

# HealthyLiving

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## ASK THE DOCTOR

### Get the Most from Newborn Visits

WHAT ARE THE TOP THREE THINGS YOU WANT BRAND-NEW PARENTS TO TAKE AWAY FROM THEIR FIRST FEW VISITS WITH THE PEDIATRICIAN?



Shetul Patel, MD  
Shelby Children's Clinic

Arming yourself with the right questions

at your baby's newborn appointments with the pediatrician is more challenging than you might think. New-parent fatigue alone can interfere with your ability to think fast during those all-too-important-first visits. Let's go straight to the source for tips on making your newborn visits count.

#### 1 FEEDINGS

Newborns can take between one half and two ounces of formula or pumped breast-milk every two to three hours. Breast-fed newborns typically feed for 10 to 30 minutes per feeding. The amount of weight gain at follow-up visits will help determine if the baby is receiving the appropriate amount.

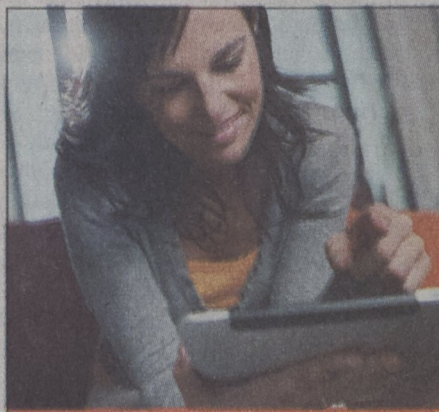
#### 2 SLEEP

Infants should sleep on their backs in a crib or bassinet and never in the bed with you. This

significantly reduces the incidence of what is known as Sudden Infant Death Syndrome (SIDS). Don't place heavy blankets, pillows or stuffed animals in the sleep area. Infants should be allowed to have "tummy time" daily, while awake, to help with head shaping and developing motor function.

#### 3 FEVER

Fever in an infant less than two months old is a true emergency. Rectal temperature greater than 100.4 Fahrenheit



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should prompt immediate evaluation by a physician. Do not give fever reducers in this age group unless instructed to do so by a physician.

To make an appointment with Dr. Patel or another pediatrician, call 704-512-5185.



## WOMEN'S HEALTH

### Managing Your Wellness in Mid-Life



Katie Borders, MD  
Shelby Women's Care

At about the same time you begin looking for reading glasses to see the menu at

your favorite restaurant, it occurs to you that you may be creeping up on the life stage that used to be referred to as "middle aged." If you prefer to believe 60 is the new 40 – and why shouldn't you? – then you're not hung up on the labels of aging. But the reality for women in their mid-40s and beyond is this: there are health and wellness issues best met eyes wide open. Reading glasses and all.

#### HEART SMART

While cancer is the leading cause of death for women from 35 to 60, once women reach 65, heart disease takes over as the lead killer. Like the other muscles in your

body, working your heart regularly through exercise is paramount to keeping it in top form.

#### JOINT EFFORT

Those faint popping noises you hear as you hustle up the steps come with the territory of aging. But, the more active you are, the less likely those slight pops and creaks will turn into aches and pains.

Regular exercise will keep you feeling good and help you avoid muscle and joint aches. Exercise has been shown to increase energy, improve the quality of sleep and, of course, help maintain a healthy weight. A good target is 150 minutes of moderate aerobic activity a week, like brisk walking. It is also important to do strength training exercises at least twice a week. Consult your doctor before beginning any new type of exercise program.

#### PELVIC

As women age, there are conditions that develop that are frustrating and embarrassing, for example heavy or irregular menstrual bleeding or leaking urine. Sometimes women start changing their daily routines and stop activities they enjoy due to the worry of having an accident. "It is important to seek care for these conditions because there are medications and procedures that can correct them, which can lead to a significant improvement in quality of life," says Katie Borders, MD, from Shelby Women's Care, part of Carolinas HealthCare System.

Another problem that may develop is pelvic organ prolapse. "This is when one or more of the pelvic organs falls into or through the vagina," says Dr. Borders. These

organs include the bladder, uterus and cervix, small bowel and rectum as well as the top of the vagina if someone has had a hysterectomy. "Sometimes this falling is just an occasional pressure, however it may develop into a visible bulge that has to be pushed back inside," she adds. It is not an emergency but something that can be managed by a gynecologist with a device called a pessary or with a surgical procedure.

"While these issues may be embarrassing to discuss with friends or family, it is important to bring them up with your provider so that he or she can help you get back to a normal routine," says Dr. Borders.

To make an appointment with Dr. Borders or another OB/GYN or primary care physician, call 704-512-5185.