



Patient Newsletter

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Welcome Ruth



We are excited to introduce the newest member of our Performance Pediatrics team: Ruth Thompson! Ruth has joined Sara as a part-time receptionist and is happy to help our families with administrative needs. As always, Leann our office manager is also available to help resolve any administrative issues.

As a reminder, our receptionists answer calls on weekdays from 9 AM to 5 PM although we are closed from noon - 1 PM for lunch.

Our receptionists also answer calls on select Saturdays when the office is open.

After hours, do not hesitate to leave a voicemail message with any non-medical needs. An administrative staff member will respond the next time we are open. All medical questions after hours must be called into 508-747-8229 to page Dr. McAllister or the back-up doctor.

Details of our call policies and more can be found on our web site:
www.PerformancePediatrics.com.



Public Health Advisory Regarding Bisphenol A (BPA)

On August 3 the Massachusetts Department of Public Health (DPH) issued a public health advisory for consumers on BPA.

BPA is present in some baby products, including baby bottles and some infant formula containers. A number of studies have raised concerns about potential health effects on children who may be exposed to BPA. These effects include but are not limited to: changes in the infant's developing nervous system; changes in behavioral development, such as hyperactivity; and changes in the normal development of the prostate gland.

BPA is found in transparent (clear or colored) plastic containers or baby bottles with the recycling number 7 and the letters PC, which stand for "polycarbonate" plastic on the bottles. Some liquid canned baby formulas are sold in containers that have BPA, although powdered formula containers do not have any BPA.

The advisory specifically recommends that parents of children up to two years old avoid the use of products that contain BPA for making or storing infant formula and breast milk. DPH is further advising pregnant and breastfeeding women to avoid products that may contain BPA.

Further information can be found at the DPH website at: [BPA Advisory](#).



Well Water

Many communities on the South Shore do not provide a town water source, and most of the families that live in those towns rely on wells for their drinking water. In fact, the US Environmental Protection Agency (EPA) estimates that 15-20% of all homes in the US use well water. These wells can become contaminated by pollutants or microorganisms and cause illness. Although the EPA and the state offer guidance for construction, maintenance, and testing of private wells, there is little regulation. The American Academy of Pediatrics recommends annual testing of all private wells for bacteria, nitrates, iron, manganese, sulfate, hardness, and total dissolved solids. There are a number of other chemical components that the State of Massachusetts recommends testing every ten years. More information about testing well water including recommended tests and approved laboratories can be found here: <http://www.mass.gov/dep/water/drinking/privatew.htm>.



After-Hours Care

It is rare for children to become seriously ill with no warning. Depending on your child's symptoms, you usually should contact us for advice. Early recognition and treatment of symptoms can prevent an illness or injury from getting worse or turning into an emergency. For more information on what to do when your child needs emergency services, please follow this link to a helpful informational sheet published by the American Academy of Pediatrics: [AAP Emergency Sheet](#).

For established patients, Dr. McAllister or a trusted colleague is available by telephone after normal business hours and on holidays at 508-747-8229. Please use this service with respect; it is available for families with urgent and/or semi urgent questions and concerns only. We are fortunate to share call with all of the pediatricians associated with Jordan Hospital. When Dr. McAllister does take time off, a trusted colleague is available to speak with families on the phone or, if need be, see them in their office.



Window Shades

The Consumer Product Safety Commission (CPSC) and six window-treatment manufacturers recalled a total of 5.5 million blinds and shades on August 26 after three children were strangled in attached cords. Any exposed loops in a window treatment can become a noose for a child or infant. Parents should check all of the window treatments they have at home and remove or replace any blinds or shades that have a dangling or exposed cord.

Specific information about the items being recalled can be found at: <http://www.cpsc.gov/>.

Dr. Terence McAllister



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