

# Jose F Alvarado and Associates

## Back to School 2024 Newsletter

Back to school we go as another summer comes to a close. We hope our families and patients had an amazing summer as we shift gears back to the school season. Here at Alvarado and Associates we want to do our part to help get ready for the school year and are starting a bi-annual newsletter. Our goal is to use the newsletter to help inform families of new services available at our office; administrative policy changes; good news from families / office staff and information about pediatric services available in our area.



## Influenza Vaccines

### 2024 - 2025

Our providers firmly recommend routine influenza vaccination for all eligible patients starting at 6 months of age.

Influenza infections tend to be most severe in our youngest patients. Especially children under 2 years of age.

Influenza vaccination is not 100% at protecting against flu infection but is highly effective at preventing severe flu illness and hospitalization or death.

Flu vaccines have arrived and are available in our well office location by appointment or through our Flu clinics. Please ask about receiving your flu vaccine at any office visit.

### Saturday Flu Clinic

Oct 5th 2024

8:00AM - 11:30AM

**Also available with  
Nurse appointment  
during office hours**





## Saturday Morning Acute Care Hours

**9-11:30AM**

**Re-starting Oct 12th  
2024 and will run  
through Spring 2025.**

**Walk in or call for  
appointments.**

**Now offering  
Phone and  
Video  
Interpreter  
Services in  
both our Well  
Office and  
Sick Office.**



KYLIE WHITE, PNP, JOYCE BLEVINS, FNP, STACEY ENGSTER, MD, & JOSE E. ALVARADO, MD  
Photo by Grant L. Gursky

**JOSE F. ALVARADO AND ASSOCIATES,  
BEST PEDIATRICIAN, WICOMICO COUNTY**



## Growing Families for Our Staff

**Dr. Engster is expecting her third child in late December 2024 and will be out for maternity leave through March 2025**

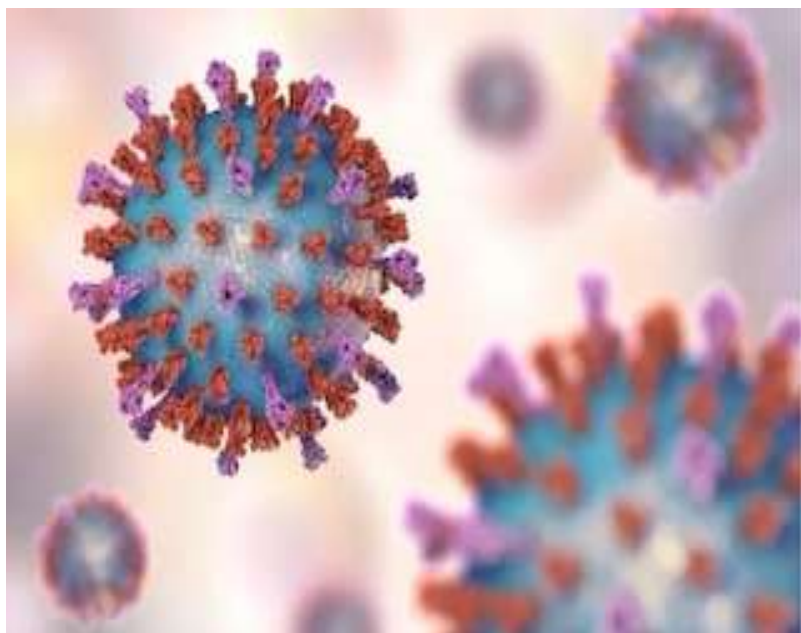


**Nurse Kendra is expecting her first child in November 2024 and will also be out of the office on maternity leave through February 2025.**



# What is RSV?

Respiratory Syncytial Virus (RSV) is a highly contagious virus that can lead to respiratory infection in babies. RSV is most common and spreads most often during the winter virus season (fall through spring) but can vary by local area. It can be spread from a kiss or by snuggling a favorite toy.



## The facts and figures

- + Most of the time RSV will cause a mild, cold-like illness. Initial symptoms of RSV can include:
  - congestion
  - runny nose
  - irritability
  - decreased appetite
  - fever
  
- + As the infection spreads to the lungs the symptoms can worsen and can also cause severe illness such as bronchiolitis or pneumonia. Symptoms can include:
  - short, shallow, and abnormally fast breathing
  - a wheezing cough
  - nasal flaring
  - poor feeding
  - unusual tiredness
  - developing a blue tint to their lips or fingernails
  - fever
  
- + RSV is unpredictable; it's hard to know if a baby will have a mild or serious infection—even if they're born healthy and at full term.
  
- + Although severe RSV is rare, RSV is the leading cause of hospitalizations in babies under 1.
  
- + Babies are 16x more likely to be hospitalized with RSV than with the flu.

# Meet

## Beyfortus<sup>®</sup> (nirsevimab-alip)

50 mg  
100 mg  
Injection

Beyfortus is an injection that is given directly to your baby to provide fast-acting protection against serious lung infection caused by RSV. Beyfortus can help prevent serious RSV lung infections for newborns and babies born during or entering their first RSV season.

Beyfortus is not a vaccine. It's a **preventative antibody** that gives babies the RSV antibodies they lack. A single dose gives your baby 5 months of protection against serious RSV lung infection.

An additional dose of Beyfortus may be needed for children up to 24 months of age who remain at increased risk for severe RSV disease in their second RSV season. For children undergoing cardiac surgery with cardiopulmonary bypass, an additional dose of Beyfortus is recommended as soon as the child is stable after surgery. Beyfortus may not protect all children.

## BEYFORTUS F.A.Q.

**Is Beyfortus recommended by the office providers?**

– Absolutely. RSV is a leading cause of pediatric illness, hospitalization and death. We saw fewer cases of RSV, and much milder illness last year in those patients who received the vaccine.

**When can my child receive Beyfortus?**

– We are only able to administer Beyfortus Oct 1st thru March 31st in our region. Insurance covers Beyfortus only if given during this time frame.

## When can my baby get Beyfortus?

Beyfortus should be given before the start of your baby's first RSV season, so they are protected before coming in contact with someone infected with RSV. The typical RSV season usually occurs from fall through spring. Your baby's doctor can tell you when the RSV season starts in your area.



### If a baby is born during RSV season:

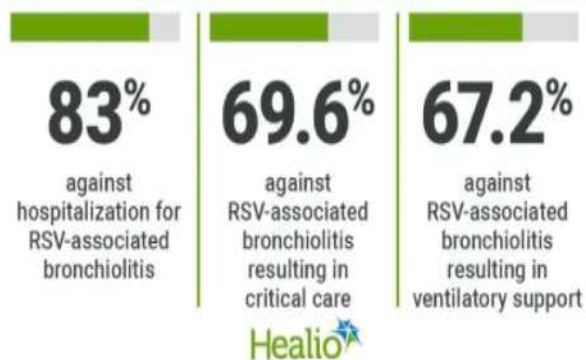
- Beyfortus should be given at birth.
- If not given in the hospital, they should receive it at their first doctor's visit.



### If a baby is born in the spring or summer:

- Your baby can get Beyfortus at a regular checkup, just before RSV season.
- They can get their injection at the same time as other routine childhood vaccines.

More real-world data demonstrate effectiveness of nirsevimab against RSV:

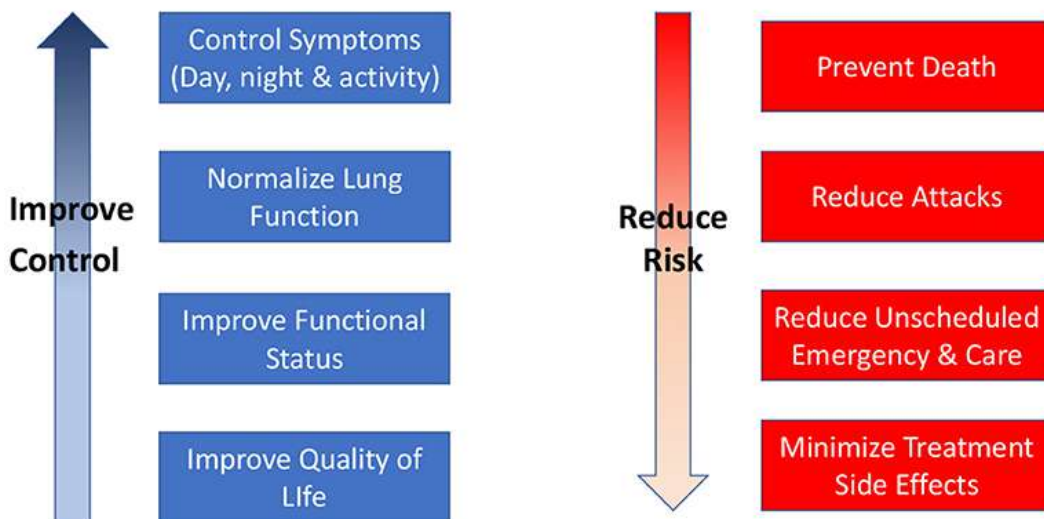


Data derived from Assad Z, et al. *N Engl J Med.* 2024;doi:10.1056/NEJMoa2314885.

# Asthma Care

**Asthma Maintenance Visit recommended every 6 months.**

## Aims of Chronic Asthma Management



### Give the medicine

Hold the mask over your child's face with one hand. Hold the spacer with the other hand and press the MDI down firmly with your thumb. This will release one puff into the spacer.



Hold the mask over your child's nose and mouth for 10 to 15 seconds. This should allow your child to take about six breaths. You can also watch a valve move inside the spacer to count the breaths. Make sure your child takes deep breaths.



If your child needs to take more than one puff of the medicine, remove the MDI from the spacer and repeat steps 2 to 5.

# Now Offering Fluoride Varnish Services

## Fluoride Varnish



### WHY DO WE RECOMMEND PUTTING FLUORIDE VARNISH ON CHILDREN'S TEETH?

- Tooth decay is one of the most common preventable diseases in children.
- Children as young as 9 months can get cavities.
- Cavities in baby teeth can make eating, speaking, sleeping and learning difficult.
- Children do not lose all of their baby teeth until they are about 11 to 12 years old.
- Fluoride varnish can reduce cavities by 40%.

### IS FLUORIDE VARNISH SAFE?

- Yes! Fluoride varnish is Food and Drug Administration (FDA) approved and American Dental Association endorsed.
- Fluoride varnish is non-toxic and can be used on baby teeth.

### WHAT IS FLUORIDE VARNISH?

- Fluoride varnish is a protective varnish that is applied on teeth.
- Fluoride varnish helps prevent new cavities and can help stop some cavities that have just barely started.

### HOW IS FLUORIDE VARNISH PUT ON TEETH?

- The varnish is applied on the teeth with a small brush.
- It is quick, easy, painless, and tasteless.

### HOW LONG DOES THE FLUORIDE VARNISH LAST?

- Very small amounts of the varnish remain on the teeth and release fluoride for 4-6 months.
- The fluoride varnish can be applied every 4-6 months.

### Instructions for Care After Treatment

After the application of the fluoride varnish, your child will feel a coating and may notice a difference in the color of their teeth. To obtain the maximum benefit from the fluoride varnish, follow these simple steps:

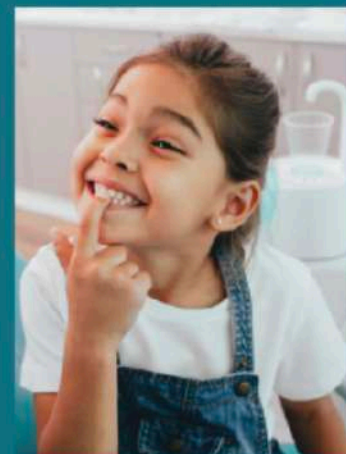
- Do not remove the fluoride varnish by brushing or flossing for at least 4-6 hours
- If possible, wait until the next morning to resume normal oral hygiene
- Eat soft foods and avoid hot drinks and products that contain alcohol (i.e. mouth washes/ oral rises) until after your child brushes their teeth.

### WHAT IF MY CHILD SEES THE DENTIST TWICE A YEAR?

Their teeth can still be varnished! Dentists varnish during cleanings, but fluoride varnish can be applied up to four times a year.

### How to Prevent Cavities

- Supervise your child's daily toothbrushing.
- Don't put anything into your mouth and then into your child's mouth. (i.e. pacifier) This can spread bacteria to the child's mouth that can cause cavities. Cavities are contagious!
- Avoid soda and sugary drinks, as they are major sources of cavities. Sugary liquids in bottles can lead to early childhood cavities. Infants should finish their bedtime and nap time bottles before going to bed. Encourage your child to drink from a cup by his/her first birthday.
- Visit your dentist regularly - ideally, twice a year.
- Ask your doctor or dentist about fluoride tablets and fluoride varnish.
- Start cleaning your child's teeth at a young age (9 months to 2 years) with a clean washcloth or soft toothbrush.



## No Show / Short Notice Cancellation Policy

We value your time as parents/patients and strive to provide the highest quality pediatric care. To support these core values we do not double book appointments and offer generous appointment durations.

In order to maintain this high level of care we depend on minimizing no shows, short notice cancelations and late arrivals. If you are not able to keep a scheduled appointment, we require 24-hour notice. **There is a charge of \$50.00 for missed appointments or less than 24-hour notice cancelations or changes.**

## Looking for Pediatric Dental Providers?

### Chesapeake Healthcare Dental

12165 Elm Street  
Princess Anne, MD. 21853  
Phone: 410-651-5151

### Eastern Shore Pediatric Dentistry

917 Snow Hill Road Suite D  
Salisbury, MD. 21804  
Phone: 410-202-8515

### Kent Island Pediatric Dentistry

160 Sallitt Dr. Suite 160  
Stevensville, MD. 21666  
Phone: 410-604-2211

### Krause Smiles

Mark Krause, DMD  
560 Riverside Dr. Suite A-205  
Salisbury, MD. 21801  
Phone: 410-742-1688

### Pediatric Dentistry of Salisbury

JeanAnn Lewis, DMD PC  
677 S. Salisbury Blvd  
Salisbury, MD. 21801  
Phone: 410-749-0133

### Porter Dental

406 N. Fruitland Blvd  
Fruitland, Md. 21826  
Phone: 443-241-2516

### Seaside Smiles

Susan Vickers, DMD  
6512 A Deer Pointe Dr.  
Salisbury, MD. 21804  
Phone: 410-749-0009

## Importance of Sports Physicals:

Office Policy Change:

— **As of August 1st 2024 we require that your child have had a well child visit within the past 90 days in order to complete sports physical forms without a new visit.**

— Sports physical forms can be completed at time of Well Child check for no additional fee

— If your child has not had a WCC exam in the past 90 days then you will be asked to schedule a sports physical to document an updated exam, update any injury history and/or medication history and screen blood pressure, hearing and vision. The fee for this visit will be billed to your insurance company as a sports physical but may not be a covered service. **If it is not a covered service or if you choose to not use insurance for this service the fee will be \$40.**

Reasons for Change in Policy:

1. Realization that many times we are completing sports form based upon information that could be months to almost a year old. Children can experience many changes regarding health status, injuries, medications and other risk factors during that interval period of time. We want to ensure we are using the most up to date information to ensure your child is as safe as possible during sports participation.
2. We as medical providers, schools, parents, patients and sports organizations take on certain levels of risk when allowing children to participate in school or other organized sports. We want to ensure that we are doing our best to protect our children from injuries or exacerbation underlying of medical conditions when participating in sports.
3. Compliance with AAP recommendations that ideal timing for sports physical is 6-8 weeks prior to start of sports season.
4. Different physical exam points and a separate concussion / sports injury history are typically reviewed during a sports physical. These are not always assessed during a routine well child physical exam.

## Medical Forms Office Policy Update (Oct 1,2024):

- We recognize that forms are required by schools, camps, daycares and other organizations regarding the health status of your child.
- **Completion of forms requires that your child(ren) be current with their well visits and their immunizations**
- School and camp forms can be completed and signed at the time of the well visit if you bring the forms with you and present them to your provider during the visit, at no additional fee.
- All other forms, and forms not presented at the time of well visit, are handled according to our Forms Completion Policy.

### FORMS COMPLETION POLICY:

- Upon receipt, forms are logged and then forwarded to our medical assistant staff
- Our team will review the form and update it with information from your child's last well visit
- The form will be forwarded to your child's provider for review and signature
- **Fees for Forms are charged per packet submitted according to fee structure below; or families can elect to pay an annual fee of \$50 dollars that covers all routine forms fees for the year.**
- **Annual Form Fee of \$50 only guarantees routine form turnaround time of 5-7 business days**
- School, camp and Medication Administration forms are completed within 5-7 business days for a fee of \$10 per packet of forms, unless you have elected to pay the annual Forms Fee
- Urgent Forms can be completed next business day for a fee of \$25
- Complex Forms (FMLA) and Physician Letters on Letterhead can be completed within 5-7 business days for a fee of \$30 - \$50 (depending on complexity / duration).
- If you need a form completed in between well visits, please drop the forms at our office or email them to [general@alvaradoandassociates.com](mailto:general@alvaradoandassociates.com).
- We will notify you when your forms are completed; forms can be picked up or emailed when completed. If you would like us to mail your form, please include a self-addressed stamped envelope