



SUMMER 2011 NEWSLETTER

Health Care Reform

What does health care reform mean for our patients? Two of the main goals of health care reform are improving preventative care and reducing unnecessary costs. You can help us reduce some unnecessary costs by calling us before using urgent care and emergency departments. While we can not avoid all these trips we can avoid many of them. By calling us and talking to our staff during the day or after hours for emergencies and speaking with one of the doctors we can help reduce these trips. One of the most common examples is fever. Most fevers are not reasons to wait in the emergency department or urgent care. There are exceptions but if you call us first, most of the time we can save you the trip.

One of the main ways to improve our preventative care is improving our vaccine rates for children. To do this we follow the Centers for Disease Control and American Academy of Pediatrics vaccine schedules. One area that can help is having all children older than 6 months receive a flu vaccine yearly. The other area for improvement is the adolescent visit at eleven years and older. Our doctors will talk with you about the importance of getting vaccinated for: tetanus, whooping cough, meningitis and cervical cancer. Children getting these vaccines will save lives and greatly reduce costs of these diseases in the future. If you have questions please ask us!!

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TYLENOL DOSING IS CHANGING

- Infants Tylenol dosing is changing. The concentration of the medicine used to be **80mg/0.8ml (older product)**. The new concentration will be **160mg/5ml (new product)**. It is very important to check which of these you will give to your child because the dosing is different. Giving too much of the wrong one can lead to an overdose of medicine!!!!
- The new product will no longer contain a dropper. It will have a dose syringe with different measurements than the old dropper measurements.
- The following are doses for the **NEW CONCENTRATION 160mg/5ml** :
 - 12 to 17 pounds 2.5 ml
 - 18 to 23 pounds 3.75 ml Please ask us if you have any questions !!!!!!!
 - 24 to 35 pounds 5 ml

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.

