

OUTSTANDING DOCTORS OUTSTANDING CARE

Treating Those Troublesome TONSILS

All children have occasional sniffles, sneezes and sore throats, but if your child seems to be getting them more frequently, tonsillitis might be the culprit.

The tonsils and the adenoids are masses of tissue in the back of the throat that trap viruses and bacteria and are involved in the development of the immune system. Sometimes, however, they can get infected themselves, causing everything from sore throats to ear pain.

Antibiotics can usually clear up these infection, but if they recur frequently, or if they're particularly severe, your doctor might recommend that your child have his or her tonsils and/or adenoids removed. It's easiest to do this in childhood, because the recovery is a lot quicker and the tonsils can develop scar tissue if they're left untreated.

Even more common in the pediatric population are the obstructive symptoms caused by large tonsils and adenoids. These symptoms can include snoring, mouth-breathing, restless sleep, and waking up tired and grouchy after what should have been a full night's sleep. If you can't breathe easily at night, there are certainly daytime consequences. Large tonsils and adenoids have been linked to behavior problems, poor school performance, and even learning disabilities. This type of problem is known as

sleep-disordered breathing. Thankfully, this is quickly resolved surgically.

"Unlike in years past, tonsillectomy and adenoidectomy are basically bloodless procedures now," said Sandy Sule, M.D., an otolaryngologist on staff at Doctors Hospital of Dallas. "They can quickly be performed in the outpatient setting."

The surgery is performed under general anesthesia, which means that your child will be unconscious. The surgeon will remove the tonsils using special instruments that minimize damage to surrounding healthy tissue. During the procedure, an anesthesiologist will carefully monitor your child's vital signs, including heart rate and breathing.

Your child will probably have to stay in the hospital for just a few hours after surgery, and a full recovery generally takes about three weeks. Missed school/work is minimal since the sore throat only lasts between one day and two weeks, depending on the age and tolerance of the person. Your surgeon will prescribe pain medications to help your child stay as comfortable as possible. And the old standby—a big bowl of ice cream—might help things along too!

Reprinted from
Doctors Hospital of Dallas To
Your Health Winter 2007 issue.



For more information on tonsil and adenoid surgery, call the offices of TMSA's otolaryngologists:

Ford D. Albritton, M.D.
8440 Walnut Hill Ln, Suite 500
Dallas, Texas 75321
214.345.5702

Ludwig Michael, M.D.
8440 Walnut Hill Ln, Suite 500
Dallas, Texas 75321
214.345.1491

Presley M. Mock, M.D.
8440 Walnut Hill Ln, Suite 500
Dallas, Texas 75321
214.345.1494

Sandy D. Sule, M.D.
1110 N. Buckner Blvd, Suite 100
Dallas, Texas 75218
214.328.8445

Anticipated Benefits of Tonsil and Adenoid Surgery

- Fewer sore throats
- Less runny nose and nighttime cough
- Decreased snoring and mouth breathing
- More restful sleep
- Fewer ear infections
- Improved voice quality

In this issue:

<i>Treating Those Troublesome Tonsils</i>	1
<i>The Real Milestones of Toddlerhood: Everything to the Floor</i>	2
<i>Meet C. Spencer Daily, III, M.S., CCC-A, Audiologist</i>	2

In every issue:

<i>How to Reach TMSA Billing</i>	2
<i>Share Your Suggestions</i>	2

SPECIALTIES

Audiology
Ear, Nose, and Throat
Facial Plastics
Obstetrics/Gynecology
Pediatrics
Rheumatology
Urology
SkinMedic—Medical Spa

DALLAS

8440 Walnut Hill Ln, Suite 400
Dallas, Texas 75321
214.345.1400

8140 Walnut Hill Ln, Suite 800
Dallas, Texas 75321
214.692.8660

1110 Buckner Blvd, Suite 100
Dallas, Texas 75218
214.328.8445

GARLAND

618 Clara Barton, Suite 3
Garland, Texas 75042
214.345.1477

214.345.1400



The Real Milestones of Toddlerhood Everything To The Floor

I'm not really sure exactly when a child is a toddler. I believe we all know a toddler when we see one, but the boundaries of the "developmental group" are a little unclear. I suppose they need to be walking at least a little to be "toddlers." They should be babbling a lot and be able to come out with a couple of recognizable words. The usual age for this would be about the first birthday. And, I believe most children cease to be toddlers around ages 2 1/2 to 3 years.

Everything To The Floor

I spend all day cleaning up the house! Everywhere I go it's a mess. I can't keep up. It's wearing me out. I feel like I am going to scream—and sometimes I do!

I hear this lament from the mothers of toddlers every day. They're tired, frustrated and at their wit's end. Every day they struggle to just keep chaos from taking over the house. The problem is bad for "at home" parents, but even worse for a working parent. The precious "quality time" you wish for at the end of the day is literally trashed into one "pick up" task after another. You feel like you're shouting "no" at the child all the time.

But wait, there's help. You actually can have fun – lots of fun. Toddlers are hilarious and joyful. If you can tolerate chaos, every day can be enjoyable – tiring – but enjoyable. But, you have to learn to tolerate chaos.

The thing to know about toddlers is that they operate on the same principles as dogs. "Everything that hits the floor is mine." This is a sound principle from the child's point of view. The floor is where a child spends

most of his time. That's where he has control of stuff and can really try it all out. So the best place for everything is "on the floor."

This sets up a conflict with parents. "Tidy" to a parent is up and put away. To a child, it's "everything on the floor." This conflict can be resolved if parents will understand why their child acts that way and swallow some pride. You have to tolerate chaos when the child's awake. Let stuff accumulate – as long as it's not dangerous. Just shuffle your feet as you walk around. Do not pick up until the child's asleep – nap or bed time.

You also need to spend at least a little time every day down there on the floor. Get down there. Mess with the toys, magazines and pillows. Toddlers love it. They laugh and roll around with you. It's fun for everyone.

Excerpted from the book, Dr. Johnson Tells You The Real Milestones of Toddlerhood.

Dr. Johnson is a member of the American Academy of Pediatrics, American Medical Association, Texas Medical Association and Dallas County Medical Society. He was the 2006 President of the Pediatric Society of Greater Dallas. In 1997, Dr. Johnson was Assistant Chief of Pediatrics at Baylor University Medical Center. He is the author of *The Real Milestones of Early Childhood* and has been a frequent guest on several radio talk shows. Dr. Johnson graduated cum laude from Augustana College, Rock Island, IL before completing Medical School at the University of Wisconsin – Madison and an Internship and Residency in Pediatrics at the University of Nebraska. He is married and the father of two daughters.



Meet C. Spencer Daily, III, M.S., CCC-A Audiologist

Spencer is an advocate of patient education. He believes each patient should have a thorough examination and should be fully informed of their options when pursuing better hearing. Spencer advises all patients, "Choose an audiologist with whom you can establish and develop a trusting relationship, because achieving better hearing not only requires your commitment and dedication but also the commitment and dedication of your audiologist."

Spencer practices in TMSA's Casa Linda office with otolaryngologist, Sandy Sule, M.D.

SERVICES

- 🔍 Full audiologic evaluations
- 🔍 Hearing aid evaluations
- 🔍 Hearing aid fittings
- 🔍 Hearing aid service
- 🔍 Affordable premium hearing products

If you have any questions about your hearing, call Spencer at 214.328.8445.

C. Spencer Daily, or "Spencer," as he prefers to be called, has a strong background in Audiology. His credentials include:

- ◆ Masters in Audiology from the University of North Texas
- ◆ Bachelor of Science in Communication Disorders from Abilene Christian University
- ◆ Licenses in Texas and Arkansas,
- ◆ Certificate of Clinical Competency from the American Speech, Language, and Hearing Association (CCC-A).
- ◆ Fellow of the American Academy of Audiology.

Spencer has practiced in clinical, hospital, and private practice settings, in addition to serving as Senior Audiologist at the University of Arkansas for Medical Sciences and as Adjunct professor for Vestibular Diagnostics and Interpretation (UAMS).

How to Reach TMSA Billing

If you have a question about your account, please call our central business office during the hours of 8:30-5:30, Monday through Friday.

Patient Account Services
214.345.5778

If you are unable to reach Patient Account Services at the above number, please try 214.345.5733 or 214.345.2913.

Share Your Suggestions

Do you have a suggestion on how we can serve you better? We would love to hear it! Call Christy Anderson, our patient liaison, at:

214.345.5799

or email her at christy.anderson@TexasMedSurg.com.



OUTSTANDING DOCTORS,
OUTSTANDING CARE