



# A.P.G. News

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## Children, Adolescents and Digital Media

Today's children grow up immersed in digital media, which can both enrich and endanger healthy development. The American Academy of Pediatrics (AAP) has released new recommendations for children's media use.

### AAP Recommendations

#### Under 18 mo:

Avoid use of screen media other than video chatting.

18-24 mo: Only choose high quality, educational programming such as Sesame Workshop, and watch it with your child to help them understand what they are seeing.

2-5 years old: Limit screen time to 1 hour per day of

high quality programs, co-viewing with your child.

#### Ages 6 and older:

Place consistent limits on time spent using media, and the TYPES of media.

Make sure media does not take the place of adequate sleep, physical activity and other behaviors essential to health.

For school-aged children and adolescents, the idea is to balance media use with other healthy behaviors.

Problems begin when media use displaces physical activity, hands-on exploration and face-to-face social interaction in the real world. Too much screen time can also harm the

amount and quality of sleep.

Designate media-free times together, such as dinner or driving, as well as media-free zones at home, such as bedrooms and the dinner table.



Parents play an important

role in helping teens and children navigate the media environment, just as they help them behave off-line in other social situations. Have ongoing communication about online citizenship and safety, including treating others with respect both online and offline.

\* Full article can be found at [healthychildren.org](http://healthychildren.org) > AAP Announces New Recommendations for Children's Media Use

## Influenza Facts

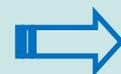
- \* Before the 2009-2010 influenza pandemic, influenza killed almost 100 children each year.
- \* Influenza viruses change constantly. The best way to be protected against the flu is to receive a yearly flu vaccine.
- \* The flu vaccine is recommended for everyone 6 months and older.

### FLU SYMPTOMS

- \* Fever (usually 102 degrees or higher)
- \* Cough, runny nose
- \* Sore Throat
- \* Chills/Body Aches

## WE HAVE NEWS!

Meet our new Providers!



## HOURS OF OPERATION

PLEASE CALL TO SCHEDULE APPOINTMENTS FOR ALL VISITS

APPOINTMENTS AVAILABLE MONDAY–FRIDAY 8:00 AM–5:00 PM

ADDITIONAL HOURS FOR SICK CHILDREN:

Summer:

M–F 5pm–6pm

Saturday 10am–2pm

Sunday 1pm–4pm

Winter:

M–F 5pm–7pm

Saturday 9am–5pm

Sunday 1pm–4pm

WALK -IN HOURS FOR SHOTS AND WEIGHT CHECKS ONLY:

MONDAY THROUGH FRIDAY 8:30–11:00 AM

Please call if you will not be able to make your scheduled appointment.

While we at APG strive to make ourselves available for your health care needs, please be aware that exact closing times are subject to change depending on call volume.

## MEET OUR NEW PROVIDERS

### Jennifer Austin, CPNP

Jennifer attended the University of Texas at El Paso where she first obtained her Nursing Degree in 2010. After 3 years of working as a Nurse, she went back to school while serving as a nurse in the Newborn & Pediatric Intensive Care Units of the surrounding hospitals. In 2015, Jennifer obtained her Masters Degree and her Nurse Practitioner License.

Jennifer is fluent in Spanish and has counseled many new mothers in breastfeeding for the clinics she has worked for. She prides herself with her love for babies and working with new families as they grow together. Outgoing and energetic, Jennifer looks forward to beginning work with APG.

\*\*As patient demand allows, Jennifer's schedule is open for the following appointments starting in mid-August 2016:

**Offering  
Evening Sick & Well  
Check-up Appointments  
until 8pm Wednesday–  
Friday  
&  
Weekend Sick & Well  
Check-up Appointments**

### Matthew Serna, MD

Matthew Serna, MD graduated from MIT with studies in Brain and Cognitive Sciences before obtaining his medical degree in 2013 from the University of California School of Medicine and completing his Residency at the University of Washington/ Seattle Children's Hospital.

Dr. Serna is a fluent Spanish speaker and an accomplished pianist, though he enjoys absolutely, all forms of music.

He and his wife are relocating to Alaska where they are setting roots for the start of their family and are looking forward to becoming more a part of the community and learning to skate ski.

**Dr. Serna is scheduling  
appointments starting  
mid-September.**

Please visit our  
website at  
[www.apgkids.com](http://www.apgkids.com)  
For full profiles of  
our new providers!

### John Heimerl, MD

John Heimerl, MD was one of those kids who always knew what he was going to be when he grew up and took advantage of every Halloween (and the week leading up to it too) to dress up as a doctor. Originally from Minnesota, he moved to Alaska as a toddler and grew up in the Mat-Su Valley with seven sisters and one brother.

Dr. Heimerl attended UAF and graduated from the University of Washington School of Medicine 2009. In addition to his study of medicine, he has the "travel bug," having visited a number of countries to include Zambia, Rwanda, Haiti, Ghana, and Germany to name a few. Dr. Heimerl loves meeting and visiting with new people, getting to know them and their culture.

Most recently, Dr. Heimerl has been working at Providence Children's Hospital. Already known in the community, he is looking forward to seeing his patients on outpatient terms.

**Dr. Heimerl is scheduling  
appointments starting in  
October.**