



Fall 2011

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### What's New At SPA:

Our office hours are changing! To better serve you, the new daytime hours are 8:00 a.m. - 5:00 p.m. Monday through Friday. Evening and weekend hours will remain unchanged.

Please join us in welcoming Lindsay Meek, Pediatric Nurse Practitioner, to our practice. For more information on when and where she will be working, please call our office at 513-336-6700.

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**Mason Montgomery Forest Park Liberty Township**  
**Three Locations. One Number.**  
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**513-336-6700**

### Fall Is Here!

What a beautiful and joyful time of year it can be! So whether you and your child are partaking in the festivities of the season or simply venturing outdoors to gaze at the vibrantly colored autumn leaves, here are a few health and safety issues you may want to know about.

## The Common Cold

Along with cooler temperatures, we are seeing a steady increase in the number of children presenting with cold symptoms. Colds or upper respiratory infections (URI) are most common in children under the age of six, who routinely experience six to eight colds per year. By adolescence, the frequency drops to four to five colds annually. The number decreases to three to four once a person reaches adulthood. This number may be higher if young children are in the home.

Common colds are caused by a viral infection. Fifty percent of all colds are caused by the rhinovirus. Other possible causes are adenoviruses, influenza, enteroviruses, respiratory syncytial virus (RSV) and coronaviruses. Transmission of a virus normally occurs when a person inhales droplets that have been coughed or sneezed into the air by an infected person. Self-inoculation is possible when rubbing the eye or nose after a contaminated person or object has been touched. Symptoms typically appear 1-2 days after inoculation and may include nasal congestion or runny nose (which may appear clear to green in color), and cough that lasts up to 10 days in duration. Sore throat, low-grade fever, and hoarseness may also be present.

Although bothersome, the congestion, cough and increased temperature that commonly occur with an URI can be protective. Increased mucus production is the body's response to attacking and flushing out offending particles. Cough is a protective reflex response to clear airways of potentially obstructive or

irritating particles. Lastly, fever associated with viral illness has been shown to reduce the rate of viral replication, thus decreasing the length of illness.

Effective symptom management of the common cold has not only proven to be elusive but a source of frustration for parents, children, and health care providers who want their patients to feel better. Recent evidence suggests the use of saline nose drops in infants and children and the chest application of a menthol vapor rub in children over two years of age results in temporary symptomatic relief of cough and congestion versus when nothing was used at all. There are many more over the counter (OTC) products that are marketed to decrease nasal congestion and cough. Some of the more common OTC medications are listed as follows: antihistamines (diphenhydramine, chlorpheniramine), decongestants (pseudoephedrine, phenylephrine), antitussives (dextromethorphan), and expectorants (guaifenesin).

While a few controlled studies have shown that OTC medications can provide temporary relief of cold symptoms in adults, there are no studies that demonstrate effective relief of symptoms over placebo in children. In addition, life-threatening side effects, including death, have been reported when used in children. The use of codeine containing cough suppressants has yielded similar results. As a result, the American Academy of Pediatrics recommends against the use of OTC cough and cold medications in children younger than the age of six and recommends against the use of codeine containing cough suppressants in children regardless of age. Since the common cold is due to a viral infection, antibiotics are ineffective in relieving symptoms. Further more, studies have shown the prophylactic use of antibiotics to prevent a secondary bacterial infection is also not effective.

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Please Visit Our Web Site  
**SuburbanPediatrics.org**

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According to the Center for Disease Control (CDC), the most effective treatment of the common cold is prevention. Annual influenza vaccination, proper hand washing, eating right, getting the appropriate amount sleep and regular exercise are the most effective strategies to help keep your family healthy.

Your child should be seen by a care provider in our office for cold symptoms when:

- Your child is under 2 months of age and has a temperature of 100.5 or higher
- Your child is over 2 months of age and has a fever of 100.5 or higher for more than 3-4 days,
- Additional signs of illness are present such as irritability, lethargy, vomiting, pain when urinating, persistent sore throat or diarrhea,
- Your child is having difficulty breathing or you suspect your child's cough may be complicated by another health problem such as asthma or pneumonia
- Your child is not drinking well and is exhibiting symptoms of dehydration
- You are concerned about your child's health

## Don't let food poisoning spoil your holiday festivities

Food that has been contaminated with illness-promoting bacteria can ruin any holiday celebration. Prevention is the best protection against food-borne illness. Food contaminated with the staphylococcus aureus, salmonella, or clostridium perfringen bacterium is the most cited cause of food poisoning during this time of year. Depending on the causative organism, symptoms of food poisoning usually begin 1 to 72 hours after the ingestion of contaminated food and may last for 1-10 days. Foods that are a likely source of contamination consist of the following: meat, stew, gravies, poultry, salads containing cream sauce, cream filled pies and pastries, food containing raw eggs and unpasteurized milk and apple cider. The most common symptoms of food poison are nausea, vomiting, watery diarrhea, abdominal cramping, and fever.

Your child should seek medical attention if he or she is experiencing any of the following:

- Symptoms of dehydration – dry mouth, excessive thirst, little or no urination, severe weakness, or dizziness
- Blood in his or her stool or is vomiting blood
- Severe abdominal cramping

- Difficulty speaking or swallowing
- Double vision
- Muscle weakness

The Centers for Disease Control and Prevention recommends the following safety tips to prevent food poisoning:

- Wash your hands before and after preparing food
- Wash fruits and vegetables with running water
- Use separate cutting boards and utensils when preparing meat and vegetables
- Refrigerate perishable food items within 2 hours of buying
- Cook poultry to 165 degrees F and do not let it cool below 140 degrees F
- Do not allow cold foods to warm above 40 degrees F
- Avoid eating unpasteurized milk, cider or eggs
- If you are not sure if a food is contaminated do not eat it. Reheating a contaminated food will not make it safe



## Healthy alternatives to Halloween candy

Few things are more fun for a child than getting dressed up in their favorite Halloween costume and going out to collect a bag full of goodies. Candy has always been a big part of this tradition. While a little candy is fine, excessive intake of any food that has a high sugar or caloric content can result in unhealthy weight gain. The following are a few strategies to help prevent your child from overindulging on candy:

- Feed your child a nutritious meal before they go out trick-or treating
- Pass out non-food treats. Examples include pencils, small boxes of crayons, bubbles, small cans of play dough, monster teeth and glow lights (avoid items that may cause choking in small children)
- Pass out non-candy food items. Examples include granola bars, dried fruit, snack sized containers of applesauce
- Have your child actively participate in dividing his or her candy based on size and type. Limit how many pieces he or she may have each day
- Allow you child to keep some candy and buy back the rest or participate in a program such as the one listed at the website [www.halloweencandybuyback.com](http://www.halloweencandybuyback.com)

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