

OFFICE UPDATES

INTRODUCING: “Nearly Newborn”

CREATED BY DR. STEWART

PRENATAL PARENTING WORKSHOP INCLUDES:

7-days of text communication
with a pediatrician

Access to the “Baby Playbook”
an online database of videos,
handouts, printable guides, etc.

A “Pediatrician’s Guide” that
daily navigates parents through
the course material

An optional virtual call with the
pediatrician to get all questions
answered



NEARLY NEWBORN

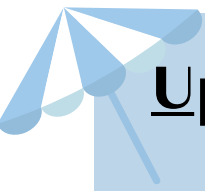
“Nearly Newborn” is a simple idea. Pair expecting families with a pediatrician (in this case via text and call communication) to help answer their unique questions and concerns as they work through a prenatal workshop full of online content.

We’re confident this is the best and easiest way for expecting parents to prepare for newborn life, so spread the word! It is a virtual, so it is offered to members and non-members nationwide!

Find it at **NearlyNewborn.com**

ADHD - INFORMATION & MISINFORMATION

As a pediatrician and a child psychologist, I see a lot of kids with ADHD. Treating ADHD is one of the most fulfilling things I do as kids and families who have been struggling for years receive an accurate diagnosis, begin treatment and can quickly begin to reach their potential in the areas of academics, behavior and social relationships.



Upcoming Events:

Saturday April 26th

Dr. Johnson Pool Opening!

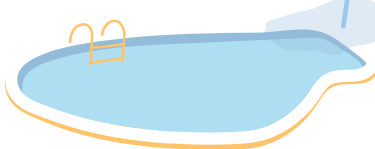
11am - 6pm

Location: Dr. Johnson's house
(Message for address)

The pool is heated!

A parent needs to be present at all times.

Please bring chairs, towels, sunscreen and any foods that your family wants. I'll have basic snacks, water and juice.



Take Away:

There is a lot of MISINFORMATION in the world. We are here to educate and help you navigate all the information as your child grows



ADHD Missinformation

Dr. Steve Johnson

I'm pretty passionate about treating ADHD as soon as possible.

It upset me when the article "*Have we been thinking about ADHD all wrong*" came out 4 days ago. The article questions if ADHD is real, suggests the treatments don't work, are dangerous and this is all a ploy by Big Pharma to make money. Doing a shallow dive into the article I learned that...

- Other researchers cited in his article had quotes completely taken out of context from articles on websites.
- The author didn't mention that after the 14 months, the study was over and participants could pursue whatever treatment they wanted—thus resulting in minimal to no improvement 2 years later.



ADHD Tid-Bit:

Dr. Kyle Stewart

There are two “flavors”; inattentive and hyperactive (or combined).

ADHD diagnoses are constantly increasing.

Most recent data shows that about 11% of kids aged 3-17 are diagnosed with ADHD. This is up from about 6% in the year 2000.

Like everything, there's lots behind this. The melting pot of genetics, what home you grew up in, school, where you live, it all plays into if a child is diagnosed or not.

What is ADHD?

ADHD IS A NEUROPSYCHIATRIC PROCESSING DISORDER IN WHICH SOMEONE HAS DIFFICULTY WITH FOCUS.

HOW DO I KNOW IF MY CHILD HAS ADHD?

We discuss each child separately and their constellation of symptoms (a great advantage of the DPC model). Some of the things we look for when examining

kids with ADHD:

Behavior outbursts

Fidgeting

Interrupts

“Daydreams”

Climbing, jumping, can't be still

Task avoidance

Behavior outbursts

Forgetfulness, distractedness

WHAT DO WE DO NEXT?

The next step is easy! Tell me about your concerns and we go from there.

We'll start with some forms for you and a teacher to fill out, and review those. Those are often clear enough to make or rule out a diagnosis, then we dig into other things like anxiety, learning disabilities, to make sure we're not missing anything.

Generally, we work on optimizing a few things first:

Sleep

Screen Time

Nutrition

School environment

Welcome to the Team!



Emily Moran, M.Ed., LPA

I am available to conduct comprehensive evaluations for ADHD. While Dr. Johnson and Dr. Stewart can diagnose ADHD, a full evaluation can be especially useful in more complex cases. It helps rule out other potential contributing factors such as learning disabilities, anxiety, or mood disorders. This information can support a more accurate diagnosis and inform appropriate intervention or support strategies.

Testing Offered

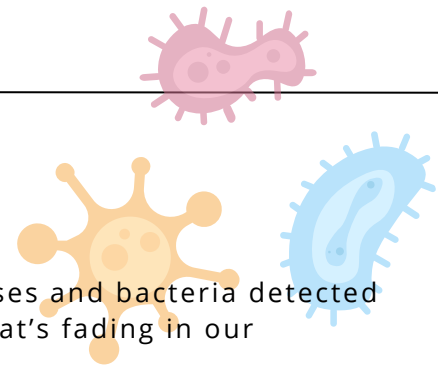
- Autism Spectrum Disorder
- Learning Disabilities
- Giftedness & IQ Testing
- School & Social Struggles
- Attention-Deficit / Hyperactivity Disorder
- Anxiety, Depression, & Mood Disorders
- Cognitive Functioning

We offer **testing for members AND non members.**

We offer a **50% discount** for members!



Emily primarily sees patients at our Middletown office for testing, but let us know if you need to meet at the Norton Commons location!



Results from this week's virus/bacterial testing in Louisville

Below is Dr. Alan Junkins' (Chief of Microbiology) weekly report on viruses and bacteria detected in the Louisville area. It provides insight into what's on the rise and what's fading in our community. A few key points:

- The value represents the positivity percentage. For example, if 7% of COVID tests came back positive last week, the value for COVID is 7%.
- Viruses/bacteria increasing for two weeks in a row are marked in red.
- Viruses/bacteria decreasing for two weeks in a row are marked in green.
- The table includes the most common cold viruses, with the most familiar ones at the top.

	Week of 4/7/25	Week of 3/31/25	Week of 3/17/25	Week of 3/17/25
COVID	5%	5%	5%	6%
Influenza A (Flu A)	2%	4%	8%	11%
Influenza B (Flu B)	3%	4%	5%	4%
Respiratory Syncytial Virus (RSV)	3%	3%	3%	4%
Strep	18%	18%	19%	19%
Adenovirus	3%	3%	3%	3%
Coronaviruses (non-Covid)	3%	5%	6%	5%
Human Metapneumovirus	5%	4%	4%	4%
Mycoplasma Pneumoniae	<1%	<1%	<1%	<1%
Norovirus (Stomach virus)	24%	23%	30%	70%
Parainfluenza (Croup)	6%	3%	3%	1%
Pertussis (Whooping Cough)	<1%	<1%	<1%	<1%
Parapertussis	<1%	<1%	<1%	<1%
Rhinovirus / Enterovirus	17%	15%	19%	15%



We absolutely love Dr. Johnson. Since joining the practice, we have already had multiple things addressed that we never would have gone to our doctor about or urgent care. Instead I would have said let's watch that and see how it feels tomorrow. The fact that he is a psychologist on top of a doctor is amazing. I highly recommend joining this practice

Dr. Johnson's Book Recommendations:

- **The Confident Mind: A Battle-Tested Guide to Unshakable Performance**

This book applies to anyone in any area of performance including music, academics, jobs and social interactions. The main take home point is that confidence is a skill that anyone can practice and develop, rather than a trait that some people have and some people don't.



Office Logistics:

Hannah, our office manager and MA at the Middletown location, is leaving at the end of this month. She's moving back home to Arkansas!

Kaitlynn, Dr. Johnson's RN at the Norton Commons location, will be changing to the Middletown location and taking over as office manager. If you have billing or office questions, she'll be your point of contact.

Welcome Secily to the Norton Commons office! We can't wait to have her on the team!



May 2nd, both Norton Commons and Middletown Offices will be closed for Oaks.

Please contact your physician directly!

Dr. Stewart's Current Music Playlist

"This Too Shall Last" - Anderson East

"House Fire" - Tyler Childers

"Calm Down" - Rema, Selena Gomez

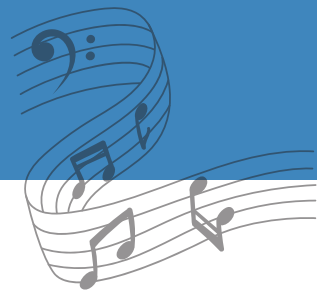
"Nowhere to Run" - Kings of Leon

"Slow it Down" - Lumineers

"Gravelweed" - Jason Isbell

"Space and Time" - S.G. Goodman

"TemporaryTears" - NeedtoBreathe and Foy Vance



(502) 515-6601



DIRECT PEDIATRICS



@DIRECTPEDIATRICS



LEAVE US A REVIEW ON GOOGLE!

NORTON COMMONS
LOCATION



MIDDLETOWN
LOCATION



SCHEDULE WITH
EMILY

