



Newsletter

Winter 2010

OUR LANTANA OFFICE IS MOVING!!



We are excited to announce that our Lantana office will be moving to a new location in February, 2010. We will now be at **8200 Jog Road, Suite 101, phone number 561-509-5009**. This is at the intersection of Le Chalet and Jog Road in Boynton Beach, about two miles south of our current location. The office will be more spacious than our current office making it more comfortable for our patients and staff. *Find us on Facebook for the latest updates!*

Frequently Asked Questions Answered!

Many of you have talked to our triage nurses or providers, on the telephone or in the office, about your concerns when your child is sick. It should be reassuring for you to know that many of the questions you ask are asked by others as well! Here are some of the most common:

- 1) How high of a fever is too high? The important thing to remember is that **your child's brain is not going to "fry"** from a fever that is in response to illness. Some viruses, such as influenza, can even cause fevers up to 106 F. Serious illnesses can occur without a very high temperature. Important symptoms to look for are if your child is lethargic, has a severe headache or neck stiffness.

- 2) How long should I let a fever go before I come in? We recommend coming in for:
 - (1) Any infant < 3 months of age with a fever of >100.4 F rectally.
 - (2) Any child 3 months to 3 years old with a temperature >102.5 F; for over 3 years, any temp >104F
 - (3) Any child > 3 months old with a fever for more than 48 hours with no other symptoms.
 - (4) Any child with a temperature > 101 F for more than 5 days.
 - (5) Any child with a fever, headache, neck pain and lethargy.

- 3) How long is it okay to let my child have a cough? Much like fever, cough is often your child's friend. Most coughs in children are secondary to drainage of mucus from behind their nose down the back of their throat. This causes a cough in order to keep the mucus out of the lungs. For this reason, it is better to treat your child with an antihistamine or a decongestant to dry up the source of the cough instead of suppressing the cough. As long as there is no fever, it is expected that a cough from a virus could last on average 7-10 days. Allergic rhinitis

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may cause a chronic cough in your child that lasts longer. It is a good rule that you should bring your child into the office if the cough lasts for **more than two weeks**.

- 4) My child has a sore throat. Should I bring him/her in to be seen? Most sore throats are not due to Strep throat. However, there is really no good way for you as the parent to know if it is a sore throat caused by the Streptococcus bacteria which needs antibiotics, or by just a virus. If your child's sore throat lasts for more than a day or two, call us to examine him/her. Ibuprofen or acetaminophen, lozenges plus hot or cold substances will help alleviate the pain.

- 5) My child has vomiting and diarrhea. What should I do? Most **gastroenteritis** is caused by a virus. Therefore, we do not recommend any over-the-counter medication to stop these symptoms. The concern with vomiting and diarrhea is dehydration. When vomiting begins, do not give your child anything by mouth for an hour or two. Then start with sips of an electrolyte replacement fluid such as Gatorade (children over two years) and Pedialyte (under two). Only give a small amount every 10-15 minutes, such as a teaspoon for children less than 20 pounds and a tablespoon for those over 20 pounds. As the vomiting decreases, you can increase the volume that you are giving. **Once your child is able to tolerate fluids without vomiting**, then you can advance to the **BRAT** diet, or **Bananas, Rice, Applesauce and Toast**. This is the best diet for diarrhea since these foods are binding. Avoid apple juice or other sugary drinks or foods. **It is a myth** that you should not give your child dairy when he/she has diarrhea. Formula is important for those under a year even with diarrhea. Yogurt has good bacteria in it to replenish the intestinal lining that is being destroyed by the diarrhea. Soy may be a better choice if your older child has had diarrhea *for more than a week* since lactase, an enzyme in the intestinal lining that is needed to digest milk, may not be made when diarrhea is present. The overall goal is to get your child back on his/her regular diet as soon as possible. We should evaluate any child who is less than six months old, refuses to drink, continues to vomit frequently after 8 hours, has not urinated in more than 8 hours, or has fever, bloody diarrhea, severe abdominal pain or lethargy.



- 6) What ER should we go to with our child? **Please call us instead of going to any "minute clinics," any walk-in clinic or emergency room, unless it is a true emergency!** The American Academy of Pediatrics dissuades all parents from using minute clinics such as the ones in Walgreens due to the fact that your pediatrician knows your child's history. You also cannot be sure of the training of the provider that you are seeing in these facilities. At Palm Beach Pediatrics, we are all board-certified pediatricians and nurse practitioners who are specially trained to treat the illnesses of children. We will refer you to an ER when you call if we think it is necessary. Remember, there is always a nurse or a provider on call who can advise you when the office is closed.

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Teen Corner

Did you know that 7 of the top 10 drugs abused by 12th-graders during the last year were prescribed or purchased over-the-counter (OTC)?

Data from national surveys indicate a 20% decline from 2001 to 2005 in the proportion of U. S. adolescents who reported illicit drug use. However, 3 million adolescents continue to abuse OTC or prescription drugs each year. Pain relievers are fast approaching marijuana as the gateway drug of choice accounting for 22.5% of new substance abuse. **Warning signs of abuse include** personality change, mood swings, irritability, excessive energy, sleepiness or avoiding sleep, loss of appetite, forgetfulness, clumsiness, secretiveness, loss of interest in personal appearance, borrowing money or having extra cash, decline in school performance, pills missing or too early prescription refills and empty medicine containers in the trash.

What should parents be doing at home? 1) Properly store or lock medications 2) Take inventory of medication kept around the house and check regularly 3) Set clear rules with teenagers about drug sharing 4) Properly dispose of old and unused medications by taking them to community take-back centers or mixing them with undesirable substances such as kitty litter or coffee grounds before throwing away.

Not sure of what your teen is texting since it is in another language?



DYNWUTB

Go to www.PulpChat.com for a list of common terms.

H1N1 Update: It is possible that your child received one of the recalled H1N1 FluMist or shots. This will not harm your child, but may be less effective against the virus. Call our office to inquire if your child did get one of these vaccines and we will tell you what to do.

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