



UNC Family Medicine Patient Newsletter

April 2022

COVID Vaccinations & Young People:

A message from Dr. Kathy Barnhouse

As the mom of two teenage boys, the last few years have been rough! Being isolated at home and away from many of their friends for an entire school year took a toll on their mental health and academic performance. Early in the pandemic, their activities and school came to a screeching halt, and all of a sudden they went from kids thriving in school and playing sports to kids who were in front of the TV much of the day with limited interaction with others. We canceled vacations and time with grandparents.

When we got wind of when vaccines would be available, my husband and I anxiously awaited our turns. I received my first vaccine in December 2020, and he followed shortly thereafter in spring 2021. While we were relieved to finally be protected from COVID, it was not until our kids were finally able to be vaccinated that we finally felt like we could breathe again. I am not ashamed to say that within a few minutes of the approval for the 12-15 year-olds, my teens each had three vaccine appointments at three different places on three different days - we did not want to take ANY chances they would not get vaccinated as soon as possible. While they had both been back to playing outdoor soccer, my husband and I then felt comfortable sending them to overnight camps that summer, which was super important for their mental health. My 16-year-old swears he had zero side effects (and played in a 4-game soccer tournament that started the day after his first vaccine!). My 14-year-old just had swollen lymph nodes, a common side effect after receiving a vaccine that may indicate a robust and healthy immune system, but he also played a couple of soccer games that weekend without any trouble!

For our kids, feeling "normal" is the best part of being vaccinated - seeing friends and family and being normal teenagers. My family traveled to Florida in December to see my 93-year-old uncle. We lost my aunt at the young age of 95 to COVID in the summer of 2020 and we wanted to be sure to see my uncle while we could (although he will probably outlive all of us). We all felt comfortable meeting together - the adults were all vaccinated and boosted and we even managed to get my 16-year-old his booster about 10 days before we left. This spring, after all of us were boosted, we took a family trip to Moab, Utah to see national parks and to go rappelling with a guide.

Keeping our family healthy has never been a question in our house and vaccines are a large part of that. When I asked my sons why they think teens who are not vaccinated should get vaccinated this is what they replied, "Why not?" and "So they don't get anyone else sick!" A teenage friend said something equally as simple: "I don't want to die."



Dr. Barnhouse with her family in Moab, Utah

COVID-19 Test to Treat Locator

While still relatively low, COVID cases are starting to climb some in our community – ***the best way to ensure you and your family are protected is to get vaccinated and boosted!*** A very helpful new resource in the event we do see more and more cases in our community along with vaccination is the recently launched [COVID-19 Test to Treat Locator](#), where you can find a location (such as local pharmacies) that will do testing and also offer point of care (on-site) treatment. Find your local Test to Treat sites [HERE](#).

Thank You to Graham Swift, Outgoing Chair of the Patient Advisory Council (PAC)



Graham Swift

As the doors slowly crack open to allow us to see a post-pandemic world, I am most grateful for (and humble to have followed) the leadership that Graham Swift has displayed over the last two years. Peeking out into the daylight of another Spring, we are able to imagine once again the joys of in-person meetings, the fellowship of volunteer service, and the shared commitment to continuous improvement that the PAC has come to represent.

The continued success and rejuvenation that the [Family Medicine Center \(FMC\) Patient Advisory Council](#) has enjoyed was by no means certain in the Spring of 2020. Scheduled meetings were halted and FMC staff were overwhelmed with demands on their time to help guide patients through an unpredictable crisis.

Graham Swift, our outgoing Chair, held our Council together via Zoom meetings and email. As we found our way through sharing screens and muting/unmuting, Graham kept his shoulder to the wheel ... emphasizing areas where we COULD help the FMC with our feedback and focusing on the positive. During a time of personal difficulty and loss, Graham has been steadfast and focused on helping others. The joy this has brought him is manifest.

We will miss Graham's leadership (and his delicious wine recommendations) and his good humor along with our colleague Herb Davis, whose travels and excellent fishing expeditions are an inspiration to all of us who have reached "a certain age." For both accomplished men, great adventures and travel lie ahead. We thank them both for making the FMC better and the PAC stronger than ever before. Happy trails, gentlemen.

Jean Bolduc

Chair, Family Medicine Center Patient Advisory Council

A Note From Our Medical Directors

On behalf of clinicians and leaders at the Family Medicine Center, we wish to express our sincere appreciation to Graham Swift for his generous engagement and guidance of the Patient Advisory Council over the last several years. His enthusiasm for the work of the clinic and the patient experience has helped us to improve and stay true to our mission. His kindness and humor have made the work even more fun.

Drs. Ashley Rietz & Rita Lahlou

FMC Medical Directors

Let's Talk Health with Dr. Dana Neutze



Dr. Neutze

Childhood Vaccinations

We know about infants needing vaccines. Did you know there are several vaccines recommended for 11–12-year-olds? The first of these is TDaP, a version of the tetanus vaccine given during the first year of life. It is important for kids to get this booster at this age to continue the protection against tetanus and pertussis (whooping cough). Whooping cough has been making come back in recent years because immunity fades with time. The second vaccine is HPV. It is one of the only vaccines that protects against several types of cancer! The HPV vaccine is given as two separate doses six months apart. However, if the HPV series is not started until later your child will need an extra dose, so don't delay! Finally, the

meningitis vaccine helps keep your growing tween safe from a life-threatening brain infection that can be easily passed from one person to another in communal settings like school and college.

VACCINATIONS FOR YOUR 11-12 YEAR-OLD

An important step to keep your "tweens" healthy!

- **TDaP:** protection against tetanus and pertussis (whooping cough)
- **HPV:** one of the only vaccines that protect against several types of cancer
- **Meningitis:** protects from life-threatening brain infection easily passed in communal settings like school and college

Visit My UNC Chart to see when your child is due for their vaccinations, or ask at their next visit!



You can check if your child is due for these vaccines on [My UNC Chart](#) (menu-> my record -> preventive care) or you can ask at your child's next visit.

UNC Primary Care Sports Medicine

The UNC Primary Care Sports Medicine team focuses on diagnosing, treating, and preventing sports and exercise-related injuries. Our team of physicians work with physical therapists, certified athletic trainers, and coaches to coordinate care for high school athletic programs, but people from all walks of life can benefit from seeing a sports medicine physician. Our Sports Medicine physicians are highly trained to treat a wide variety of issues, whether from normal wear and tear, overuse (stress fracture, tendonitis), or acute injuries (muscle strain, shoulder injury). Specializing in non-surgical and minimally-invasive treatment modalities, our physicians offer ultrasound-guided injections, including cortisone, hyaluronic acid, platelet-rich plasma, and dextrose prolotherapy, trigger point injections, dislocation and fracture management, and more. The UNC Primary Care Sports Medicine Center also offers concussion management, running medicine/gait analysis/orthotic fabrication, and care of the female athlete.



UNC Primary Care Sports Medicine team is involved in community outreach, providing pre-participation physicals to community high school athletic programs and providing care during races and other mass events. Additionally, the program is dedicated to service and works with several area colleges and high schools to provide athletes with coverage during their athletic seasons:

- UNC Chapel Hill
- North Carolina Central University
- Shaw University
- Chapel Hill High School
- East Chapel Hill High School
- Carrboro High School
- Northwood High School
- Jordan Matthews High School
- Chatham High School
- Seaforth High School

The UNC Primary Care Sports Medicine Center is located at the UNC Family Medicine Center at Durham, and doctors also see patients at the UNC Family Medicine Center in Chapel Hill. In case you were wondering, the UNC Family Medicine Center at Chapel Hill has two “sibling” sites that operate under the same standards of care and share faculty – the UNC Family Medicine Center at Durham and the UNC Family Medicine Center at Carraway Village.



UNC PRIMARY CARE SPORTS MEDICINE

ALUM PRIMARY CARE SPORTS MEDICINE FELLOWSHIP
UNIVERSITY OF NORTH CAROLINA - CHAPEL HILL

Faculty & Fellows at 2022 American Medical Society for Sports Medicine Annual Meeting in Austin, TX

UNC Primary Care Sports Medicine Center
at the UNC Family Medicine Center at Durham
3708 Mayfair St.
(984) 215-4780

UNC
SCHOOL OF MEDICINE
Family Medicine

Contact the Sports Medicine team at (984) 215-4780!

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