

Go Back to School – With A Clean Bill of Health

The back to school season is not only a time to make sure that your child is prepared for school with supplies and clothes. It's also time to make sure that children have all their shots and get a complete physical. In order to accomplish two of those tasks you can take your child down to one of 11 Preferred Health Partners locations in Brooklyn. In honor of National Immunization month Preferred Health Partners is hosting a Back to School Vaccine Campaign. If you visit any Preferred Health Partners location before August 26th for your back to school physical you will receive a free backpack with school supplies.

Dr. Sherif Nasr, Chief of Pediatrics at the Preferred Health Partners' Downtown Center location, has been board certified and in practice for 25 years. Dr. Nasr says that the back to school physical is the perfect time to update all immunizations and that the required physical form (CH205) that all children need can be filled out at this time. Dr. Nasr and his colleagues at Preferred Health Partners keep their records up to date with electronic medical records in order to make sure that each child has the proper vaccinations needed for their age group. The electronic medical record proves to be very helpful when it comes to childhood allergies and current medications. The pediatricians at Preferred Health Partners will perform a physical for each child that will include a check of all their vitals, blood tests that include checking for anemia and lead levels, required vaccinations and the test for TB. They can also do a more rigorous test for students that are involved in sports that could include an EKG and a check for scoliosis.

Parents may have questions about vaccinations and

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the risks involved and Preferred Health Partners has the answers. The vaccinations and the tests they perform are all under the guidelines of the CDC, AAP and the AAFP. Dr. Nasr notes that the risk of disease for those children without immunizations can be very serious and in some cases even fatal. Parents should be aware that vaccines are extremely purified now and that the new single dose vial has removed the need for dangerous preservatives. Now, even children with egg allergies can be assured of safety as the egg content is minimal. Parents should make doctors aware of any allergies to gelatin as this can create a reaction to shots.



Nationwide, pediatricians are required to report adverse affects of any patient to the vaccinations as the entire industry is closely monitored.

Most children, if asked, would not want to go to the doctor so it is up to parents to properly prepare them for this experience. A good approach is to not to threaten children with a visit to the doctor, but rather have a conversation about why doctor visits are good and how a trip to the doctor now will keep them healthy later. Preferred Health Partners provides numbing solutions for kids afraid of needles in order to remove that fear factor. Re-

member if all else fails a good old fashioned bribe like taking them out for ice cream can provide the incentive needed for a pleasant visit.

Preferred Health Partners is the largest multi-specialty group in Brooklyn with over 180 physicians. They have the doctor you need, whether it's a pediatrician, dermatologist or OB-GYN services. They accept over 22 insurance plans and have a multilingual staff to better communicate with the community they serve. For a Preferred Health Partners location nearest you, call 1-866-791-0993 or check out their website at www.brooklyndocs.com.