

Got calcium? Maybe not

If not, lowfat milk and yogurt are your best options

From breast milk to formula and whole milk to skim, pediatricians are always concerned about your child's calcium intake. We often start the discussion before your baby is born, recommending breast milk if possible due to its increased calcium availability (among the other many benefits.) Well, recent studies have shown that children and adolescents still do not get enough.

Why is calcium so important during infancy, childhood and adolescence? Well, calcium is used primarily in the body to make strong bones. With adequate calcium intake, bones have enough mass to withstand stresses during the growth spurt in adolescents and osteoporosis (or loss of bone density) later in life. With low calcium intake, the bones do not have enough density to withstand these vulnerable times and fractures can occur.

The peak time to increase bone density is during late childhood and adolescence when the daily requirement is 1200 to 1500 mg per day. However, toddlers and children of all ages need calcium — 800 mg per day. However, more important in young children is establishing eating habits that will support the dramatic increase in requirements later on.

Other factors do influence peak bone mass throughout life. Genetics is a major factor and families should take into account any family members whose lives have been im-

Age and recommended calcium intake (mg/day)

0-6mo	400
6mo-1yr	600
1-5yr	800
6-10yr	800-1200
11-18yr	1200-1500

Calcium per serving of common foods

Milk (1 cup)	300
Soy milk (1 cup)	93
Lactose-free milk (1 cup)	300
Yogurt (8oz)	300-415
Cheddar Cheese (1.5 oz)	300
Cottage Cheese (1 cup)	140
Calcium-fortified orange juice (1 cup)	300
Broccoli uncooked (½ cup)	35
Broccoli cooked (½ cup)	113
Spinach uncooked (1½ cup)	120
Spinach cooked (½ cup)	120

acted by osteoporosis and fractures. Other genetic factors include small build and fair skin which are also associated with osteoporosis.

Another important factor in bone mass is weight bearing exercise. With adequate walking and running, bones are constantly remodeled and calcium is put into bone adding to its strength.

So...got calcium? Low-fat milk has the most calcium per serving of any food available. Other high calcium sources are soy milk, lactose-free milk, yogurt, hard cheeses, cottage cheese, calcium-fortified orange juice and calcium-fortified cereals.

Rotavirus vaccine ready – just in time

The FDA has approved the new rotavirus vaccine and the vaccine is in our offices and ready for administration. Rotavirus is responsible for the most severe cases of gastroenteritis or stomach flu during the winter months. It is responsible for many hospitalizations in young children.

RotaTeq is a 3-dose series given between the ages of 6 and 32 weeks. We will be giving it at 2, 4 and 6 months well visits.

Varicella Booster (chicken pox)

We all knew it was probably coming, and this summer a second varicella (chicken pox) vaccine has been approved for routine use. Due to the increasing numbers of breakthrough cases in vaccinated children, it is proposed to be given in the schedule at the 4-6 year old checkups and can be given for catch-up to older children as well. We hope to have the full recommendation and insurance coverage soon.

Gardasil (HPV vaccine)

The FDA has recently approved licensure of the first cervical cancer vaccine. This vaccine protects against cervical cancer and cervical, vulvar and vaginal pre-cancers caused by human papillomavirus. It will also protect against genital warts caused by different strains of the same virus. It is estimated that the vaccine will prevent 70% of cervical cancers.

The vaccine targets females ages 9 to 26 years old and is given in a 3 shot series over 6 months. A formal recommendation from the American Academy of Pediatrics is expected soon for Gardasil.



Gwendolyn Sarver-Chung, M.D.

ABC Family Pediatricians welcomes Gwen Chung, M.D.

We are pleased to introduce our newest pediatrician. Gwendolyn Sarver-Chung, M.D., is starting her pediatric career here with us. She completed her medical degree at Penn State. She completed her residency in June at Saint Vincent's Hospi-

tal in New York, NY.

She will be spend her mornings in the newborn nursery at LVH – Cedar Crest, and will spend her afternoons seeing patients primarily at the Pond Road site. Welcome, Dr. Chung!

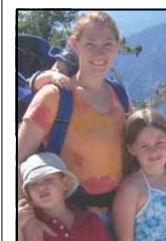
Jennifer Jakubowski,

practice manager for our Pond Road and Laurys Station offices, has been promoted. She will be the new LVPG Pediatric Division Director. Congratulations, Jenn!

Roberta Hoffert, RN has joined our team as Nurse Educator. She will be seeing patients

at Pond Road and Laurys Station. Welcome, Roberta!

Debbie Miller, CRNP has returned to ABCFP. She worked at the 17th street site several years ago and is now returning to work primarily at the Pond Road site. Welcome back, Debbie!



Jan Floyd, M.D.
— Editor