



Maine Pediatrics

October 2025 | Newsletter Highlights

- President's Message
- Member Spotlight
- School Health Summit
- 'In the News'
- 'Did You Know?'
- Connect On Social Media
- Upcoming Partner Programs



Maine AAP President's Message Brian Youth, MD, FAAP

Happy October!

It was so nice to see a number of Mainers at the AAP National Conference and Exhibition (NCE) in Denver this past weekend! Crazy to actually run into so many of you given that we were all mingling with about 15,000 other pediatric focused caregivers. We had good representation from Bangor to Portland to Machias and I trust everyone came home with nuggets of knowledge and inspiration that will benefit our patients. I wanted to share with you my top 10 highlights from NCE this year, in no particular order:

10. The spirit of pediatric advocacy is alive and well. There was so much energy in the sessions I attended where the take home message was: keep advocating and caring for ALL children even when it's not easy. This is what we do best.

9. "Co" is a cool word. I attended a Climate Change session and was inspired not just by the call to action to continue raising awareness of the impact of climate change on the healthcare of our youth, but also by the need to Co-laborate, Co-Found, Co-Host, and Co-Create with others. We are best when we work together to tackle issues important to all of us. Don't go it alone- there is always someone who shares your passion and vision to make the journey easier.

8. Pityriasis Alba is scaly. Maybe you all knew that, but I didn't- I think I've mistaken post-inflammatory hypopigmentation for PA over the last few years- won't happen again.

7. AI is amazing. I learned that AI can help with everything from practice management by decreasing some of the burdensome tasks we humans have to do, can help create excellent (after human review) website content to educate patients and families, and is getting more accurate over time, but will always require human 'review'. It's here to stay, and it's time to embrace AI and see how we can best channel this 21st century tool to make the mundane tasks easier, so we can focus on the more complex ones, as we provide care to our patients.

6. Meow Wolf- All I can say is, “wow”. If you, like me, knew nothing of this immersive and interactive art installation- check it out next time you’re in Santa Fe, Vegas, Denver, Dallas or Houston. Coming to NYC in 2026!

5. Dr. Glaucomflecken (aka Will Flanary, MD) is not just a hilarious podcaster, he is an amazing human being. His keynote speech at the plenary highlighted the impact of humor and social media as a way to create advocacy messages that resonate across all fields of medicine. And who remembers when he did his pediatric rotation at MAINE MEDICAL CENTER while he was a visiting Dartmouth medical student (not that long ago...)?!

4. Denver has no humidity, being a mile in the sky, and 300 days of sunshine per year.

3. Michele LaBotz, MD rocks! Next time you see Dr. LaBotz (AAP Board Member, Associate Professor at Tufts, Sports Medicine Physician Extraordinaire) be sure to congratulate her on winning the Thomas E. Shaffer Award at the AAP Council on Sports Medicine and Fitness (photo below)! This award recognizes an individual who has made a significant contribution to the field of Pediatric Sports Medicine by displaying leadership and vision, providing quality presentations, and publishing documents relevant to this specialty. Michele- we are so proud of your work and honored to have you on our Maine AAP Board!

2. Concussion management is changing again. Stay tuned for the 2026 Update to the AAP Guidelines- here’s a hint: screens- not so bad, light aerobic activity early in recovery- good.

1. And finally, the most important thing I learned at AAP NCE this year is that there are at least 67,000 pediatricians in our country that all want what’s best for children. Let’s keep working together to keep the needs of our patients and families at the center of what we do, and stay in the game. This isn’t the first time in the 95-year history of the AAP that times have been tough and maybe not so focused on what kids in 2025 need- access to clean air and water, safe schools, homes, and neighborhoods; opportunities for education regardless of socio-economic status, and healthy relationships with caring adults and peers. Let’s keep doing what we do best as we promote the care and well-being of the next generation.

This was written without the use of AI or ChatGPT, but would certainly be shorter if it was!



Maine AAP Member Spotlight:

Dr. Michele LaBotz
was the recipient of the 2025
Thomas E. Shaffer Award from
the AAP Council on Sports
Medicine and Fitness!

2025 School Health Summit

*Discounted Early Registration and Hotel Room Block
end Wednesday, October 1st! *

To view the agenda and registration details, visit
<https://www.maineaap.org/education/2025-school-health-summit>

SCHOOL HEALTH SUMMIT

6.5 CME & Education Credits Available

Open to school health advisors, athletic trainers, child health providers, social workers, mental health clinicians, school nurses, school based health center staff, and others involved in school health!

Saturday, Oct. 25, 2025

8:00am - 4:00pm

Augusta Civic Center

Visit Maineaap.org for the agenda and registration details



The Hanley Center for Health Leadership and Education designates this Live In-Person Activity for a maximum of 6.5 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the Hanley Center for Health Leadership and Education and The Maine Chapter American Academy of Pediatrics. The Hanley Center for Health Leadership and Education is accredited by the Maine Medical Association Committee on Continuing Medical Education and Accreditation to provide continuing medical education for physicians.



In the News!

We know there are many questions about **pediatric COVID-19 vaccine availability**, and the situation continues to be fluid. Here's what

the **Maine Immunization Program** said in its Friday 9/26 newsletter (which also contains important influenza and RSV updates):

When are COVID-19 vaccines for kids going to be made available for offices? We are currently awaiting the final approvals from the Center for Disease Control and Prevention (CDC) before this season's 2025-2026 COVID-19 vaccines are released for distribution. Doses are expected "within the next week".

Providers: If you have a family that wants a COVID vaccine immediately, you can share that some commercial pharmacies are carrying Pfizer's COVID vaccine for 5 years and up, covered by insurance. However, it's important to call ahead to make sure that the pharmacy has it in stock.

Join us on October 14th at 12N for a Fall Update! [Register here!](#)

MAINE IMMUNIZATION COALITION FALL UPDATE

Information on vaccine requirements and recommendations in a changing landscape

Tuesday, October 14th
12-1PM via Zoom

Speakers:

Laura Blaisdell, MD, MPH

Laura Faherty, MD, MPH

Open to school nurses, healthcare providers, & public health professionals.



Scan to register, or visit
maineaap.org/resource-areas/the-mic



Lead poisoning can cause lifelong challenges with learning, behavior, and hearing, as well as language and speech delays, and impact success in school. For these reasons, the American College of Obstetrics & Gynecology (ACOG) guidelines recommend screening for lead poisoning in pregnancy and considering a blood test if exposure is a concern. Children are also vulnerable to lead exposure and poisoning.

According to the AAP:

- there is no safe blood lead level in infants or children
- the CDC advises using a blood lead test to screen any child at risk for exposure
- universal screening is required for children receiving Medicaid benefits at 12 months and 2 years of age
- the CDC defines a blood lead level that is at the 97.5th percentile, currently 3.5 mcg/dL, as presenting higher risk
- follow-up and intervention are determined by the blood lead level and symptoms.

The Maine CDC lead team has information for providers and families and free test kits. **Visit their website. Download Pregnancy and Lead flyer** (pictured below).

PREGNANT OR PLANNING FOR A BABY?

MAKE SURE YOUR HOME

Lead poisoning can cause lifelong challenges with learning, behavior, and hearing. It can cause language and speech delays and impact academic success in school.

As a pregnant person or new parent, there are steps you can take to keep your child healthy and your home safe from lead. In Maine, lead paint and dust are very common in buildings built before 1978. Follow the guidance below to protect your family.

- Order a free lead dust test kit
- Renovate safely
- Get your child tested at 1 and 2 years
- Wash hands and surfaces



LEAD RISKS

Lead is a serious poison that is harmful even in very small amounts. It is most dangerous to a small child or to a developing baby during pregnancy because their brains and bodies are still developing, and can absorb lead quickly. Lead exposure may also cause high blood pressure during pregnancy, miscarriage, or low birth weight. **The best treatment for lead poisoning is prevention.**



SOURCES OF LEAD

Lead paint in homes is the most common source of lead poisoning. If you are exposed while pregnant or nursing your baby, lead can be passed along to your developing baby. Small children are commonly exposed to lead by breathing in dust or putting things in their mouths. Less often, you and your baby may be exposed by drinking water from lead pipes, or from dust brought home from work.

PREVENT AND TREAT LEAD EXPOSURE EARLY: 4 STEPS



Test your home for lead dust before becoming pregnant, or as soon as you know: Order a free dust test kit today to be mailed to your home. Assume any home built before 1978 has lead paint dust on surfaces and in the soil surrounding the house.



Renovate safely: Whether you rent or own your home, you have options if you discover lead. Renovation activities like sanding can create hazardous lead dust, so make sure to conduct renovations in a lead-safe way. If you are already pregnant or have young children, consider delaying renovations, or staying out of the room while they happen. Any renovations should be done by a contractor certified in RRP (Renovation, Repair, and Painting). They are professionals trained to protect your family from exposure while they safely remove the lead hazard. Visit this link to find more tips on safe renovations. <https://bit.ly/4mopdX>



Take your child to their doctor for blood lead testing at ages 1 and 2: The only way to know if your child has been exposed to lead is to test. In Maine, your child's doctor is required to test for lead at 1 and 2 years. The cost can be covered by insurance plans or funds available from Maine CDC.



Wash hands and surfaces, and maintain paint: Make sure you and your family wash their hands frequently, especially before eating. Wash toys, floors, and all surfaces weekly with a wet cloth. Do not let your family eat or put things that have fallen on the floor in their mouths. Inspect window sills, stairs and other surfaces that rub together for chipping, flaking, peeling, or chalking. Remember to report any chipping and peeling paint that you identify to your landlord. Remove debris and paint over those areas.



ONE FAMILY'S STORY:

Jaime and Kyle were excited to have found their dream home in Augusta near family and work. While looking over the purchase documents, they saw that their house was built in the early 1970s, which meant it was likely to have lead paint. They decided to pass on the lead inspection at the time of sale but kept the information about the risks of lead.

Now that Jaime is pregnant, they want to be sure there is no lead. They filled out the online order form for a free test kit from Maine CDC. When the kit arrived in the mail, they followed the instructions to swipe three areas of their home, and sent the samples back for testing. About two weeks later, they got the results in the mail - lead dust was detected in their kitchen. The couple scheduled a time for the lead team from Maine CDC to help them identify the sources of lead. The Maine CDC team guided them on how to safely remove the lead while they are pregnant. Jaime and Kyle feel that their future baby can now thrive in a healthy home.

maine.gov/dhhs/mecdc/
207-287-4311 or 866-292-3474



Did you know...

Spruce the Dental Health Moose shares educational materials via a video to help children brush and to help parents care for their children's teeth and their own. Practices can purchase kits which can be given out during a well-child visit and as the child receives an oral health screening and fluoride varnish. The kit includes a toothbrush, floss,

toothpaste for both kids and adults and the video link. Kits can be purchased from the zDental Website and shipped directly to your practice. If you order in the month of October, a free poster will accompany the kit purchase. Questions? Reach out to From the First Tooth at mhfirsttooth@mainehealth.org.

Be sure to watch this video to help guide messaging to families about **fluoride safety! Fact Checked: Is Fluoride Safe? | AAP**

Gifts to Maine AAP directly benefit members and trainees by helping to support attendance at educational and legislative conferences!

Please consider making a gift donation today - [click here!](#)



Connect with Maine AAP on Social Media!

We recently joined BlueSky! [@maineaaap.bsky.social](https://maineaaap.bsky.social), you can also follow us on X, Facebook, LinkedIn, and Instagram, where we continue to share pro-pediatric health messages, new clinical info and pertinent articles.
<https://linktr.ee/maineaaap>

Upcoming Partner Programs

October 1st | 12:00-1:00PM: MPBHP Free Webinar Series - *Maine's Model for Adolescent Substance Use* with Dr. Deborah Hagler. [Learn more.](#)

October 2nd | 12:00-1:00PM: Maine State Breastfeeding Coalition Educational Webinar: *Functional Oral Evaluation of the Dyad*. [Learn more and register here.](#)

October 7th | 3:30-4:30PM: Maine's Children and Youth with Special Health Care Needs Monthly Learning Series - *Transition to Public School: Guidance for Parents of Children with Disabilities & Special Healthcare Needs* Webinar. [Learn more.](#)

October 10th: 2025 Maine Youth Thriving Summit at Wolfe's Neck Center in Freeport, Maine. [Learn more and register here.](#)

October 23rd | 7:30-8:30AM: MPBHP Webinar: *Navigating the Gut-Brain Axis* presented by Dr. Noah Hoffman. [Register here.](#)

October 23rd | 8:30-3:45PM: MaineHealth's annual Substance Use Disorder Conference - *Meeting People Where They Are: Compassion, Connection and Support in SUD Care*. [Learn more and register here.](#)

October 27th | 7:30AM-4:30PM: Maine Public Health Association 2025 Annual Conference - *Connections Build Health: Sparking Conversations, Strengthening Communities*. [Learn more and register here.](#)

October 29th | 12:00-1:00PM: Free Webinar Series - *Healthy Energy, Healthy Homes, Healthy Maine: Connecting Climate Solutions to Better Health in Maine*. [Learn more.](#)

October 30th: Save the date for the *2025 CDC Nurture ME Conference* at the Augusta Civic Center.

2025-2026 Training Season Schedule for the Center for Tobacco Independence. [Learn more.](#)

Maine AAP | 30 Association Drive Box 190 | Manchester, ME 04351 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!