



FALL 2008 NEWSLETTER

INFLUENZA

- Caused by a highly contagious respiratory virus
- Spread by coughing, sneezing, shaking hands, or close contact
- Antibiotics do not make it better
- Treatment includes : rest, increasing the fluids you drink, & controlling fever with Tylenol and Motrin
- Who should get the flu shot? ALL children between 6 months and 18 years old. Any child with chronic illness such as asthma or diabetes.
- Flu shots should be given during October & November but may be given as late as February or later depending on the flu season.
- The flu shot CAN NOT give you the flu!!!! The virus in the vaccine is already dead!!!!
- Complications can include pneumonia, ear infections and meningitis. The younger the child the more serious the flu can become.

FEVER

- ◇ The actual definition is any temperature 100.4 or Greater, so 99.0 or 100.0 is actually not a fever!!
- ◇ Treatment is with Tylenol or Motrin. Most resolve in two to three days. If the fever is in an infant less then 3 months old, please call us to discuss care immediately. Also fever lasting more then four days should be seen in the office.

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BRONCHIOLITIS

- A respiratory illness caused by a virus called RSV; but can be from others.
- Signs and symptoms include : runny nose, cough and fever.
- The virus affects the small breathing tubes in the lungs. This causes swelling in the tubes and blocks air flow. This is what makes it difficult for your child to breath.
- Treatment: If your child has any breathing difficulties a trial of asthma medications may be given. This only helps about half of the children with bronchiolitis. Some younger children may need to be hospitalized because of difficulty breathing.

COUGH MEDICINE & CHILDREN

- Not recommended for children. Especially for younger children under two years old.
- Most medication have similar ingredients and combining leads to serious over medicating and overdoses.
- There is no medical study or scientific evidence that they work to relieve the symptoms of the cough or cold.
- What will help is a cool mist humidifier and increasing the amounts of fluid a child drinks. Having the child stay in the bathroom with a hot shower running for 5 to 10 minutes produces steam that will also help loosen the congestion.

Emergency Department and Urgent Care Visits

98 Percent of these visits can be avoided!!! Please call our office before using these facilities.

