

Child and Adolescent Health



Did you know that children should get at least 60 minutes of exercise a day?* That's quite a bit more than adults need!

Of course, children have very different health needs than adults—different nutrition, sleep, exercise, immunization and screening requirements. Plus, children constantly change, vary in their communication skills and react differently to medications.

For your younger family members, you need a doctor you can trust—someone with the compassion, patience and specialized training your child deserves.

Regular Health Maintenance

Newborn and well-child exams include a variety of health and development screenings, as well as immunizations to keep your kids healthy.

We recommend visits at these ages:

- 2-3 days after discharge from the hospital or nursery
- 14 days
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 2 years
- Annually after 2 years

*Centers for Disease Control and Prevention, www.cdc.gov/healthyouth/physicalactivity/facts.htm

Our Child & Adolescent Providers

Pediatricians

Canyon Park Clinic

Nawal W. Alkharouf, MS, MD, FAAP
Alexander M. Hamling, MD, MBA, FAAP

Northgate Clinic

Elisabeth Ware, MD

Totem Lake Clinic

Christina Chen-Milhone, DO, FAAP

Learn more about our providers who specialize in pediatrics on our website, www.PacMed.org/Peds.

Family Medicine Providers

PacMed™ has over 30 family medicine doctors, with several offering obstetrics, conveniently located throughout our nine neighborhood clinics.

These providers also see children of all ages. See them at www.pacificmedicalcenters.org/what-we-do/family-medicine/

Virtual visits may be available for some appointments. Please call 1.888.4PACMED to see if this may be an option for your family.



For more information, call us at **1.888.4PACMED (1.888.472.2633)** or visit us online at www.PacMed.org.



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Nutrition for Children and Teens

Providing good nutrition for a child or adolescent can be confusing! How do you ensure healthy weight gain or loss? And what about allergies, vitamins, good bone development and sugar intake?

If you have questions—or your doctor has recommended a dietary change—the PacMed team of state-certified dietitians can help. These health-care professionals have specialized expertise in food and nutrition. A dietitian can assess your child's nutritional needs, develop care plans and provide dietary counseling.

Possible counseling may include:

- Meal planning for busy parents and caregivers
- Weight gain or loss
- Allergies or food intolerances
- Type 1 diabetes
- Iron deficiency
- Healthy snacks that kids like
- Achieving recommended fruit and vegetable servings
- Avoiding empty calories
- Food and fluids for young athletes

Your dietitian will work with your doctor to ensure an integrated nutrition plan.

Child and Teen Health Care

At Pacific Medical Centers, our pediatricians and family medicine physicians combine warmth and caring with specialized, advanced training. You'll find that our practice is structured with you and your child in mind. At PacMed, we want to accommodate your busy schedule and make doctor visits a breeze:

- Saturday hours at some clinics
- Early-morning or late-evening clinic hours available
- Acceptance of most major insurance plans
- Child-friendly waiting rooms with toys and books
- Free parking
- A consistent regional leader in quality health care delivery, as recognized by Washington Health Alliance

IMMUNIZATION GUIDE

Your child's provider will guide you through recommended dates for a healthy immunization schedule.

NEW BORN

Hepatitis B

2 MONTHS

Diphtheria/Tetanus/Pertussis (DTaP), Hib, Polio, Pneumococcal, Rotavirus

4 MONTHS

1-4 mos: Hepatitis B
Diphtheria/Tetanus/Pertussis (DTaP), Hib, Polio, Pneumococcal, Rotavirus

6-9 MONTHS

6 mos: Diphtheria/Tetanus/Pertussis (DTaP), Hib, Pneumococcal, Rotavirus
6-9 mos: Hepatitis B
6-18 mos: Polio

12-18 MONTHS

Hepatitis A*
12-15 mos: Hib, Pneumococcal, Measles/Mumps/Rubella (MMR)
12-18 mos: Chicken Pox
12-15 mos: Diphtheria/Tetanus/Pertussis (DTaP)

4-6 YEARS

Diphtheria/Tetanus/Pertussis (DTaP), Polio, Measles/Mumps/Rubella (MMR), Chicken Pox

11-12 YEARS

Tetanus/Diphtheria/Pertussis (Tdap), Meningitis

16-17 YEARS

Meningitis

9-26 YEARS

Human Papillomavirus (HPV), 3-shot series

YEARLY Influenza

* 2 doses, 6 months apart after the first birthday

Pacific Medical Centers and its Affiliates do not discriminate on the basis of race, color, national origin, sex, age, or disability in their health programs and activities.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-311-9127 (TTY: 711).

注意：如果您講中文，我們可以給您提供免費中文翻譯服務，請致電888-311-9127 (TTY: 711)