



Benton Pediatrics, Inc.

Board Certified Pediatrics

Emergencies: let us know “*it’s an emergency!*” and your call will be taken immediately.

Sick Visits: If your child is ill, call before noon and we will see you that day.

Saturdays: We open Saturday mornings to see ill patients. Please call @ 8:30 to make an appointment. We do not have staffing available to return phone calls on Saturdays.

Email: The most efficient way to deal with non-urgent questions.

Medical Questions: notneb@bellsouth.net

Email is checked Mon – Fri except holidays. If you haven’t received a response within 1 business day, please call the office.

Billing Questions?: try our new email address: bentonpedsbilling@yahoo.com

Routine Visits: Please call mid-morning or early afternoon to schedule a check up or other routine or non-urgent visit.

Return Phone Calls: We return non-urgent calls Monday – Friday except holidays - in the order received - before we leave for the day.

Pediatrics After Hours: To reach PAH, call our office for instructions. An appointment will be scheduled by PAH if necessary.

Prescriptions / Forms: Requests for prescription refills and medical forms require at least 2 working days to prepare.

Benton Pediatrics, Inc.

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notneb@bellsouth.net • Tom Benton, MD • Elizma Mercier, MPAS, PA-C • Beth Justice, CPNP • www.BentonPediatrics.com

The Benton Pediatrics mission:
“To serve our patients in a way that is
pleasing to the Lord”

Live Life to the Fullest

BEING OVERWEIGHT IS
NOT GENETIC...
IT CAN STOP WITH YOU!

Approximately 17% of children and adolescents are overweight in America, as well as 2/3 of adults. We are seeing an increase in “adult” diseases in pediatrics, even as young as 6 related to the rising levels of overweight children. Join us for a 2 part class to learn about myths related to food and exercise as well as practical changes that can change your life.

Saturday, August 1st at 1 PM:
“**NOT A DIET**”

Saturday, August 8th at 1 PM:
“**EVERY STEP COUNTS**”

Classes presented by
Beth Justice, CPNP

Please call to register for this life changing class. See you soon!

Summer 2009

Office Hours

Monday – Friday 8:00 AM – 5:00 PM
Saturday 8:30 AM – 12:00 PM

- We See Patients by Appointment Only •

Insurance

We accept most major insurance companies
Understanding your own health insurance
coverage is very important.

You are responsible
for knowing what your coverage allows.

Health Maintenance

We recommend “check-ups” at age 2 weeks,
2, 4, 6, 9, 12, 15, and 18 months, and
then annually starting at 2 years of age.

Confirm Your Appointment

Prescheduled appointments must be confirmed.

**Unconfirmed appointments
may be cancelled**

In order to accommodate patients in a timely manner, it is important that appointments are kept. If appointments are not honored or are cancelled with insufficient notice, the treatment of ill children is unnecessarily delayed.

You can confirm your appointment after hours via voice mail; just call 352-376-4542 for instructions, or you can email us at confirmbp@yahoo.com to confirm online.

It is our *PRIVILEGE* to care
for your child.

Thank you for your trust in us.

Our patients are the most important people in this practice - We see sick patients the same day they call, *even on Saturday*.

We are here to serve YOU!

Summer Safety

Drowning is the number one killer of children under five in Florida, and most drownings occur when it is warm outside.

Please be sure your child doesn't drown!

Steps you can take:

Never leave your child unsupervised around water. The term “touch” supervision refers to the concept that your child is never more than an arm's length from you. That is the safest type of supervision you can offer.

Make sure there are multiple barriers between your house and pool. A fence around the pool with a self closing and latching gate as well as a closed door between the house and the pool are two excellent barriers.

Teach your child to swim and swim well.

Have a great, safe summer!

Heat Illness: Also called Sunstroke

During hot weather, especially with high humidity, our body temperature can rise to dangerous levels and we can develop a heat illness. Most heat illnesses occur from staying out in the heat too long. Exercising and physical condition are also factors. Young children and those who are sick or overweight are most at risk. Drinking fluids, replenishing salt and minerals and limiting time in the heat can help.

Heat-related illnesses include:

Heatstroke - a life-threatening illness in which body temperature may rise above 106° F in minutes;
symptoms include dry skin, rapid, strong pulse and dizziness

Heat exhaustion - an illness that can precede heatstroke; symptoms include heavy sweating, rapid breathing and a fast, weak pulse

Heat cramps - muscle pains or spasms that happen during heavy exercise

Heat rash - skin irritation from excessive sweating

From Medline Plus, a service of the U. S. National Library of Medicine