Optimum Internal Medicine and Pediatrics
10044 Hwy 46
Bon Aqua, TN 37025

Phone (931) 996-4247
Website: www.optimumimpeds.com
Fax 888-814-0893

RE: Welcome to Optimum Internal Medicine and Pediatrics

Dear Parent of my new Pediatric Patient,

It was a pleasure to meet you during your recent visit to the clinic.

I'm delighted you chose our clinic for your health care. Mrs. Dawn Smith and I are committed to providing your child with the best pediatric care we can. Our goal is that we form a health partnership to keep your child as healthy as possible. We will share my medical expertise with you regarding pediatric care, and We hope you'll take responsibility for working toward the healthy lifestyle that is so important to your child's well-being. Please if you have not already done so, sign up for our Patient Portal so you can access information regarding your child's health.

Some general guidelines for healthy living are outlined below. Obviously, there are many factors that affect your child's health, but this list is a good place to start.

- Don't smoke cigarettes or use other tobacco products around your child. (Research shows that Second hand Cigarette smoke is associated with and a cause for ear infections, colds, pulmonary infections, asthma, and more diseases in children)
- Offer varied, age-appropriate foods. Ask us about your child's growth and nutrition needs.
- Ages 3-5: active play throughout the day.
  Ages 6-17: at least 60 minutes of activity daily.
- Use a car seat, booster or seat belt appropriate for your child's age and size on every ride.
- Use a correctly fitted helmet and protective equipment for age-appropriate activities such as cycling, skiing and snowboarding.
- Get Vaccinations for all Pediatric, Seasonal, and other Recommended Vaccines
- Read to your Children Nightly (Research shows this improves test scores and intelligence in children).
- Be involved and Communicate with your children.
- Advise your child to avoid Vapes or Vaping.

To best respond to your needs, We would like you to be involved in your child's health prevention needs. Everyone who joins our practice is encouraged to have a complete physical exam followed by periodic check-ups based on screening guidelines to test for and screen for specific diseases and developmental delay in children. If your child's initial visit was a quick sick visit, then please call the office and schedule a full preventative EPSDT for your child's preventative medicine needs.

We look forward to caring for your child and working with you as your child's Physician.

Sincerely,

Dr. Christopher S Burress Board Certified Internal Medicine and Pediatrics
Optimum Internal Medicine and Pediatrics
10044 Hwy 46
Bon Aqua, TN 37025