



Fall 2009

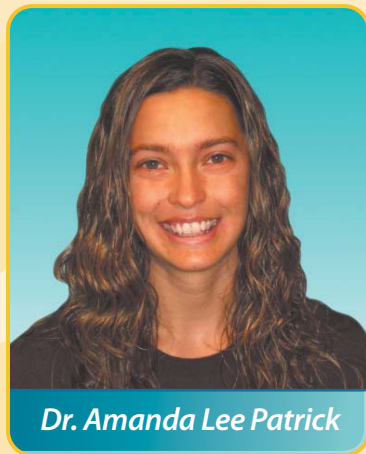
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**Welcome to SPA**

**Dr. Amanda Lee Patrick**

Please welcome to our staff our newest pediatrician, Dr. Amanda Lee Patrick. She comes from St. Louis and will be seeing patients in both our Mason and Liberty Township offices. Please welcome her.



Dr. Amanda Lee Patrick

**Mason-Montgomery  
Liberty Township  
Forest Park**

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**The Influenza Season Has Arrived!!**

The flu season has arrived and everyone has panicked already. The seasonal influenza virus occurs world-wide usually in the fall and winter months. It is a serious contagious disease and this year we are facing an outbreak of the H1N1 virus, also known as the swine flu. So here are some facts to keep in mind.

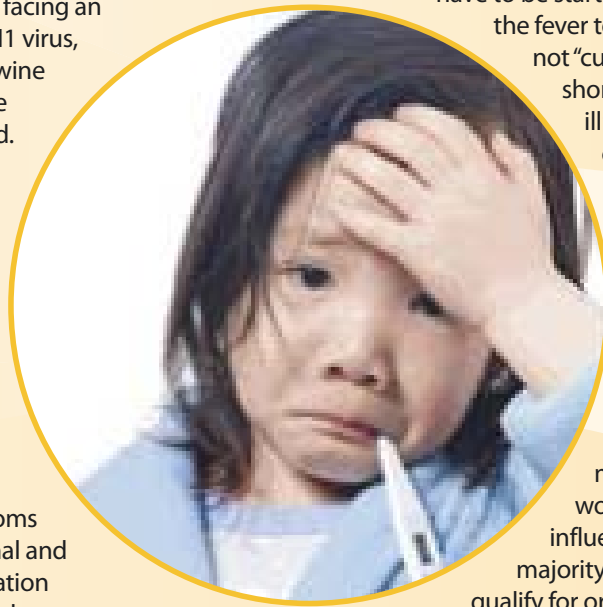
**Symptoms of the flu are:** fever (usually high), body aches, headache, congestion, cough, muscle aches and pains and overwhelming fatigue. There is no difference in symptoms between the seasonal and the swine flu. Incubation periods can be 2-10 days.

Influenza is very contagious, usually spread through the respiratory system, such as coughing and sneezing, but the H1N1 virus is a heavy particle which probably only travels about 6 feet with a normal cough.

**Treatment:** The best treatment is to let the body fight off the infection. Stay Home! The vast majority of people who are infected will completely recover after a few days of rest, fluids and common sense taking good care of

themselves. The treatment for both the seasonal and swine flu is exactly the same.

There are antiviral medications available. They have to be started within 48 hours of the fever to be effective. They do not "cure" the flu, but can shorten the course of the illness by 1-2 days and can reduce the risk of more severe complications. Suburban Pediatrics can now test for the flu in the office if necessary. This is needed before starting any medication. The medication will not work if the illness is not influenza, and the vast majority of patients will not qualify for or need antiviral medication.



**Prevention:** Absolutely! The influenza vaccine is now available as both the flu "shot" and the nasal mist. It is recommended that all children over 6 months get the seasonal influenza vaccine — especially those children with any chronic medical conditions, such as asthma, heart anomalies or diabetes. We have the vaccine in the office now. Please call for an appointment.



The vaccine for the H1N1 virus is still in testing. It is expected to be available in mid-October though delays are common. Watch the media and when you hear that the Ohio Department of Health is shipping the vaccine to doctors' offices, give us a call.

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

## Breastfeeding Tips

Did you know that Suburban Pediatrics now employs two Nurse Practitioners who are Lactation Consultants? Both Sheri Kehres and Eileen Bens are Lactation Consultants. Please give us a call! We would love to talk with you.

- Offer the breast as soon as possible after birth.
- Give the baby as much skin to skin contact as possible.
- Use pillows to support you and your baby while breastfeeding.
- Feed the baby when the baby acts hungry, not just by the clock.
- Drink plenty of fluids! Drink a glass of water with every feeding.
- Continue to take the prenatal vitamins.

## Quick Parenting Tips continued

There is a lot of good advice going around about how avoid getting infected, such as washing hands, don't touch your mouth, nose or eyes with your hands, cough into your elbow and stay away from sick people. This is great information! Teach it to your children as well. It is good basic information about preventing any infection, not just influenza

**For more information:** The CDC has great information about both influenzas, including current infection rates across the country and tips about prevention and treatment. Check out their website at [www.cdc.gov](http://www.cdc.gov).

## Autumn Safety Tips

**Furnace Safety:** Please have your furnace checked yearly in the fall before firing it up for the winter. The most obvious advantage is to ensure that the furnace will work when the temperature drops but this also keeps the furnace operating safely during the winter season. Furnaces which are leaking carbon monoxide can cause serious, including fatal, results. And also remember to replace the filter.

**Fall Allergies:** The lovely yellow flowers along the side of the road are called goldenrod. They are also known as ragweed and are a

major cause of fall allergies. The sneezing and itchy, watery eyes can be allergies, not a cold. For those affected, start taking your fall allergy medication.

For those who have winter asthmatic symptoms, this is a good time to call your health care provider to discuss starting preventive measures for the upcoming months. Asthma symptoms can start with very little warning and there are good medications available which can both prevent and minimize asthma symptoms. Now is a good time to start making plans to prevent emergency trips to the office or emergency room.

## Halloween Safety Tips

Children should go trick-or-treating in groups, with a trusted adult.



Apply reflective tape to costumes and bags to help drivers see the children.

Hold a flashlight while out to help you see and others see you.

Instruct children to not eat any treats until they are home and you have examined all items for hazards or tampering.

When applying make-up, always test a small area first to check for any skin reactions.

Masks should not impair vision, shoes should not contribute to tripping or falls, costumes should be simple and flame resistant.

Enter homes only if you are with a trusted adult. Otherwise, stay outside

