



# Nurture Pediatrics

## October Newsletter

[www.nurturepediatric.com](http://www.nurturepediatric.com)

### Nurture Office News:

- Register for **free secure texting** through **OhMD!** When your child is sick and you need help, do you really want to just leave a message with an answering service? With our free secure texting, your text message goes straight to Dr. Pate after hours and to the office medical team during office hours. Urgent calls are called back within 30 minutes. Instructions for registering are available on our website (top of the page: click on the OhMD icon).
- **We open for patient care on October 17!** If you would like to register your child and schedule an appointment now, **our patient portal is up and running!** Click on the patient portal icon at the top of our website.

### What's Going Around?

#### 1. Croup:

- Caused by the parainfluenza virus
- 7-10 day cold-like illness that is passed from person to person by nasal and cough secretions.
- Begins with fever for 1-3 days and causes stridor (harsh breathing sounds) in young children, laryngitis (loss of voice) in adults and older children for 1-5 days.
- Nasal congestion and harsh sounding (seal bark) cough then develop and last for 1-2 weeks.
- Treatment is mostly supportive with fever reducing agents as needed (acetaminophen or ibuprofen), saline nasal rinses to clear mucus, plenty of liquids.
- If stridor develops at night time, you can turn the AC off and run hot water in the shower with bathroom door closed. Sit in the bathroom (not in the hot water) and allow the steam to relieve much of the trouble breathing. If your child has history of asthma and you have a nebulizer on hand, you could give a breathing treatment as you might for an asthma attack. Call your doctor if the stridor does not resolve within 30 minutes of these techniques.
- Children who have severe symptoms may need special breathing treatments given only in the hospital/ER setting and may benefit from steroid medications (oral or injection) that can be given in the pediatrician's office or ER.

## 2. Leprosy: Only in California right now!



Texas Armadillo

Last month (September 2016), 2 children at Indian Hills Elementary School in Riverside, CA were reported to have Hansen's Disease, AKA Leprosy.

This illness is caused by mycobacteria that can be transmitted through contact with armadillos or other people infected with leprosy. It can be treated with a rather long course (6-12 months) of several antibiotics used in combination.

Symptoms include rash, numbness/tingling, pain and muscle weakness.

How can leprosy be prevented?

- We have a lot of armadillos in Texas, even our big city of Houston! Armadillos are generally nocturnal and it would be unusual for your child to actually play directly with an armadillo, but if you happen to come around one, don't try to pet it.
- In addition, if you do find armadillo burrow holes in your yard, you and your children should wear garden gloves when digging and working in the yard. After you finish in the yard, wash your hands.
- Most adults around the world, however, might face no risk at all. That's because evidence shows that 95% of all adults are naturally unable to get the disease, even if they're exposed to the bacteria that causes it.

Read more at the CDC website:

<https://www.cdc.gov/leprosy/exposure/index.html>

## 3. HPV – The most common sexually transmitted infection in the USA today!

- Each year more than 35,000 cases of cervical cancer are diagnosed and 73% are due to strains of HPV viruses that are preventable through a vaccine.
- HPV 9 vaccine is recommended to all females 11-26 years of age (11-21 years of age for males) as a 3 dose series.
- Even if you do not think your child will have sex outside of marriage, how can you be sure that their spouse made the same commitment?
- Vaccinating at 11 years of age is a great way to bring up the conversation about risks of sex with your child exactly when they are beginning to be curious about the topic. It's always best for your child to obtain information from a reliable source such as yourself.

- If you are concerned about opening that conversation, let's do it together at the 11 year old well check. Don't wait until later... they will have already found out much misinformation the longer you wait.

## Fresh Pediatric Health Topic:

### How to Prevent Obesity Without Encouraging Eating Disorders

(an excerpt from AAP News – Dr. Neville Golden, MD, FAAP, Sept 2016)

1. Discourage dieting, skipping meals and diet pills to lose weight. Focus on a healthy lifestyle rather than on the weight.
2. Create more family meals which provide a model of healthy food choices and time for children/teens and parents to interact.
3. Promote a positive body image among adolescents. Avoid comments about size of clothes, body appearance as a reason to lose weight. Do not tease!
4. Instead of talking about weight loss, talk more about healthy eating and exercise as a way to be healthy.
5. In an overweight or obese teen, monitor weight loss to be sure weight is not dropping too rapidly (no more than ½ lb to max of 1 lb per week).

The My Fitness Pal app is a great tool for use as a method to encourage healthy eating and avoid starvation diets. Monitor your teens progress.

## Toy/ Baby Product Recalls:

- Evenflo recalls **Evolve 3-in-1 Combination Booster** Seats because a child can access the release button and loosen the harness, leaving a child unsecured in the event of a crash. Units: 29,742.
- Captiva Designs recalls **bungee chairs** because the rivets that hold the cording on the chair frame can break allowing chair to collapse, posing a fall hazard for the user. Units: 4,100.
- United Exchange Corp. recalls 4 oz **Family Care Eye Wash and Rugby Branded Eye Wash** because of microbial contamination.
- **GRACO Brand Stroller Recall:** <https://www.cpsc.gov/Recalls/2015/Graco-Recalls-11-Models-of-Strollers/>  
Graco has received **11 reports of finger injuries** including six reports of fingertip amputation, four reports of partial-fingertip amputation and one finger laceration.

Thank you for reading our October 2016 Nurture Pediatrics Newsletter!

- *J Pate, MD*