

GARDENS PEDIATRICS QUARTERLY

MAY
2025



Every Child Deserves Quality Pediatric Care with Personal Attention

Providers

Nagaraj Gowda, MD

Board Certified Pediatrician

Sarah Cillick, PA-C

Board Certified Physician Assistant

Services

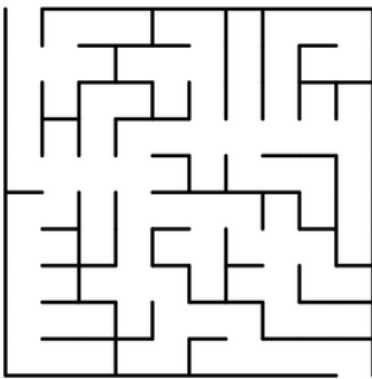
- Well Visits
- Childhood Vaccinations
- Same-day Sick Visits
- Coordination of Care
- On-call after hour service

We accept most insurances!

Activity Corner




Maze Puzzle



Help the Doctor
find their way to
the sick child!




Location



500 University Boulevard,
Suite 102
Jupiter, FL 33458
(561) 622-6610

Back-to-School Physicals



Schedule your child's physical today
and beat the rush!
Quick appointments. Friendly care.
Back-to-school forms made easy!



**WE ARE ACCEPTING NEW PATIENTS!
CALL US AT (561) 622-6610**

PEDIATRIC HEALTH NEWS OF JUPITER

ILLNESS NEWS AND WELLNESS TIPS FOR ALL AGES.



Issue 002

May 2025

Seasonal Illness Spotlight

As the school year ends and summer begins, we often see a rise in seasonal conditions related to swimming and outdoor play. Here's what to watch for as your kids head into summer fun.

Sea lice are tiny jellyfish or anemone larvae that can get trapped under swimwear, releasing toxins that cause a red, itchy rash. This irritation is most common in late spring and early summer after ocean swims. To prevent it, kids should shower right after swimming and wash all suits, towels, and beachwear in hot water before reusing, since the larvae can remain active in damp fabric.

No-see-um bites, caused by tiny biting midges, are another summertime nuisance. These bites often appear as itchy red bumps and can cause swelling or blisters in sensitive individuals. Preventive steps include using insect repellent with DEET or picaridin, wearing protective clothing, and avoiding outdoor activities in bug-prone areas. After being outside, kids should shower and change into clean clothes, and all used items should be laundered before wearing again.

Swimmer's Ear (Acute Otitis Externa)

Swimmer's ear is a common summer infection of the outer ear canal, caused by water getting trapped behind earwax and creating a moist environment for bacteria to grow. Symptoms include ear pain, itching, redness, muffled hearing, and sometimes drainage.

To help prevent it, kids should dry their ears well after swimming. For children without ear tubes, placing 3–4 drops of hydrogen peroxide, followed a minute later by rubbing alcohol, may aid in cleaning and drying the ear. This method should be avoided in kids with ear tubes or a history of ear surgery unless advised by your pediatrician. If pain, fever, or drainage develops, early treatment with prescription ear drops may be needed.

Water Safety

Swim safety is crucial, especially as drowning remains one of the leading causes of accidental death in children—but it's preventable. Always assign a "water watcher"—an adult whose only job is to supervise children around water without distractions.

Swim lessons help build confidence and essential skills, and using U.S. Coast Guard-approved life jackets in open water adds another layer of protection. At home, pools should have four-sided fencing with self-latching gates. Parents and caregivers should also consider CPR training to be prepared for emergencies.

For more information on drowning prevention, awareness, local resources, or how to get involved, please visit: www.LiveLikeJake.com



Schedule Your Back-to-School Physical

June and July are the best times to get ahead of the back-to-school rush. Physicals, vaccines, and required forms are often needed for school entry and sports participation. Taking care of these early ensures your child is ready—and gives you more time to enjoy summer. Call today to book your appointment and ask our staff about any physical, vaccine, or sports forms your child may need. Get it done now – relax later!

Fun Fact Corner – Did you know?

The human digestive tract varies in length, but typically measures between **25 to 30 feet!**



Gardens Pediatrics is not affiliated with or endorsed by the School Board of Palm Beach County or its affiliated schools. Services offered shall not be construed as being conducted, funded, hosted or sponsored by the School Board of Palm Beach County or its affiliated schools.

(561) 622-6610

**500 University Blvd., Suite 102,
Jupiter, FL 33458**