

# OH Baby!

Saturday, April 19, 2025

Bluefield  
Daily Telegraph





# Dr. Brandon & Megan *Lingenfelter*



## Summit Women's Health

*For the grandmoms, the moms, and the daughters*

Brandon Lingenfelter, DO, PhD

Megan Lingenfelter, PA-C

Dr. Brandon Lingenfelter and Megan met as high school sweethearts. Both from small towns, they quickly bonded over their shared values and ambitions about going into medicine. As Dr. Lingenfelter completed his studies as the West Virginia School of Osteopathic Medicine and his doctorate at West Virginia University, Megan earned her degree as a physician's assistant. Soon after, the two of them started to look at places they could see themselves settling down.

Dr. Lingenfelter's rotations led them to Southeast West Virginia: Princeton, Lewisburg, Beckley, and the surrounding area. They immediately connected with Princeton's homey feel and warm community.



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# What parents should know about asthma

No one ever fully knows what's around the corner in regard to their personal health, and children are not immune from that uncertainty. A child can seem fully healthy one day only to be unexpectedly diagnosed with a medical condition the next.

That scenario has unfolded for millions of children diagnosed with asthma, an incurable yet manageable disease. The Asthma and Allergy Foundation estimates that 4.9 million children in the United States have asthma, while Asthma Canada reports that more than 900,000 Canadian youths under the age of 19 have the chronic disease. Such figures underscore how important it is for parents to learn the basics of asthma.

## What is asthma?

Asthma Canada reports that doctors define asthma as a chronic inflammatory disease of the airway. The World Health Organization reports that asthma is caused by inflammation and muscle tightening around the airways that makes it harder to breathe.

## What are the symptoms of asthma?

The AAFA notes that asthma often begins in children, but its initial symptoms tend to vary depending on a child's age. Babies and toddlers exhibit different symptoms than school-aged children and teenagers.

The AAFA reports that, among babies and toddlers, signs and symptoms of asthma may include:

- Persistent, repeated coughing, which can occur at night
- Fast or rapid breathing
- A need to work harder to breathe
- Flaring nostrils
- Skin that sucks in around and between ribs or above the sternum
- Exaggerated belly movement
- Panting even when engaging in normal activities, such as playing
- Wheezing (a whistling sound)
- Trouble sucking or eating
- Tiredness that contributes to disinterest in normal or favorite activities
- Cyanosis, a tissue color change on mucus membranes (tongue, lips, and

around the eyes) and fingertips or nail beds. Cyanosis appears grayish or whitish on darker skin tones and bluish on lighter skin tones.

Signs and symptoms that affect school-aged children and teenagers may include the above but also:

- Shortness of breath
- Cough
- Pain or tightness in the chest
- Waking at night due to these symptoms
- A drop in their peak flow meter reading (if your child uses one)
- Exercise intolerance marked by an inability to engage in physical activity that's normal for the child's age

Why do millions of children develop asthma?

Medical experts are uncertain about the exact causes of asthma in youngsters. However, the AAFA identifies various risk factors that could increase a child's chance of developing asthma. Such risk factors include:

- A family history of asthma
- Respiratory illnesses, such as flu, RSV and colds
- Allergies and eczema (atopic dermatitis)
- A mother who smoked during pregnancy
- Exposure to secondhand and thirdhand tobacco smoke or e-cigarette aerosol after birth
- Living in an area with high air pollution

What is the prognosis for children diagnosed with asthma?

Treatment is vital to controlling asthma and limiting the extent of its effects on children's lives. According to the AAFA, when a child's asthma is under control he or she can expect to live a life with few or no symptoms and no interruptions to daily activities like sports, play and exercise. Kids whose asthma is being treated also can expect to miss fewer school days and require fewer trips to urgent care facilities and hospitals.

Asthma affects millions of children. Parents who learn about the disease can better identify when kids need treatment that can greatly reduce the effects asthma has on their daily lives.

## Meet VaLeah

**Summit**  
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Valeah Bradshaw, NP

VaLeah Bradshaw has lived in Bluefield, Virginia her whole life. She is married to Rex Bradshaw and they have two children, Caleb and Kacie. After earning her RN degree, VaLeah immediately started working in labor and delivery.

After 6 years as a labor and delivery nurse, she obtained her Family Nurse Practitioner degree. She practiced in family medicine for almost a year before joining Summit Women's Health.

VaLeah has a passion for women's health, obstetrics, and aesthetics because she truly loves connecting with her patients on a personal level to assist with their healthcare.



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## Meet Dr. Snyder

**Summit**  
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Samantha Snyder, DO, OB/GYN

Dr. Samantha Snyder grew up in Tazewell, VA and often visited her mom, a histology tech, at work at PCH. As she completed her degree at the West Virginia School of Osteopathic Medicine, she ended up back in Princeton for her OB/GYN rotation, which is how she met Dr. Brandon Lingenfelter.

Dr. Snyder says Dr. Lingenfelter created "a very comfortable environment to learn in" and that her time at PCH helped her decide that she absolutely wanted to specialize in OB/GYN. During her rotation, Dr. Snyder actually helped deliver Dr. Lingenfelter and Megan's youngest child, Teddy!

Dr. Snyder always knew she wanted to stay close to home, so she is excited to be settling into Bluefield, WV with her husband Cory and their child, Emma (delivered by - you guessed it - Dr. Lingenfelter!)



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# Common issues that affect kid's dental health

Children develop at a rapid pace. Kids' bodies grow from the moment of birth until early adulthood. Children get taller, more dexterous and expand their knowledge by leaps and bounds as they grow up. Kids' teeth also are developing over that time.

Children's teeth are at heightened risk for oral health issues during this delicate time of growth. If left untreated, dental issues can cause poor oral health. WebMD emphasizes that it is essential to keep baby teeth healthy for a child's overall health and well-being, even though baby teeth are eventually replaced with permanent teeth. Many of the same conditions that affect adults also can contribute to issues with children's oral health. Here is a look at some common concerns.

## Caries (cavities)

Dental caries, also known as tooth decay or cavities, are caused when bacteria in the mouth metabolize sugar and produce acids that break down the teeth. Foods that stick to the teeth for a long time, such as candy, ice cream

and milk, are more likely to cause decay. The Centers for Disease Control and Prevention states that 20 percent of children between the ages of five and 11 have at least one decaying tooth. It is important for children to clean their teeth well, something adults will likely need to assist with to ensure tooth decay doesn't occur.

## Bruxism

Many children grind their teeth at night, which is called bruxism. This habit can damage the teeth and cause misaligned teeth, which affects the bite. Nightguards may be needed to prevent the issue. Addressing any stress that may be causing the grinding also may be necessary.

## Thumb sucking

Sucking on fingers, pacifiers or toys gives young children emotional security and comfort. However, thumb sucking continues beyond age five can affect permanent teeth when they start to erupt. This may force them out of alignment. Breaking the thumb-sucking habit can

take time, and a child can wear dental appliances to prevent sucking.

## Over-retained primary teeth


According to Hines Little Smiles Pediatric Dentistry, over-retained primary teeth refers to baby teeth that do not naturally fall out to make room for permanent teeth. This can lead to complications in the alignment of new teeth. In some instances, over-retained teeth may need to be extracted to make room for adult teeth.

## Bite and alignment issues

As permanent teeth come in, it may become evident that an orthodontist will be needed. Many pediatric dentists will refer children to orthodontists the moment they realize that orthodontic intervention is likely needed. Braces, palate expanders and other treatments might be prescribed so that older children can enjoy healthy, straight smiles.

Parents can work together with dentists to ensure good pediatric oral health.






## Robert W. Edwards III

### MD, F.A.C.O.G

Tabitha Cox, PA.



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# Tips to quiet COLIC

Crying is a normal outlet for babies to express what they cannot verbalize. Infants cry when they are hungry, uncomfortable, tired, and/or have soiled diapers. But for some babies, crying may be something that seemingly does not end no matter what frazzled parents do. In such instances, an infant may be experiencing colic.

Colic can fluster new parents. A baby that cries for hours on end can exact an emotional and physical toll and interrupt parents' schedules and sleep. Connecticut Children's Pediatric Health System says newborns are diagnosed with colic if they cry for more than three hours a day; the crying lasts for more than three days a week; and this pattern has been going on for more than three weeks. Babies experiencing colic often clench fists or curl their legs while crying. Babies' bellies often are tight and their faces can redden as well.



Managing colic can add to the stress new parents already feel. Although colic is a phase that infants typically outgrow, parents may wonder if there's anything they can do to quiet the crying. Although colic can be avoided, there may be some ways to avoid colic triggers.

- **Food diary:** Breastfeeding mothers should realize that everything they eat and drink gets passed on to the baby and can affect them through breastmilk. Caffeine and chocolate can act as stimulants, and dairy products and nuts may be causing allergies. Certain medicines also can cause reactions in children. Keeping track of what you consume and the response it causes in your newborn may offer a clue about what to avoid to make the baby less fussy.

- **Formula changes:** If you are formula feeding, experimenting with another brand might help. Babies can be sensitive to certain proteins in formulas. Also, slow down feedings by using a nipple with a smaller hole. Feeding the baby smaller meals more often also might help with colic.

- **Car ride:** Sometimes the soothing hum of the engine and the tires on the road can help settle a newborn. This tactic also has a secondary benefit of getting you and the baby out of the house for a change of scenery.

- **Change of position:** Sometimes holding a baby differently can alleviate a colic episode. Lay baby across your arm or lap while you massage your child's back. If you suspect colic is from gas, hold your baby upright or rock

the child using an infant swing.

- **Take a break:** FamilyDoctor.org says although colic can seem scary, it doesn't cause any short- or long-term problems for your baby. Placing your newborn in a crib or another safe space and letting the crying fit go on for a bit while you take a break is fine. Parents also can seek help from a friend or loved one and go out for some time to escape the crying.

Colic can affect any baby and often seems like it will never end. Fortunately, it's usually a temporary condition that resolves by age four months, and parents can try various strategies to cope until colic is a distant memory.



# A hygiene guide for kids

The world learned a significant lesson about the importance of personal hygiene during the COVID-19 pandemic. Apart from getting vaccinated, one of the single-best things people could do to prevent the transmission of the virus was to wash their hands thoroughly throughout the day, particularly after touching surfaces at stores, schools and other public places.

The importance of handwashing is one of the earliest hygiene lessons children learn. But it's not the only important lessons kids should be taught about personal hygiene and how it relates to overall health. Here are the grooming and hygiene lessons that children should learn as they get older and mature.

## Washing hands

Regular handwashing reduces the risk that kids will contract and transmit illnesses. Everyone should wash their hands with soap and water for at least 20 seconds, or about how long it takes to sing "Happy Birthday" two times. It is important to wash hands after going to the bathroom; before eating or making food; after sneezing, coughing or blowing one's nose; after touching pets or other animals; and whenever hands are dirty. Emphasize to children that germs are there even though they cannot be seen.

## Bathing/showering

The American Academy of Pediatrics says a baby should be bathed three times a week, but there may be instances when children require more frequent bathing. Over-bathing can dry out the baby's skin, so parents are urged to keep that in mind.

At some point a child can bathe on his or her own. Parents magazine says some kids are mature enough to bathe on their own at age five or six, but most experts recommend waiting for solo bathing or showering until youngsters reach age eight.

## Fresh clothing

Encourage children to pick their own outfits so they are more inclined to choose fresh clothing each day. While it is possible to get away with wearing something for more than one day, soiled clothing and undergarments should be changed daily and children should be encouraged to do so.

## Washing hair

Sebum from the skin can build up on the scalp and cause oily, smelly hair. Children should wash their hair once or twice each week and brush it every day, according to Health Direct, an Australia-based health organization. If kids are afraid of getting water in their eyes, suggest they wear swimming goggles while bathing.

## Head lice inspection

Head lice is common in children. The Centers for Disease Control and Prevention estimates there are six to 12 million infestations of head lice each year in the United States. Inspecting children's hair and treating when necessary can help to reduce such infestations.

## Using antiperspirant or deodorant

As children get older and their hormones and bodies change, some may develop body odor. Daily showers may be needed for kids who have started puberty. In addition, the daily use of deodorant or antiperspirant can help control odor and sweating.

## Oral hygiene

Oral hygiene is another consideration for kids' health. The American Dental Association says teeth should be brushed and flossed twice a day as part of a daily hygiene routine.

Lessons emphasizing personal hygiene and grooming can keep kids healthy as they grow up.



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# Tips to reduce infection risk during pregnancy

Infections during pregnancy are common, but the health care experts at Merck note that the most common infections cause no serious problems. Despite that, expecting mothers and women hoping to become pregnant may still seek ways to reduce their risk of infections during pregnancy. That approach is understandable, and the American Academy of Pediatrics highlights the following ways women can lower their risk of infection during pregnancy.

- Practice good hygiene. Parents will want to practice good hygiene once they're tasked with taking care of an infant, but there's no reason to wait until baby is born. In fact, the AAP notes that practicing good hygiene is a good way for women to protect themselves and their babies from infection during pregnancy. Wash hands often with soap and water or hand sanitizer if the former is not readily available. The AAP notes that keeping hands clean can help prevent various infections, including congenital cytomegalovirus infection (cCMV). That's a notable benefit, as the AAP reports that cCMV is the most common infection cause of birth defects.



- Ensure foods are fully cooked. Undercooked foods are a potential cause of infection, so women can make a concerted effort to ensure the foods they eat are fully cooked before picking up a fork. The AAP advises that doneness varies depending on what women are eating:

- Ground meat: minimum 160 F
- Poultry: minimum of 165 F
- Beef/pork: minimum 145 F

Undercooked meats and processed meats may contain *listeria monocytogenes*, which is a harmful bacteria. So all foods should be cooked to at least the temperatures noted above, and hot dogs, luncheon meats or deli meats should not be consumed until they are reheated and steaming hot.

- Steer clear of unpasteurized milk and foods produced from it. The AAP urges pregnant women and women hoping to become pregnant to avoid soft cheeses unless the product labels indicate they are from pasteurized milk. Soft cheeses like feta, brie and queso fresco and other products made from unpasteurized milk may contain harmful bacteria.

- Protect yourself against biting insects. Various insects carry diseases that can adversely affect women's health and the health of children they are carrying. For example, mosquitoes and biting midges can transmit the oropouche virus and the Zika virus, each of which has been linked to birth defects. Ticks can spread diseases like Lyme disease, which can cause complications during

a pregnancy if it is left untreated. Women are urged to speak with their physicians to identify ways to protect themselves against bites during times of year when biting insects are active. Wearing long-sleeved shirts and pants during such times is advisable, and physicians can discuss which insect repellants are safe to use during pregnancy.

Many prenatal infections cause no serious problems. But it's still worth women's while to do everything they can to reduce their risk of developing prenatal infections.



# The Women's Center

The Women's Center at WVU Medicine Princeton Community Hospital offers women the highest levels of comfort and privacy. Our facility is modern and beautifully appointed, our technologies are state of the art, and our care is understanding and compassionate.



## Birthing Facilities

- Large, private birthing suites equipped for all aspects of childbirth, from labor and delivery through recovery.
- Suites combining the latest obstetrical technologies with many of the comforts of home, such as a sleeper sofa and family dining area.
- Two nurseries for special care infants.
- Promotion of skin-to-skin and rooming-in to encourage family bonding.
- Lactation support services provided with a licensed lactation consultant.

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