

GOOD HEALTH KIDS

A Healthcare Journal
from Sansum Clinic

Spring 2016
Issue 3



**STUFFY
NOSES**



**fun activities
INSIDE**

**KIDS
EYE CARE**

**CHOOSING
THE RIGHT CARE**

sansumclinic.org/kids-health



**sansumSM
CLINIC**

dear parents & caregivers



As we begin another year responding to the many changes in healthcare, one thing that has not changed is our commitment to providing the most comprehensive healthcare for your children.

One question we often hear is, "How do I know when it is the right time to take my child to his/her primary care physician, to visit an urgent care center, or go to the emergency room?" On page 16 we have included some guidelines that can help you make that decision if you are unsure.

I would like to recognize all of our pediatric and other medical specialists who devote their careers to the good health of your children. Our cover features just a few members of our Hitchcock Pediatrics Department, the largest pediatrics practice on the Central Coast. Our community regularly recognizes our pediatricians as the best in Santa Barbara. We are proud to offer Pediatrics and Family Medicine in Carpinteria, Goleta, Lompoc and serving the Santa Ynez Valley in Solvang. See page 21 for a list of our locations providing specialized care for your kids.

This issue includes a heartwarming story about a team of pediatric specialists who came together to save the sight of a determined two year old, and Dr. Myron Leibhaber reflects on 28 years of Camp Wheez, our free day camp for children living with asthma.

We also offer tips for healthier eating, ways to keep your kids active during the winter months, information on those "stuffy little noses" and an important article about concussion in children.

Finally, Dr. Brennan gives us an update about the community-wide "Strive for 95" program which is making strides to rebuild childhood immunity in our community. Thank you for choosing Sansum Clinic to provide care for your kids and for your entire family.

Sincerely,

Kurt N. Ransohoff, MD
CEO and Chief Medical Officer

please visit
sansomclinic.org/kids-health
 for more information
 or call 1 (800) 4 SANSUM
 to schedule an appointment

GOODHEALTH™ KIDS

A FREE PUBLICATION FROM
SANSUM CLINIC PUBLISHED
TWICE A YEAR

ISSUE 3 • SPRING 2016

Sansum Clinic's mission is to provide an excellent healthcare experience, recognizing our first priority is the patients we serve.

Sansum Clinic is accredited by the
Institute for Medical Quality

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inspiring care for generations

By the time Daniel Brennan was 12 years old, he knew he wanted to be a doctor when he grew up. Much of his interest in medicine was inspired by visits to his pediatrician, Dr. Ernest Kolendrianos, who has been practicing at Hitchcock Pediatrics since 1971.

Dr. Kolendrianos seemed to take a special interest in young Daniel, as he does with all of his patients. The doctor not only provides preventive care and treats the usual sniffles and scrapes of his young patients, but he also takes an interest in their total well being, asking about their schoolwork, sports activities and hobbies, and becoming genuinely involved in the overall good health of his patients and their families.

By the time Dr. Brennan graduated from Albany Medical College he had relied on Dr. Kolendrianos' advice to excel in his studies and eventually was named Pediatric Resident of the Year at Cedars-Sinai Medical Center in Los Angeles. During that residency, Dr. Brennan jumped at the opportunity to do his pediatric rotation alongside Dr. Kolendrianos, his own pediatrician and mentor at Sansum Clinic.

Dr. Brennan joined the staff of Sansum Clinic Pediatrics & Adolescent Medicine at 51 Hitchcock Way in 2001, beginning his practice at the very office where he had received his care and inspiration as a child.



Continuing the tradition of nurturing others through his practice, Dr. Brennan has become an advocate for children's health in our community through his nationally published works and his leadership in initiatives including "Strive for 95", a community-wide response to falling vaccination levels in our local schools.

Dr. Brennan was named "Best Pediatrician" in 2015 by Santa Barbara News-Press readers, an honor that Dr. Kolendrianos has received a number of times. "It is a privilege to be working alongside the doctor who was my childhood role model and mentor," says Dr. Brennan. "Dr. Kolendrianos goes out of the way to inspire and develop the abilities of not only his patients, but also the entire medical staff at Sansum Clinic." 🌟

on the cover



Hitchcock Pediatrics in Santa Barbara is the largest specialized pediatrics practice on the Central Coast.

Our cover features some of doctors and support staff from that department.

Back Row: Genevieve Jacques, RN; Daniel Brennan, MD; Karen Johnson, MD; Saida Hamdani, MD.

Center Row: Greg Gaitan, MD; Leah Perez, patient; Randi Rossi, MA.

Front Row: Angelina Torres, MA; Tyler Calderon, patient; Courtenay Smeester, MA.

CONTENTS

**PEDIATRICS
EYE CARE
PAGE 2**

**VACCINES
MATTER
PAGE 4**

**FUN
ACTIVITIES
PAGE 7**

**COMFORT
FOODS
PAGE 13**

**CHOOSING
THE RIGHT
CARE
PAGE 16**

working together to save a child's sight

PEDIATRIC OPHTHALMOLOGY & OPTOMETRY



Naomi (center) recently celebrated her 5th birthday trying out her new contact lens and getting a close look at the sights of the Sea Center in Santa Barbara. Left to right: Daniel, Benjamin, Naomi, John, Sarai, Abigail and Jeanette.

In 2014, Jeannette & John Perreault faced unthinkable tragedy when their 3 year old daughter Naomi was accidentally struck by a board while playing with her siblings on the couple's Santa Ynez property. A nail in the board had penetrated and ruptured Naomi's right eye. Naomi was rushed to Santa Ynez Valley Cottage Hospital where she was stabilized and sent by ambulance to Santa Barbara Cottage Hospital. There, three teams of highly trained specialists were assembled to diagnose and treat her injuries.

Within eight hours after the incident Naomi's surgery for emergency repair to her eye was complete. Sansum Clinic pediatric ophthalmology specialist Dr. Mark Silverberg had been called in to perform the delicate surgery to try to save Naomi's eye and maybe her sight.

The day after the successful surgery to repair her ruptured globe, Naomi began follow up appointments with Dr. Silverberg and the retina specialists at the new Sansum Clinic Elings Eye Center at the Sansum Clinic Foothill Medical & Surgical Center. Dr. Silverberg's team consists of pediatric eye care specialists who are uniquely trained to deal with routine and serious eye conditions in children.

Thorough examinations revealed that Naomi had developed endophthalmitis, a potentially devastating infection caused by the trauma, which would again threaten the sight in her injured eye. Dr. Silverberg determined the best course of action was to remove the infected lens and a second surgery was performed using the latest non-invasive laser surgical techniques.

Dr. Silverberg and his team were successful in their fight to save Naomi's sight and with specialized glasses to compensate for her missing lens, Naomi now has functional vision in both eyes and at 4 years old, she is a happy playful child who sees life perhaps a little differently than most children her age.

Children's eyes, like all of their parts, are still growing and changing until they are at least 7 or 8 years of age. As she grows, Naomi's treatments will likely continue and her eyesight should improve into adulthood. Even at such a young age, Naomi is fully aware of her accident and welcomes her therapy and recovery. She now looks forward to her visits with Dr. Silverberg where she learns new activities and techniques to strengthen her eye muscles and help her to compensate for loss of normal depth perception. Many of these therapies are in the form of games that she can play with her four siblings and her parents, who all enthusiastically participate in her recovery.

Naomi also sees optometrist Dr. Brett Simon at the Sansum Clinic Optometry Department where she was fitted with special contact lenses designed to improve her sight even more. She began practicing on a special doll with closing eyes, so that she could develop the dexterity that she needs to insert the contacts.

When asked about how access to specialized pediatric care has helped her daughter and her family through this trauma, Jeannette said, "Naomi loves them. Everyone at Dr. Silverberg's office and Sansum Clinic has just been so completely supportive, and when you combine that with the skill level that I have witnessed..." she paused and her eyes welled up a bit before finishing. "Well, they're just the best doctors in the entire world."

Sansum Clinic offers specialized eye care for children and adults ranging from eye exams and corrective lenses to the diagnosis and treatment of serious eye injuries and sight-related conditions. For an appointment with a pediatric eye specialist contact the Ophthalmology Department at Elings Eye Center at Sansum Clinic at (805) 681-8950. For an eye exam contact our Optometry Department at (805) 681-8980. 

strive for 95

making strides to rebuild immunity in our community

BY DANIEL BRENNAN, MD, FAAP, PEDIATRICS & ADOLESCENT MEDICINE

In the Fall of 2014, Sansum Clinic pediatricians became aware of a growing community health threat and decided to take action. Their efforts led to a grassroots campaign and eventually a community-wide coalition called Strive for 95.

Pediatricians and other health experts were concerned that having vaccination rates of less than 95%, in up to half of our local schools, could lead to widespread outbreaks of preventable diseases such as whooping cough and measles. Health professionals became particularly worried that infants, people battling cancer or living with weakened immune systems were at significant risk.

Strive for 95 focused its efforts to educate parents about the importance of rebuilding our community immunity rates to at least 95%. Sansum Clinic launched a first-of-its-kind 'sticker for parents' program. After bringing a child into the office for vaccines, parents were asked to proudly wear a Strive for 95 sticker for the rest of the day to school pick up, the grocery store, the bank or to little league practice.

Parents started to talk about community immunity. They spoke to each other, to their parent groups, to their school PTA and to their school board members. Parents took to social media and started speaking up about the importance of rebuilding our community immunity rates to 95%. A grassroots effort was born.

Shortly after the launch of Strive for 95, we learned about the tragic passing of a local infant (too young to be immunized) from whooping cough. That incident was

followed weeks later by a widespread outbreak of measles stemming from an exposure at a Southern California amusement park.

The sprouting grassroots effort grew quickly. Local leaders including doctors, nurses, teachers, superintendents and public health officials gathered to discuss how best to educate our community about the importance of rebuilding our vaccination levels to at least 95%.

In April of 2015, a Strive for 95 symposium was held at the Lobero Theater to discuss the importance and safety of vaccines. Experts from Sansum Clinic, Cottage Hospital, Santa Barbara County Department of Public Health and the Santa Barbara County Education Office answered questions from local community members.

To date, the Strive for 95 Coalition has produced an informative website (www.StriveFor95.org) as well as a comprehensive educational campaign that includes print, television, radio and digital media materials. The coalition also provides educational tools for parents, doctors, nurses and schools to help all community members learn about the importance of rebuilding our community immunization rates to at least 95%.



Ask for a Strive for 95 sticker on your next visit!



Several school districts and preschools are using Strive for 95 to start their own outreach and educational campaigns to ensure higher vaccination rates on their campuses.

The Strive for 95 Coalition, along with local doctors, nurses, teachers and parents, eagerly awaits the release of school immunization data for the current 2015 academic year. We are hopeful that our ongoing educational efforts will lead to improved vaccination rates in our schools and throughout Santa Barbara.

To find out more about how you can help rebuild our community immunity, please visit www.StriveFor95.org.

As the Santa Barbara community rediscovers and embraces the importance of higher vaccination rates, local pediatricians are seeing many unvaccinated and under-vaccinated children come into their offices for catch-up immunizations.



Dr. Daniel Brennan is a board-certified pediatrician and lactation counselor at Sansum Clinic at 51 Hitchcock Way in Santa Barbara. Dr. Brennan earned his Bachelor of Science degree from UCLA and his medical degree from Albany Medical College. He completed his pediatric internship and residency at Cedars-Sinai Medical Center. Dr. Brennan is an accomplished healthcare columnist, public speaker, and contributing writer for the American Academy of Pediatrics' website www.HealthyChildren.org.

best pediatrician honors



Dr. Daniel Brennan was voted Santa Barbara County's best pediatrician by *News-Press* readers in their "2015 Readers' Choice" issue along with Dr. Andrew Mester as top Ear, Nose & Throat Doctor and Sansum Clinic as the Top Medical Facility.

Readers recognized Dr. Brennan's many years of dedication to his profession as well as his connection to pediatric groups, including as a fellow of the American Academy of Pediatrics.



Dr. Jerold Black was selected as Best Pediatrician in the *Independent's* "Best of 2015" issue. Readers described Dr. Black as being "celebrated for his easygoing personality, straight talk, and dogged devotion to staying up to speed

on the latest pediatrics medicine research available." Dr. Black is board certified in pediatrics and joined Sansum Clinic in 2001.

stuffy little noses

R.A. BRAGANZA, MD, EAR, NOSE & THROAT



Chronic stuffy nose often accompanied by mouth-breathing is a common occurrence in children. This results in a decrease in normal nasal function which is to warm, humidify and filter the air going to the lungs. In the cold and flu season it may be just be secondary to a child getting one viral upper respiratory infection after another. This is more likely to occur in younger children especially if in daycare. A seasonal variation in nasal congestion could suggest allergic rhinitis although certain allergies may be year-round. Sneezing or congestion which is triggered by changes in weather or strong odors may indicate non-allergic rhinitis. Chronic sinusitis is caused by bacterial infection in the sinuses and may result in discolored mucus coming out of the child's nose. It can also result in post-nasal drip and a chronic cough. The adenoids are lymphoid tissue located in the back of the nose and are there to help fight infections but sometimes they are unable to completely eradicate the germs and remain chronically infected and or enlarged and cause chronic symptoms similar to those caused by chronic sinusitis.

After taking a detailed history which can often help narrow down the causes of the chronic nasal congestion, physical examination is done. The septum is the wall in the middle

of the nose and it can be deviated or crooked especially if there has been any history of trauma. Nasal endoscopy is a procedure done in the clinic and is usually tolerated in older children. After topical anesthetic is applied, a small scope is used to evaluate the nasal cavity to provide more detailed information of the nasal structures. The size of the adenoids can also be evaluated. X-rays of the sinuses and or the adenoids may be necessary in some children. Laboratory testing may include cultures of the nose and blood tests for allergies or the immune system.

Once the diagnosis is made, avoidance of known triggers of nasal congestion would be the first step. Nasal steroid sprays are beneficial in the treatment for many causes of nasal congestion. Antihistamines would be recommended for allergic rhinitis and certain types of non-allergic rhinitis. A prolonged course of antibiotics would be indicated for chronic sinusitis and adenoiditis. Surgical removal of the adenoids can help open the airway and even help chronic sinusitis by improving drainage. Unless a deviated septum is causing a very severe obstruction, surgery for it is usually undertaken when the child is in the late teens and nasal development is nearly complete. Endoscopic sinus surgery can be considered after other measures have been tried but it is usually reserved as a last resort in children. 🌀



Dr. Braganza is board certified by the American Academy of Otolaryngology Head and Neck Surgery (AAOHNS) and received his medical degree from UCLA. He performed his residency in Otolaryngology Head and Neck

Surgery at UCSD and is a member of the American College of Surgeons. He has also served on the Board of Governors of the AAOHNS and as Chairman of the Cottage hospital ENT department. Dr. Braganza has been recognized by Castle Connolly as one of nation's Top Doctors in 2012 and 2013.

GOODHEALTH KIDS

color in little kitty enjoying el niño





let's play ball

match up

draw lines to match up each ball with the sport or game it used for



basketball

tennis

bowling

volleyball

baseball

golf

kickball

soccer

beach ball

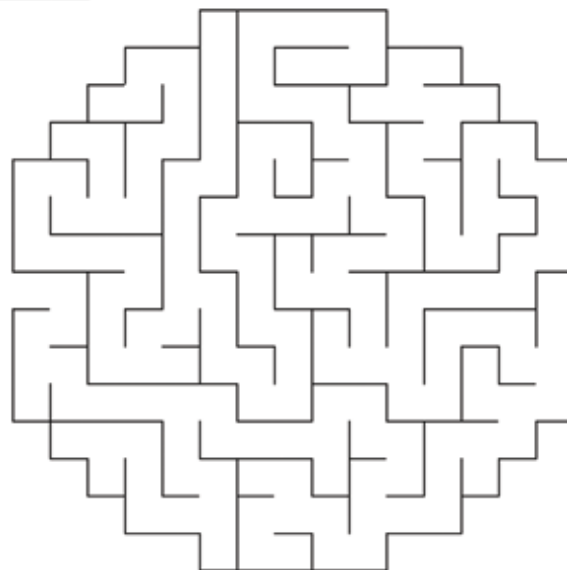
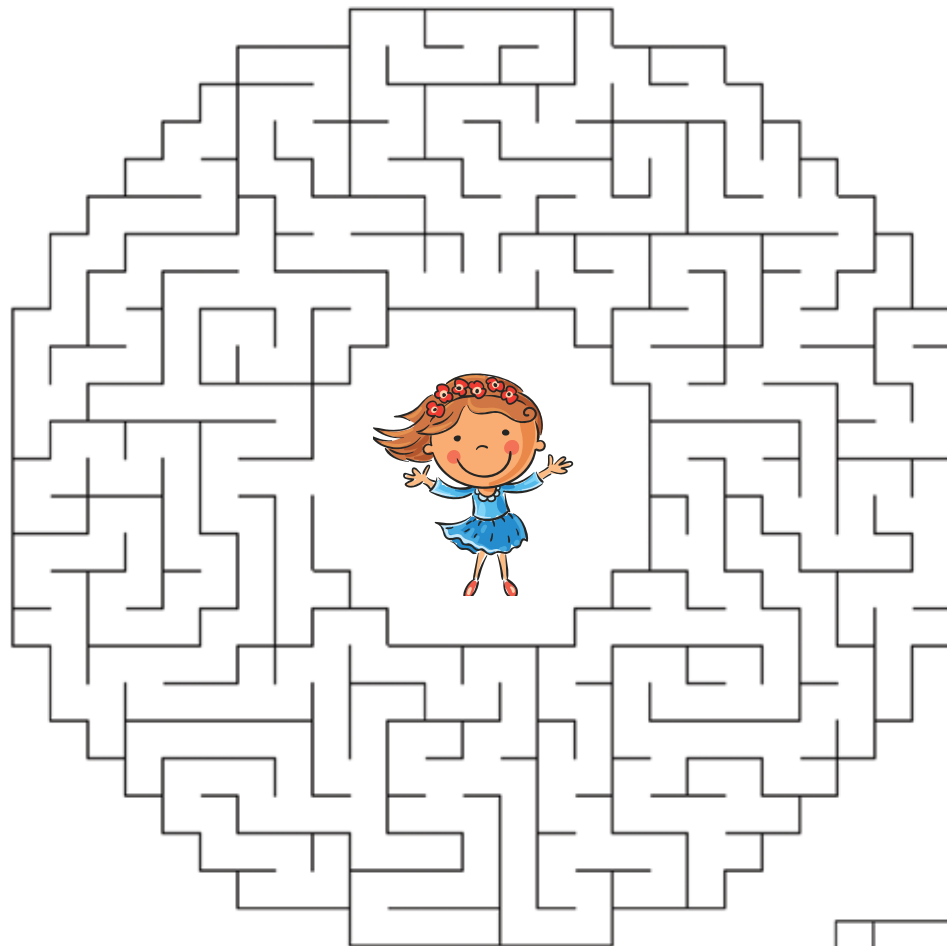
football



connect the kids

mazes

help kids find their friends





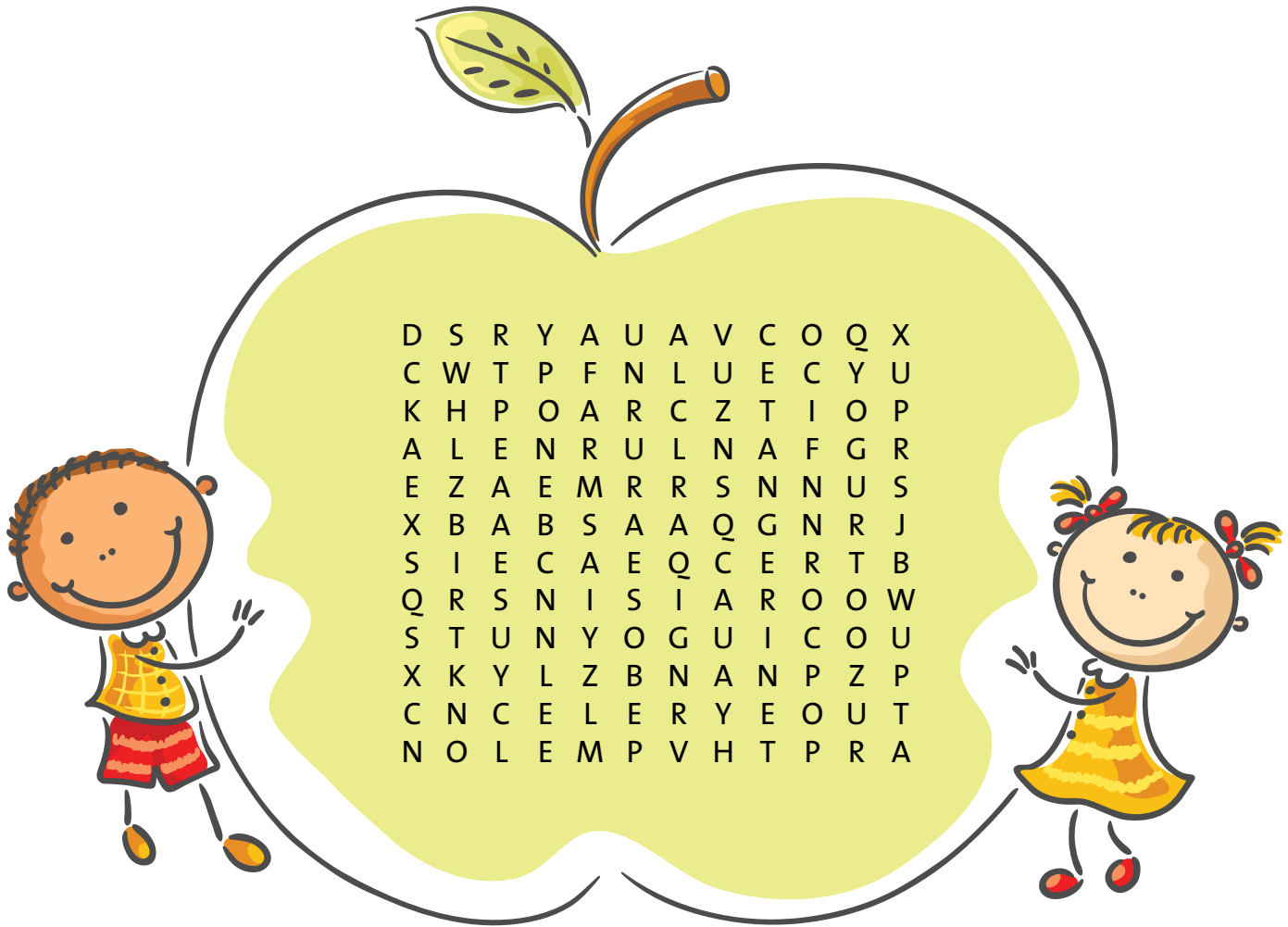
find the healthy snacks

word search

nuts
cucumbers
popcorn
apple

banana
yogurt
melon
tangerine

raisins
celery
cheese
carrots



Have you tried these healthy snacks?

- celery or apple with peanut butter
- yogurt with raisins, berries or granola
- carrots or other vegetables dipped in hummus
- cheese with whole grain crackers
- applesauce with nuts sprinkled on top

have fun being active

healthy ways to play



Put on a helmet and ride your **bike**

Dance by yourself or with your family or friends

Play at the **playground**

Jump rope – try to do more each day

Lace up your skates and go **ice skating**

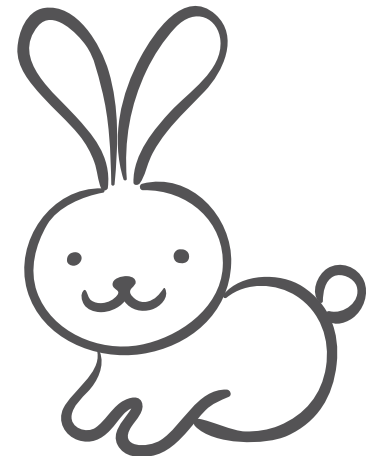
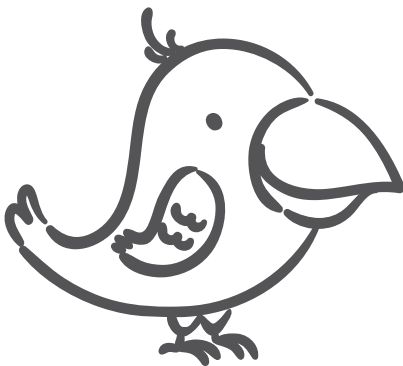
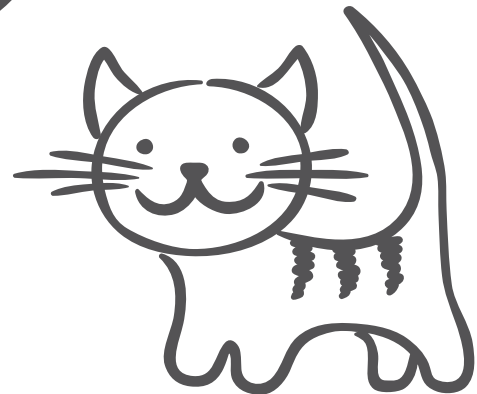
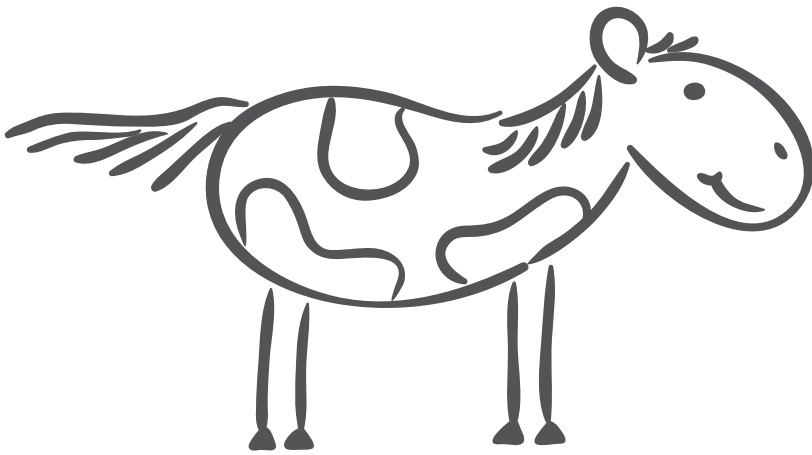
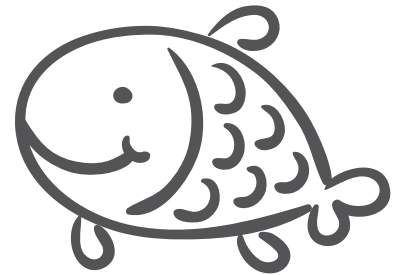
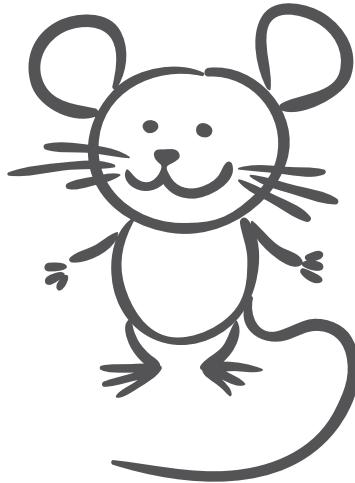
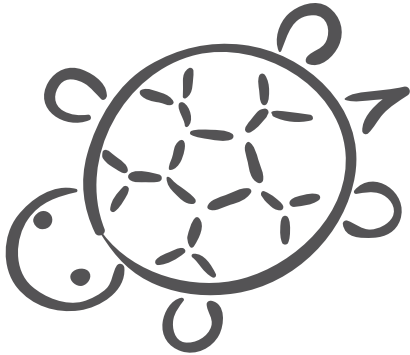
Walk your dog – you'll both enjoy it

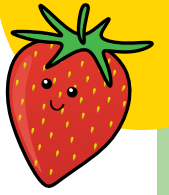




animal friends

coloring





help them grow

word scramble

unscramble each of the clue words, then take the letters that appear in boxes and unscramble them for the final message.

SOHLEV	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>			
NUS	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>						
WEART	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>				
ESDES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>				
AGELVEBTES	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SLIO	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					
TOP	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
RIUFT	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				

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one pot garden

EMILY LUXFORD, MS, RD

It's spring! At this time of year, farmers are growing and harvesting a bounty of fruits and vegetables. You too can grow and harvest seasonal fruits and vegetables in your own home.

Extend the fun by transforming these home grown ingredients into edible goods approved by your pickiest eater.

Let your kiddos practice farm-to-table and use this "one pot garden" to teach your children the art of growing what they eat.



garden essentials

1. Large container with drainage holes (10 inch clay pot)
2. Seed packet (Examples: radishes, snap peas, strawberries, herbs)
3. Potting soil
4. Watering can
5. Sunny pot location

garden directions

1. Find a location with sun exposure for at least 6 hours daily.
2. Place the potting soil in a large container until it is 3/4 full.
3. Plant seeds according to package instructions.
4. Have your child document the growth and changes each day. Draw or take pictures of the changes.
5. Find a recipe that showcases your fruit or vegetable. Cook the fruit or vegetable together as a family. 🍷



Emily Luxford is a registered dietitian with a master's degree in nutritional science. She has experience as a credentialed elementary school teacher and currently serves on the faculty at California State

University, Long Beach. Beyond the classroom, she has developed and published research regarding dietary modification. Emily's focus is individualized medical nutrition therapy. Emily sees patients at 317 West Pueblo Street in Santa Barbara and at 1225 North H Street in Lompoc.

tips for keeping your kids active

Does your family have a plan to stay active? You may know that children should get 60 minutes of physical activity each day. It sounds easy, but kids today have many demands on their time. Here are some tips:

1. Choose activities that are right for your child's personality. An athlete might enjoy a competitive basketball league. (Make sure they still have time for schoolwork and they get enough sleep.) The casual athlete might prefer to shoot hoops in the driveway or another individual activity. It is less stressful and still good for their body. Non-athletes might prefer exploring outdoors. You can get out in nature at your neighborhood park or on a nearby trail.

2. Choose activities right for their age. Preschoolers need play and exercise that helps them to develop important motor skills. They like to kick or throw a ball, play tag or follow the leader, hop on one foot, ride a trike, freeze dance or run an obstacle course. School-age kids often spend more time on sedentary pursuits like watching TV and playing computer games. The challenge for parents is to help them find physical activities they enjoy and feel successful doing. These can range from traditional sports like baseball and basketball to martial arts, biking, hiking, and playing outside. Teens have many choices when it comes to being active—from school sports to after-school interests, such as yoga or skateboarding. Their physical activity often has to be sandwiched between other responsibilities and commitments, requiring advance planning.



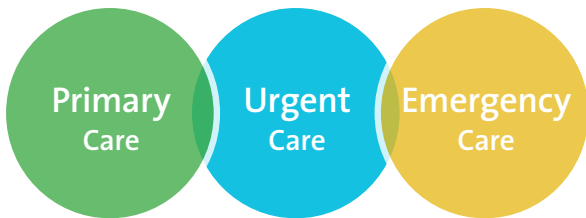
3. Parents can embrace an active lifestyle too. Take the stairs, walk to school or bicycle to the park. You will be a positive role model.

4. Most important of all, focus on fun. When an activity is fun, kids will keep doing it. They will improve their skills, feel accomplished and want to do more.

Try something new today. Play at a playground, rake leaves, jump rope, dance in your living room, walk your dog or work in the garden. Enjoy!

Visit the Sansum Clinic Health Resource Center for trail guides and other easy ways to be active. The Center is located at Sansum Clinic, 215 Pesetas Lane, Santa Barbara or call (805) 681-7672. 🌀

how to choose the most appropriate care for your child at the right time



“What’s the difference?” & “When do we go where?”

Our goal is to help you access the most appropriate and most affordable healthcare services when your child needs them.

Most often your child’s Pediatrician or Primary Care Physician (PCP) should be your first choice for healthcare because your child’s doctor is familiar with their medical history and a scheduled office visit is the most practical and effective method of care. When a more immediate need arises, however, you do have other options. Visiting your PCP with a same day appointment or Sansum Clinic’s Urgent Care instead of an ER could save you hundreds of dollars in potential co-pay and other out-of-pocket expenses. This information can assist you in making the right choice when it comes to your child’s health, ensuring that they receive the right care at the right time in the right place.

Same Day Appointments

Several of our primary care locations offer same day appointments. We know that you can’t always anticipate an illness or injury and it can be difficult to get an appointment at the last minute. Same day appointments enable us to care for you when unplanned conditions occur.

For same day appointments, we will make every effort to schedule appointments for serious illnesses as soon as possible. Appointments are prioritized for minor yet urgent problems.

Schedule Same Day Appointments for:

- Fever
- Cold and flu symptoms
- Sore throat
- Rash
- Earache
- Cough
- Diarrhea
- Nausea
- Asthma
- Allergic reactions

Please note: Same day appointments are not for treating long-term chronic issues or preventive healthcare (for example, they are not for medication refills, general exams, well child exams, or immunizations.) They are also not for medical emergencies. If your child experiences a medical emergency, such as chest pain, difficulty breathing, serious injury or trauma, please visit the nearest emergency room or call 911.



One of the best ways to make sure your child is getting excellent healthcare is to have a Primary Care Physician (PCP). A child’s PCP may specialize in Pediatrics or in Family Medicine. Your child’s PCP is often a doctor but may also be a Nurse Practitioner or other certified health professional.

Your child’s PCP serves as your partner in their overall health, making sure they get recommended preventive screenings and risk assessments. Having a doctor who looks at the “big picture” of your child’s health and helps you manage their overall progress will assure continuity of their healthcare. Over the long term, a doctor who knows your child’s health history, their habits, and their personality can more easily recognize signs of a potential change in a child’s health, and can help you get the appropriate care more quickly when you need it.

When to Seek Primary Care:

- Illness or infections
- Chronic disease management
- Childhood immunizations
- Flu and pneumonia shots
- Tetanus shots
- Annual physical examinations
- School, sports & camp physicals
- Health screenings (blood tests, etc.)
- Referrals to specialists
- Advice: weight loss, diet, etc.

For help choosing a doctor and scheduling an appointment, please call 1 (800) 4-SANSUM.

We encourage all our patients to choose a PCP for their child. We currently have male and female Pediatricians, Family Practitioners, and other pediatric specialists at various locations who are accepting new patients.



Urgent Care

Urgent Care is an option for when same day appointments with your child's doctor are unavailable or if they need immediate treatment outside of office hours. Our Urgent Care clinics can handle a number of medical conditions that are unplanned, and that need to be treated right away but are not a life- or limb-threatening emergency.

Some Symptoms Treated at Urgent Care:

- Severe fever or infections
- Minor injuries to limbs (sprains, simple fractures of bones)
- Persistent diarrhea
- Persistent vomiting
- Small lacerations (cuts)

If your child's symptoms come on gradually or are not severe, you may want to try to get a same day appointment with your child's PCP. While our Urgent Care clinics are often convenient, your doctor will have a better picture of your child's overall health for a more accurate diagnosis and can provide more cost-effective care.



Hitchcock Urgent Care

51 Hitchcock Way, Santa Barbara, CA 93105

Phone: (805) 563-6110

Monday-Friday 8:00 AM - 7:00 PM

Saturday 9:00 AM - 5:00 PM; Sunday 9:00 AM - 3:00 PM

Lompoc Urgent Care

1225 North H St., Lompoc, CA 93436

Phone: (805) 737-8786

Monday-Friday 8:00 AM - 6:00 PM

Saturday 9:00 AM - 5:00 PM

Sunday 9:00 AM - 2:00 PM

Emergency Care

The hospital emergency department or "emergency room" (ER) is the right choice when your child needs immediate life, limb or eyesight-saving care. If you are ever in doubt, it is better to be safe and go to the closest ER.

Conditions that Require Emergency Care:

- Severe persistent chest pain or shortness of breath
- Difficulty speaking, altered mental status or confusion
- Sudden severe headache
- Falls with injury or while taking blood thinning medications
- Loss of vision
- Serious injury or trauma

While the ER is appropriate for emergencies, your child's PCP or Urgent Care is available for other health matters. You may also be sent to the ER by your child's doctor if they have an underlying condition which could complicate their diagnosis and require extra care.



When to call 911

Sometimes driving a child to the emergency room won't get you to the medical care you need fast enough. Many people are confused about when to call 911. It is better to be safe than sorry. If you are in doubt, please call 911.

For certain medical emergencies, such as severe injury, taking an ambulance is safer because paramedics can deliver life-saving care on the way to the hospital. 🚑

what you need to know about concussion in children

JOHN W. GAINOR, MD, ORTHOPEDICS



A concussion is a traumatic brain injury that occurs when the brain strikes the inside of the hard skull with a sudden deceleration (hitting a wall) or acceleration (whiplash). The brain is made up of soft tissue and it is cushioned by blood and spinal fluid. Imagine a cube of ice floating in a glass of water. When you move the glass abruptly the cube hits the inside of the glass. This kind of movement of the brain can

cause bruising or even bleeding. In a closed container like the skull this bleeding can compress the brain. Common ways to get a concussion are fights, falls, playground injuries, car or bike crashes. They also can occur in sports such as football, boxing, hockey, soccer, skiing and snowboarding. The symptoms can vary from mild to severe and one does not necessarily lose consciousness. Every year more than

400,000 kids in the U.S. are sent to emergency departments for serious brain injuries.

The symptoms fit into four main categories. **Thinking and remembering problems** may manifest as not being able to concentrate or remember new information. Kids may also not remember the injury itself (amnesia). The **physical problems** could include headache, dizziness, sensitivity to light, balance problems and, in severe cases, nausea and vomiting. Being nervous or anxious or being easily upset are examples of **mood changes**. **Sleep patterns** can be affected such as sleeping more than usual or having a hard time getting to sleep.

Young children can have the same symptoms as older children and adults. Very small children may incur an injury that nobody witnessed and cannot describe their symptoms often making it more difficult to diagnose a concussion. They may cry more than usual, be more easily upset than usual (temper tantrums), change the way they play, nurse, eat or sleep. Other clues are lack of interest in their favorite toys, loss of balance and trouble walking.

These symptoms can last from a few minutes to a few weeks after the injury. All concussions cause some disruption to the brain and call for an exam by your child's regular doctor and careful monitoring. Most concussions do not cause lasting damage although we all have heard about football player and boxers who have had multiple concussions resulting in permanent damage. The most well-known concussions occur during sports. Students are playing at higher and higher levels of competition and the risks are elevated. Coaches and trainers should be aware of the symptoms and should keep a possible concussion victim out of play until a medical exam is done. A strict rule is that any player with a suspected concussion is not to play again that same day.

Most people who have a concussion will feel groggy and dazed for at least a little while. They may be shaky or dizzy if they try to walk or do normal activities right away. Many

will have a headache that lasts for days. Anyone with these symptoms, and who may be at risk of having suffered a concussion, should be examined right away. The doctor will ask questions that may seem silly. He or she will look in the patient's eyes and check reflexes and balance and perhaps do other tests. In severe cases a CAT scan (a special three-dimensional brain x-ray) may be ordered to determine if there is any bleeding inside the skull that could expand and put pressure on the brain, especially if the patient lost consciousness or is feeling quite sick in the emergency department. If the patient is discharged with a concussion the parents will receive a list of instructions which may include such things as to wake the child once or twice during the night to check their response.

Returning to sports after a concussion depends on an individual medical assessment and follow-up exam. Some experts recommend Cognitive Rest for concussion. During recovery they allow easy reading, music at low volume, short visits with friends, and short periods on video games and computers. Patients should avoid loud music, sending or reading text messages, loud games with flashing lights, using computer for more than 30 minutes or watching action TV. Concussions can't always be avoided but common sense measures can help reduce the likelihood and effects of accidents. Seat belts and booster seats in cars are now mandatory and wearing the proper headgear for football, skating, snowboarding, skiing, biking and other activities provides protection for both children and adults. 🌀



Dr. John Gainor is board-certified in Orthopedic Surgery and received his medical degree from Albany Medical College at Union University. He served in the United States Army Reserve Medical Corp and started his medical career at Sansum Clinic in 1968.

why i love camp wheez

MYRON LIEBHABER, MD



2015 marked the 38th year of Camp Wheez, an annual summer day camp for children with asthma. The camp is provided free of charge each year to children in grades 1-6 with asthma.

Camp Wheez has been a special success in Santa Barbara for the following reasons:

1. It creates a friendly atmosphere for young children to interact with asthma educators and learn about their condition in a non-threatening environment outside the physician's office.
2. It creates a format to develop community awareness concerning young children with asthma.
3. It allows us to identify "high risk" individuals with asthma in order to educate them early in their disease process (as opposed to "sleep away camps", that enroll them much later.)

4. It allows children who are generally isolated in their own classrooms to meet other children and share their own concerns and thoughts.
5. Most importantly, it allows children with asthma to get together and have fun in a medically supervised environment.

Thanks to all the volunteers, support from Sansum Clinic, contributions from special donors and the generous facility contribution by the First Baptist Church on Veronica Springs Road.

The campers are supervised by high school students who earn community service credits for volunteering. Sansum Clinic doctors and health educators along with other community physicians provide educational services and logistical support, and special guests provide entertainment and fun for the campers. The parents are also involved by attending a workshop at the end of the week where they meet with physicians for questions and answers.

I am the happiest camper of them all because I get to come to camp every year, play with the kids and do some very amateur magic tricks. 🎩



Dr. Liebhaber specializes in Allergy & Immunology and is certified by the American Board of Allergy and Immunology. He received his medical degree from the University of Arizona and completed a fellowship and residency in Allergy, Immunology and Pulmonary Diseases at Stanford University Medical Center. Dr. Liebhaber is a member of the American Academy of Allergy, American Academy of Pediatrics, American Medical Association, American Thoracic Society, California Medical Association, California Thoracic Society and Santa Barbara County Medical Society.

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