

Pavilion Pediatrics Winter Newsletter

February 2019



Good News about Flu

Did you and your children get your flu shot this fall? If so, good for you. Reports as of the middle of February indicate that, while we continue to see cases of flu this winter, this flu season may be milder than last year. And again, data shows that the vaccine protects you; even if you end up getting the flu, your illness will be milder compared to those who didn't get the flu shot. We here at Pavilion Pediatrics made an effort to get your children in for flu vaccines early in the season (October and November) so that they would be protected once the season was underway. Compared to last year, we showed a 30% increase in our vaccination rates during these months. Good for all of us! It's our goal to keep your families healthy! Don't worry, however, if you or your child has not yet received the vaccine. There's still time! Call our office to schedule. And perhaps set a reminder now on your phone calendar to contact us in early October 2019 to schedule your children's flu shots.

Talking to our Teens

You may have noticed that there has been a lot of discussion in the news lately about electronic cigarettes or vaping. These electronic cigarettes originally had been advertised as a safer alternative to cigarette smoking since they are reportedly free of some, but not all, of the carcinogenic additives found in cigarettes. They do, however, contain the addictive component of cigarettes: nicotine. Unfortunately, these products came to market, and were targeted to children and young adults, before they could be properly reviewed and therefore regulated. Please find below the American Academy of Pediatrics E-Cigarettes Fact Sheet for Parents.

E-Cigarettes and Vaping: What Parents Need to Know

Health Harms. The solution and vapor from e-cigarettes contain harmful chemicals, some of which cause cancer • The nicotine in e-cigarettes is addictive and can harm brain development • E-cigarettes are not recommended as a way to quit smoking • In some cases, e-cigarettes have exploded, causing burns or fires • Exposure to secondhand vapor from e-cigarettes is harmful to growing lungs • Long-term health effects on users and bystanders are still unknown • E-cigarettes can be used to smoke or “vape” marijuana, herbs, waxes, and oils

Dangers to Youth • E-cigarettes are the most commonly-used tobacco product among teens: in 2018, over 20% of high school students reported having used e-cigarettes in the last 30 days • Youth are uniquely vulnerable to the nicotine in e-cigarettes because their brains are still developing • Youth who use e-cigarettes are more likely to smoke traditional cigarettes in the future • Children are exposed to e-cigarette advertising in the media, online, and in magazines and billboards • E-cigarettes appeal to children because they come in fun flavors like fruit, bubble-gum and candy • Although it is illegal for e-cigarettes to be sold to youth under age 18, they can be ordered online

Risk of Poisoning • E-cigarette solutions can poison children and adults through swallowing or skin contact • A young child can be killed by very small amounts of nicotine: less than half a

teaspoon. Because of this, liquid nicotine is required to be sold in childproof packaging • Symptoms of nicotine poisoning include sweating, dizziness, vomiting, and increased heart rate. • Calls to poison control centers related to e-cigarettes have skyrocketed in the last 5 years • If exposure to liquid nicotine occurs, call the local poison center at 1-800-222-1222

Recommendations for Parents • The best way to protect your children is to never smoke or vape in the house, in the car, or in places that children spend time. Talk with your doctor about ways to help you quit tobacco products • Talk to your children about the dangers of e-cigarettes, and make sure you can identify them • If you are an e-cigarette user, always keep e-cigarettes and liquid nicotine locked and out of the reach of children. Protect your skin if handling e-liquid.

In the News

Measles This year Measles outbreaks are again in the news, as there are currently three states with outbreaks: New York, Texas, and Washington State. An outbreak is defined as having three or more cases in a particular geographical region. In 2000, the US had declared Measles eliminated, defined as having no continuous spread in a particular area over a 12-month time period. So why are we starting to see outbreaks? Measles is highly contagious, through respiratory droplets that contain viral particles for up to two hours after leaving the host. Furthermore, individuals with Measles are contagious in the days before they are evidently symptomatic. Much of the spread is due to unvaccinated individuals traveling to international regions where vaccination rates are not as high as in the United States, and returning home. Fortunately, high rates of vaccination (over 90%) in the United States prevent widespread contagion. However, in areas with lower rates of vaccination, the unprotected (unvaccinated infants under one year of age, immunocompromised individuals) remain at risk. Here at Pavilion Pediatrics your children receive their first Measles vaccine as part of the Measles, Mumps, Rubella (MMR) vaccine given at age one, and a booster given at age four. If your child is between the ages of six and eleven months, and you are traveling to an area with an outbreak, the CDC recommends giving them an early dose of the vaccine, and completing the regular

two-part series then at the appropriate ages. (Children under the age of six months are theoretically protected by maternal antibodies borrowed from mom in utero. Thanks Mom!)

[Ahem...Cough...Chocolate!?](#) A new study has recently shown that cocoa may help soothe one of the more frustrating ailments this time of year....cough. This is due to its (SAT word alert!) demulcent properties. That is, cocoa soothes irritated mucous membranes by forming a protective film, covering nerve endings that trigger the urge to cough. This nerve response, in fact, rather than mucous itself, is the cause of our coughs. Viruses work to irritate these linings because they are smart and know that when we cough, we spread them. Coughs arise almost exclusively from viral causes, and can unfortunately last six to eight weeks following a viral illness. So in addition to honey and hot tea, be on the lookout for more data to support cocoa-based remedies. This sounds like good news to me!

Office Reminders

-Please remember to arrive to our office 15 minutes prior to your appointment time. This allows us to get you checked in and to the room in time for your appointment. Unfortunately, if you arrive later than your appointment time, we may need to reschedule you for another time.

-Please remember to call the office to reach your provider. Text messages and emails are not yet a part of our medical record, and therefore we must route ALL communication through the office to ensure your children's safety and proper documentation. For this reason, we also cannot accept photographs of rashes, etc...in lieu of a physical examination. There is just no substitute for the face to face encounter.

-When you are in our exam rooms, please make every effort to remain inside the exam rooms with the doors closed. This is for your and other patients' privacy. It also limits opportunities for spreading germs. Thank you in advance for your attention to these matters!

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