martin Katzenstein, MD, to the position of Director of the Neonatal Intensive Care Unit. CWPW's Dr. Katzenstein is an expert in neonatal medicine.



Martin Katzenstein, MD

The appointment of Dr. Katzenstein as Director of the NICU at Good Samaritan Hospital solidifies the link between CWPW and the Rockland County community. The appointment took effect in July 2011. "CWPW has been involved with Good Samaritan

Hospital for a number of years," Dr. Katzenstein explains; he was asked to assume the directorship of the NICU by Leonard Newman, MD, President of CWPW.

"There is a huge Orthodox Jewish community in the region," Dr. Katzenstein says, who is Orthodox himself. "We are there to address the needs of the community." The expanded NICU program at Good Samaritan Hospital means the addition of three neonatologists as well as six nurse practitioners, some on a part-time basis. "They'll help to cover the entire NICU, the delivery room and the newborn nursery," Dr. Katzenstein says.

The need is growing: Where Good Samaritan Hospital delivered 2,000 babies annually just a few years ago, that number has jumped to nearly



3,000 babies per year. Expanded services for newborns also include a new neurodevelopment program to follow up infant care. Physicians meet weekly to review cases and recommend treatment. "We're instituting new programs and new equipment," Dr. Katzenstein says, including state of the art respirator equipment.

"Families have questions about circumcision, holidays and other issues," Dr. Katzenstein says. "We want to be sensitive to their needs."

The other CWPW neonatologists on staff at Good Samaritan Hospital are Michael Petrella, MD, and Sonya Strassberg, MD. "We also have an excellent nursing staff that is fully committed to the health and well-being of our patients." Dr. Katzenstein also credits the administrative leadership of Philip Patterson, CEO, and his staff, for providing excellent support for the NICU.

"All of this allows us to provide better coverage, to take care of patients and to assist private practitioners in the area," Dr. Katzenstein explains. "This is our goal: to assist all practitioners in Rockland County in any manner in which we can assist them." Community outreach is also one of Dr. Katzenstein's missions at Good Samaritan Hospital. **CWPW**

SPECIALTIES

ADOLESCENT MEDICINE

CARDIOLOGY

CRITICAL CARE

DEVELOPMENTAL PEDIATRICS

ENDOCRINOLOGY

GASTROENTEROLOGY

GENERAL PEDIATRICS

HEMATOLOGY/ ONCOLOGY

INFECTIOUS DISEASE & IMMUNOLOGY

MEDICAL GENETICS

NEONATOLOGY

NEPHROLOGY

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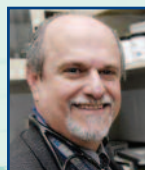
FLU SEASON

Immunization Is the Key to Protecting Children

Just as certain as the changing foliage and the start of the new school year, autumn ushers in a perennial event, albeit with heightened concern: the advent of flu season. The threat of children contracting influenza instills caution and even fear in parents and among school officials, when classrooms and lunchrooms become veritable incubators for communicable illnesses. While the flu can be debilitating and has the potential to be extremely serious in its youngest victims, there are measures that parents can take to shield their children from the contagious disease, while protecting their entire family.

According to Jose Muñoz, MD, Chief of Infections Diseases and Immunology at CWPW, the smartest route to take to prevent children from contracting the flu is immunization. "The flu vaccine is recommended for all children over the age of six months," Dr. Muñoz states. "It's a good vaccine, and it would prevent a lot of disease, absenteeism and complications" if all children of age received the vaccine.

Last year, Dr. Muñoz says, "We had many babies who had to be admitted to the hospital with high fever" and other flu symptoms. These children, all under the age of six months, were too young to receive the vaccine, but probably contracted the disease from family members or others in close contact. "It's not fair to the infant or baby," he says. As such, Dr. Muñoz stresses, the only way to protect the littlest children from the flu is to immunize



Jose Muñoz, MD

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A MESSAGE FROM *The President*

Now that the summer is behind us and we're all back to our regular routines, it's time to focus on some interesting and serious issues that affect children and their caregivers. There's always something that parents can do to help keep children safe any season, but in the fall there seem to be more challenges than other times of the year.

Halloween is always a great diversion for children, who get to play out their fantasies for one night a year in myriad different ways. However, much can go wrong on this holiday, and there are many things for parents to watch out for, from costume mishaps to potential dangers from motorists while children meander through the neighborhood. In this, our Fall issue, we take a look at some of the ways to protect children as they dress up, go about their Halloween festivities, and enjoy the fruits of their visitations.

“There’s always something that parents can do to help keep children safe any season, but in the fall there seem to be more challenges than other times of the year.”

We're pleased to report that Martin Katzenstein, MD, a noted neonatologist at CWPW, has been named Director of the Neonatal Intensive Care Unit at Good Samaritan Hospital in Suffern, New York. Now newborns in this region will have the advantage of a highly experienced physician directing the efforts to assist infants in their first days and weeks of life.

Part of optimal child health is ensuring that young people get a good night's sleep. It's not always easy. In this issue we discuss this important part of overall child health — how to spot sleep disorders, and how to get help for children who experience problems getting to sleep, or staying awake.

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Leonard Newman, MD

N E W C W P W A F F I L I A T I O N S

VASSAR BROTHERS MEDICAL CENTER *Pediatric Hospitalist Services*

Parents in the northern Hudson Valley region can now breathe easier knowing that their hospital-based pediatrician is affiliated with the respected roster of high-quality physicians associated with CWPW.

CWPW recently entered into a contractual agreement with Vassar Brothers Medical Center in Poughkeepsie to provide pediatric hospitalist services at the Dutchess County health care facility. The dedicated in-patient pediatric unit delivers child medical care around the clock, seven days a week.

“We provide consultation to the Emergency Medicine Department, as well as surgical services at Vassar Brothers,” explains Jenny C. Sung, MD, who coordinates the CWPW hospitalist program at the medical center. Dr. Sung is joined by three other physicians as well as a nurse practitioner. Accompanying Dr. Sung at the Vassar Brothers program are: Purnima Mandal, MD; Claire Elpenord, MD; Sharon Wu, MD; and Nurse Practitioner Elaine Suderio-Tirone, FNP.

For the last five years Dr. Sung has been the Pediatric Hospitalist for Children's Medical Group and Medical Director for Pediatrics at Vassar Brothers Medical Center. Children's Medical Group, headquartered in Poughkeepsie, is one of the largest pediatric medical practices in the Mid-Hudson Valley.

The CWPW hospitalist program at Vassar Brothers is exclusively for patients who are admitted to the hospital. “The best part of the program is that the family and the children get to stay locally,” Dr.

Sung explains. “The family can spend time with their hospitalized child, go home, and come back easily. Parents can do what they have to do with their other children, pick a child up from the bus, get a child's belongings, and return easily.”

And, Dr. Sung adds, “We can tap into the resources of the subspecialists at CWPW. This can really streamline the process, so if a child needs to be transferred to Maria Fareri Children's Hospital, we can do so.”

Transitioning to the CWPW position at Vassar Brothers from the Children's Medical Group “was very easy for me,” Dr. Sung says. “I'm very familiar with the hospital and with the physicians in the community. This made it very easy for me to admit to the program; they already know me, and I know them. It all transitioned very nicely.”

The CWPW program with Vassar Brothers is a resounding success. “It's working out very well,” Dr. Sung explains. “They're happy with the program, and we're looking forward to the program continuing to grow and allowing parents to keep their child closer to home” while undergoing treatment.

As the program evolves, Dr. Sung hopes to expand the number of families utilizing the services of CWPW at Vassar Brothers. This includes children who would ordinarily need to be transferred who can now take advantage of the resources of the pediatric hospitalist on site.

“That's our goal,” she states. While the overall trend nationally is to retrench and even close pediatric units in community hospitals, Dr. Sung is championing the expansion of pediatric in-patient hospitalist services from CWPW. “Our goal,” she insists, “is not only to keep the pediatric unit at Vassar Brothers, but to grow it over time.” **CWPW**

BRONXVILLE WOMEN'S CARE

Women and expectant mothers in lower Westchester County who care about optimal health for themselves and their unborn child have relied on Thomas J. Rubeo, Jr., MD, at Bronxville Women's Care for years. Now that Dr. Rubeo and his staff of three have formed an alliance with CWPW, they'll have the added benefit of access to a range of neonatologists and other subspecialists available through CWPW's growing organization.

“I had been thinking about joining a group for some time,” Dr. Rubeo explains. Affiliated with Lawrence Hospital in Bronxville, Dr. Rubeo contacted CWPW at the suggestion of another physician affiliated with the same institution. “They were very receptive,” Dr. Rubeo says. Leonard Newman, MD, President of CWPW, visited Dr. Rubeo's office, and “we started exploring the idea of joining CWPW,” Dr. Rubeo says.

An independent practice, Dr. Rubeo is a solo obstetrician/gynecologist. He has been practicing independently for three years.

The affiliation with CWPW allows Dr. Rubeo to continue one-on-one OB/GYN service, while freeing him up from some of the administrative issues. CWPW takes over much of the back-office work, yet maintaining a light footprint at the practice. “Spending valuable time on paperwork can get tedious,” Dr. Rubeo explains, and “with the partnership with CWPW I look to alleviate much of that tedium.”

The arrangement with Bronxville Women's Care broadens CWPW's horizons by bringing the OB/GYN component into the organization.

“I'm very optimistic about the arrangement,” Dr. Rubeo emphasized. “I feel that CWPW really wanted to work with me. I think it's a good move for me and for this practice. I hope it more than works; I hope it flourishes.”

Bronxville Women's Care is located at One Pondfield Road, #302, Bronxville, New York 10708. Their phone is 914-337-3715; their email address is info@bronxvilleobgyn.com. **CWPW**

ORANGETOWN PEDIATRICS

Orangetown Pediatrics has a respected history of providing quality health care to children and adolescents in Tappan and in the Rockland County region dating back to the founding of the practice in 1962. Now the group is teaming up with CWPW and its expansive array of subspecialty professionals to enhance the level of care and administration.

Under the new arrangement, which becomes official this November, CWPW assumes a large percentage of administrative duties for the Orangetown Pediatrics practice, while providing increased access to CWPW physicians. This, according to Alanna Levine, MD, FAAP, one of four managing partners at Orangetown Pediatrics, allows the practice to focus more on treating children while providing top-notch care to families in the region.

“We started looking at joining a larger organization and considered several; then we approached CWPW,” Dr. Levine explains. “We were most impressed by the CWPW organization. We've worked with many of the CWPW physicians over the years,” she notes, and the idea of linking with the group just made sense.

Philip Newfield, MD, FAAP; Cynthia Cohen, MD, FAAP; Eric Oberman, DO, FAAP; and Loren Yellin, MD, fill out the team at Orangetown Pediatrics. A physician assistant assists the pediatricians on an as-needed basis.

“Now we see many of the children of the original patients who came to the practice, and we're even seeing some of their grandchildren,” Dr. Levine explains.

Linking with CWPW will allow Dr. Levine and her associates to provide the same level of quality care, without the burden of many administrative duties that tend to encumber many independent physician offices. “Our day-to-day practice will remain the same,” she says. “We'll enjoy the same level of control, yet focus more on delivering quality patient care.”

Dr. Levine points to the fact that physicians at Orangetown Pediatrics have relied on the subspecialists at CWPW for many years. “It's so nice to be able to continue that access, and this will improve that relationship.” **CWPW**

CWPW DOCTORS

Around the World

Michael H. Gewitz, MD

Michael H. Gewitz, MD, Chief of Pediatric Cardiology and Vice President at CWPW was recently the guest of the Japanese Pediatric Cardiology and Cardiac Surgery Societies at their annual meeting at the International Conference Center in Fukuoka, Japan.



Michael H. Gewitz, MD

The meeting attracted over 12,000 attendees from Korea, China, and Taiwan.

Dr. Gewitz gave two presentations at the conference: The first dealt with the treatment and prevention of endocarditis in congenital heart disease; the second concerned pulmonary hypertension in pediatric patients, which included new thoughts on etiology, diagnosis, and treatment.

In April 2012, Dr. Gewitz will travel to Dubai as a guest of the World Heart Federation to speak at their annual Scientific Meeting and to represent the American Heart Association as its chairman of the Scientific Council on cardiovascular disease in the young. The topic of Dr. Gewitz's presentation will be the application of endocarditis prophylaxis and treatment guidelines in children and young adults.

Mitchell S. Cairo, MD

Mitchell S. Cairo, MD, Chief of Pediatric Hematology, Oncology and Stem Cell Transplantation at CWPW, delivered a presentation this past September at the International Cancer Conference at Trinity College in Dublin, Ireland. Sponsored by Trinity College Dublin in association with the Irish Cancer Society and held at the Biomedical Sciences Institute, the conference was entitled, State of the Art Cancer Care. Dr. Cairo discussed Burkitt Lymphoma Treatment, Strategies and Outcomes in Children and Adolescents.



Mitchell S. Cairo, MD

Sergio Golombek, MD

Sergio Golombek, MD, of the Neonatology Division at CWPW, addressed the SIBEN Conference in Santiago, Chile in October. SIBEN, the Sociedad Iberoamericana de Neonatología, is a highly respected organization of neonatal specialists throughout Central and South America. Dr. Golombek discussed neonatal analgesia and sedation and the use of inhaled nitric oxide in newborn infants.



Sergio Golombek, MD

Dr. Golombek will also attend a three-day conference beginning November 8, 2011 at the Tenth World Congress of Perinatal Medicine in Punta de Este, Uruguay. He is on the Scientific Committee of the organization.

Dr. Golombek will then head to San Salvador, El Salvador on November 21, 2011 for a three-day conference, the IV Congreso Mesoamericano Y Del Caribe de Pediatría. Dr. Golombek will discuss: newer tendencies on feeding the premature infant, diagnosis and treatment of patent ductus arteriosus (PDA) and and physiopathology and management of perinatal asphyxia; he will also address the importance and prevention of RSV (respiratory syncytial virus) infection, a major cause of pediatric respiratory illness.

CWPW



Flu Season *continued from page 1*

everyone in that child's intimate circle, family members and all caregivers who come into contact with the baby.

The flu vaccine has been available for a generation, Dr. Muñoz states, and needs to be administered annually. It is recommended by the American Academy of Pediatrics and the Centers for Disease Control. The vaccine is available as an inoculation, and as a nasal mist. The latter is not recommended for children with asthma or with other respiratory conditions, or those who take steroids for another condition.

According to Dr. Muñoz, pediatric flu symptoms are distinct from cold symptoms. "With the flu, symptoms start out with a fever, headache, sore throat and chills," he says, "and congestion follows. With a cold, it's just the opposite; it begins with congestion, sore throat and sniffles, and can progress to a headache with fever and chills."

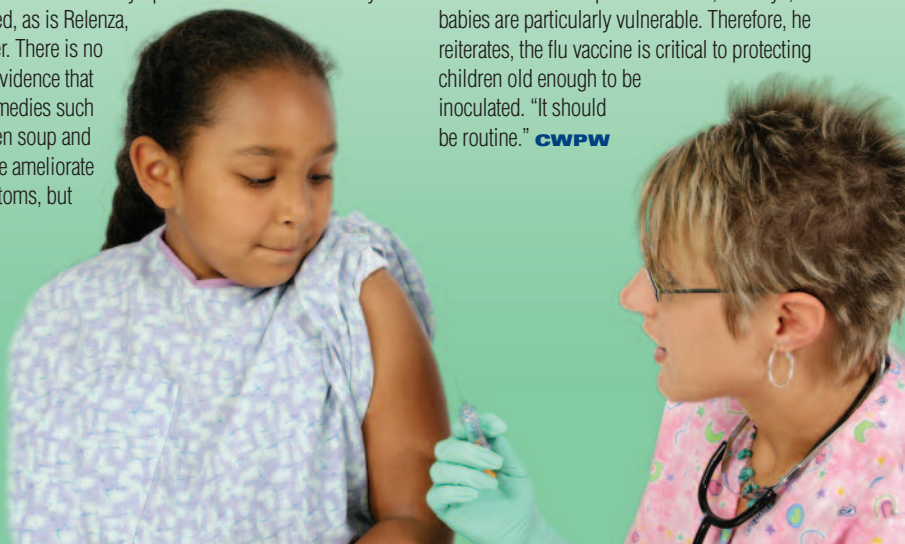
School-age children are more susceptible to the flu, but complications can be more severe in infants and young children. Between 100 and 150 children die annually from the flu, with thousands more sickened.

"In this day and age when we have expectations that all children will be healthy, we have come pretty far, but children still get sick from the flu," Dr. Muñoz points out.

If a child does come down with the flu, there are medications to ease the symptoms. Tamiflu is commonly prescribed, as is Relenza, an inhaler. There is no clinical evidence that home remedies such as chicken soup and ginger ale ameliorate flu symptoms, but

Dr. Muñoz says they do provide comfort, and hydration helps to relieve congestion and cleanse the system.

There is still no substitute for immunizing a child against the flu, Dr. Muñoz insists. "Everyone not immunized is susceptible to the flu," he says, but babies are particularly vulnerable. Therefore, he reiterates, the flu vaccine is critical to protecting children old enough to be inoculated. "It should be routine." **CWPW**



SOUND SLEEP

Is a Vital Component of Child Health

Raising healthy children requires that parents pay careful attention to myriad issues. These include making sure that their child eats nutritious food, exercises regularly, wears safety equipment when playing sports and riding bikes, and that parents respond promptly when illness or injury occurs. An often overlooked but very important aspect of overall child health involves getting a good night's sleep. When sleep is interrupted or deprived it can have serious repercussions on a child's health.

Whether your child is an infant, toddler, pre-teen or teenager, proper sleep is a crucial element in maintaining overall health, explains Nadav Traeger, MD, Director of Pediatric Sleep Medicine at CWPW. Sleep disorders come in varying forms that can adversely affect a child's health, Dr. Traeger says. "We receive hundreds of referrals a year," he states regarding the Sleep Center. "While most come for evaluation of sleep apnea and other sleep-related breathing issues, other children are brought for evaluation of trouble falling asleep or staying asleep."



Nadav Traeger, MD

In younger children, behavioral sleep disorders are relatively common, Dr. Traeger says, and minor modification of a child's sleep habits or daily schedule can usually resolve the issue. However, Dr. Traeger adds, the issue of sleep — or lack thereof — becomes problematic when it

but on occasion medication may be indicated," Dr. Traeger says.

Dr. Traeger says there are three principal reasons to seek medical evaluation for sleep disorders. The first, insomnia (trouble falling asleep or staying asleep), can leave a child sleepy and

There are measures that can be taken to help children to sleep better, and get them to the point where they enjoy restful sleep every night. Once the problem is defined and diagnosed, treatment is recommended.

has a noticeable impact on a child's ability to function normally during the day, is disruptive to other family members' sleep, and when parents can't resolve this by taking the usual steps to eradicate the problem. Examples of this include having a regular bedtime routine, and avoiding caffeine and late-day naps.

There are measures that can be taken to help children to sleep better, and get them to the point where they enjoy restful sleep every night. Once the problem is defined and diagnosed, treatment is recommended. "This nearly always consists of lifestyle modifications,

unfocused during the day and generally affect daytime performance in school, with sports, and elsewhere. Next, hypersomnia, in which a child is too sleepy throughout the day despite getting a seemingly sufficient amount of sleep at night, needs to be investigated as well. Finally, obstructive sleep apnea, a condition where breathing is disrupted during sleep, absolutely needs to be investigated. "It's important to make sure that a child's breathing is all right," Dr. Traeger says. "Snoring during sleep should be investigated in a timely fashion."

CWPW

Messenger from the President

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CWPW physicians are some of the best anywhere, and many spend time overseas sharing their expertise with other physicians. Here we highlight three CWPW doctors who have recently made presentations to physician groups in other parts of the world.

We're pleased to welcome three new affiliations to the growing family of CWPW offices.

The hospitalist pediatric program at Vassar Brothers Medical Center in Poughkeepsie, New York, joins our organization. In addition, Bronxville Women's Care adds an important OB/GYN component to our family of offices. Orangetown Pediatrics in Tappan, New York, in another new pediatric practice being added to our family. We're happy to have all of them working with us.

As always, we invite you to get in touch with us if you have a question or story idea. Some of our best ideas come from parents. We look forward to hearing from you. Email us at: info@cwppw.org.

Enjoy the newsletter, and the fall season! **CWPW**



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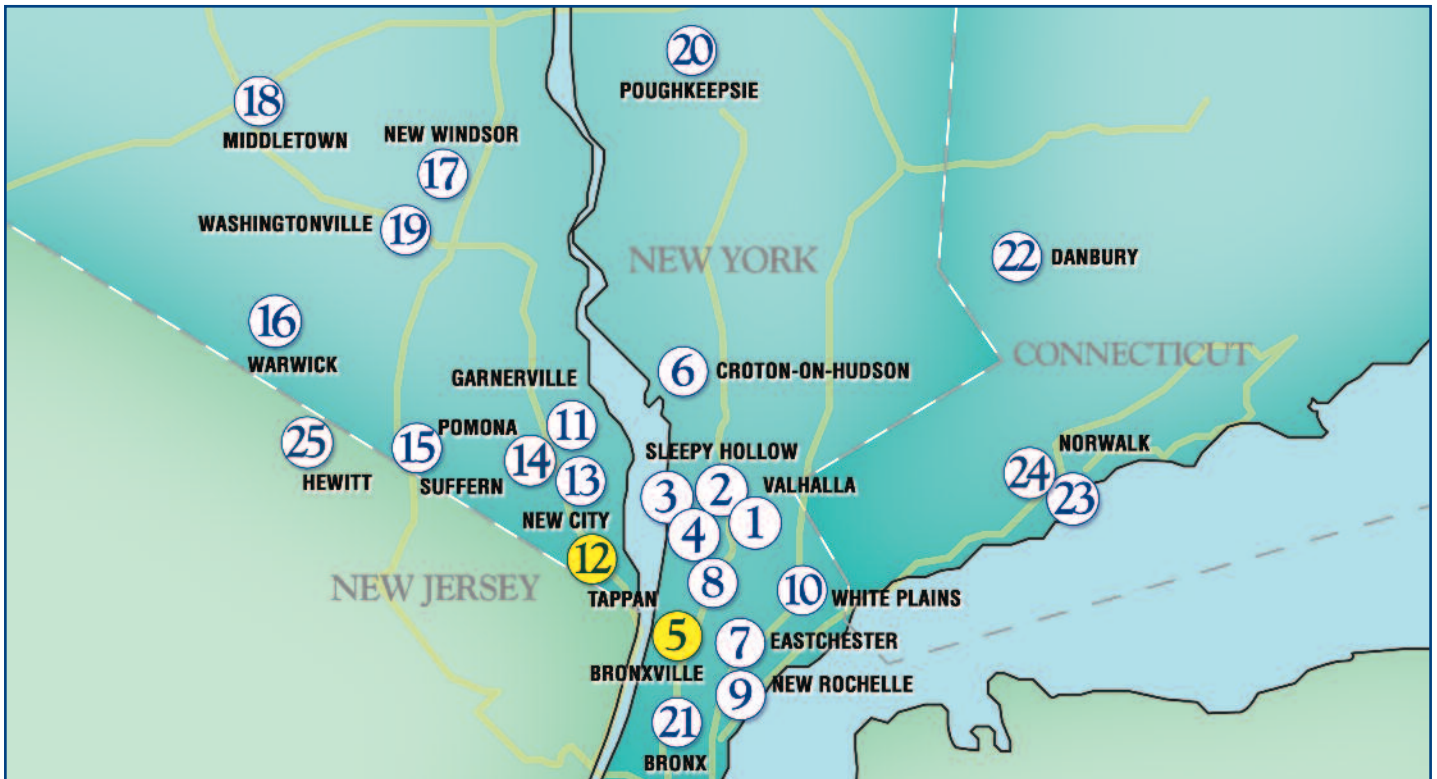
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Herbert Kania Pediatric Group

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The largest group of pediatric specialists of its kind in the region.

TREATS WITHOUT TRICKS

Keep It Simple, Keep it Safe on Halloween

Halloween provides children the opportunity to demonstrate their creativity and to live their fantasy. Ghost or gorilla, gladiator or Greek goddess, children express themselves in myriad ways on All Hallows Eve.



Carey S. Goltzman, MD

Beyond the joys of assuming an alter ego or playing the role of an admired real or fictional figure, Halloween can be riddled with pitfalls and dangers. According to Carey S. Goltzman, MD, Chief of Pediatric Critical Care Medicine at CWPW, smart preparation, careful supervision and common sense should all be part of the Halloween celebration. Whether a child is five or fifteen, protective and preventive measures still need to be taken to ensure a safe Halloween experience.

Years ago it was Halloween's booty that was scrutinized for safety. "But these aren't the injuries that generally occur," Dr. Goltzman explains. "Today it's usually burns from flammable costumes, or collisions with motor vehicles or bicycles while Trick or Treating and while walking on a poorly lit street." Dr. Goltzman recommends applying reflective tape to a costume to allow for greater visibility by motorists. "Since Halloween occurs at the end of October it gets quite dark early, just when children head out in their costumes," he says. Using reflective tape or bringing a flashlight can help considerably. "The idea is to make

children more obvious to motorists," he says.

When outfitting a child for Halloween activities, Dr. Goltzman recommends donning a costume that fits well, and one that's appropriate to the child's age. Oversized outfits can trip up a child, he says, and masks or wigs that cover too much of the face can block a child's line of vision. Children should also jettison the idea of carrying swords, sticks, batons or any extraneous accoutrement that can injure them or another child.

Homeowners also need to be aware that children will be visiting their home, and should prepare their property accordingly, Dr. Goltzman explains. This means keeping driveways and walkways dry and clean of debris. Wet leaves should also be removed to prevent slipping. Unrestrained animals should also be kept indoors to forestall any mishaps.

"One of the biggest and best preventative measures that parents can take is to accompany their children," Dr. Goltzman says. "Children need to be well supervised." And, he adds, children ought not supervise other children. "A 12-year-old should not be in charge of a group of six-year-olds," he insists. "That is not appropriate supervision"

Dr. Goltzman also recommends that children let parents know exactly where they will be on Halloween, and for how long. Children should also have a cell phone with them to call parents in case they are needed.

When children return from their outing, parents should scrutinize their bounty of treats. "Parents should go through the bag to make sure there is nothing spoiled, unwrapped, dangerous or suspicious," Dr. Goltzman recommends. And, after children feast on their booty, he says it's important that



children eat healthy meals to counteract the infusion of sugar from the plethora of treats consumed.

Dr. Goltzman also recommends that those providing treats for children rethink their offerings and consider dispensing healthier snacks in place of high-sugar treats. A piece of fruit, a granola bar or even a bag of pretzels are all preferable to calorie- and sugar-laden candy bars.

Finally, Dr. Goltzman says, when it comes to suiting up for Halloween, sometimes taking the simple route is the best route. Face-painting a few whiskers on a child can go a long way toward bringing out the inner cat in a child, he says. "Children are very inventive and have great imagination," Dr. Goltzman states. "It takes very little to let children feel that they are something or someone else. To keep it safe, keep it simple."

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