

Pediatrics, P.C.

Est. 1967

SPRING 2009 NEWSLETTER

7001 A Street, Suite 110
Lincoln, NE 68510
(402) 489-0800
www.pediatricspc.com

Jo Kinberg M.D. Michelle Walsh M.D.
Robert Koch M.D. Alicia Cruce M.D.
David Duensing D.O.
Jamie Jeffrey, MSN, APRN, CPNP, IBCLC
Jennifer Genthe, MSN, APRN, CPNP



ALLERGIES

Identifying Allergies

- Some allergies are easy to identify by the pattern of symptoms that invariably follows exposure to a particular substance. But others are more subtle and may masquerade as other conditions. Here are some common clues that could lead you to suspect your child may have an allergy.
- Recurrent red, itchy, dry, or scaly rashes in the creases of the skin, wrists, or ankles.
- Repeated or chronic cold like symptoms that last more than a week or two or develop at about the same time every year. These could include a runny nose, nasal stuffiness, sneezing, and throat clearing.
- Nose rubbing, sniffing, snorting, sneezing, and itchy, runny eyes.
- Itching or tingling sensations in the mouth and throat. Itchiness is not usually a complaint with a cold, but it is the hallmark of an allergy problem.
- Coughing, wheezing, difficulty breathing, and other respiratory symptoms. Coughing may be an isolated symptom - if increasing at night or with exercise it is suspicious for asthma.

Managing Allergic Nasal Symptoms

- Many children are allergic to pollen and mold, both of which are found everywhere outdoors and cannot be completely avoided.
- It's helpful to use air conditioners to reduce exposure to pollen in both your home and your car. Molds are present in the spring and late summer, particularly around areas of decaying vegetation. Children with allergies to molds should avoid playing in piles of dead leaves in the fall.
- Dust mites congregate where human skin scales are plentiful. They are especially numerous in upholstered furniture, bedding, and rugs. Padded furnishings such as mattresses, box springs, pillows, and cushions should be encased in allergen-proof, zip-up covers which are available through catalogs and specialized retailers. Wash linens weekly and other bedding every 2 to 3 weeks in hot water. Pillows should be replaced every 2 to 3 years.

H1N1 Influenza (Swine Flu)



With the recent outbreak of H1N1 influenza, otherwise known as Swine Flu, there has been much concern about the transmission and prevention of this virus.

What is swine flu?

Swine Flu is a respiratory illness found in pigs caused by type A influenza virus that regularly causes outbreaks of influenza in pigs. Like all influenza viruses, swine flu viruses constantly change and different variations of swine flu viruses emerge. At this time, the recently isolated influenza viruses from pigs have been H1N1 viruses.

What are the symptoms of swine flu in humans?

The symptoms of swine flu in people are expected to be similar to the symptoms of regular human seasonal influenza. Symptoms include fever, lethargy, lack of appetite, and coughing. Some people with swine flu may also have runny nose, sore throat, nausea, vomiting, and diarrhea.

Can people catch swine flu from eating pork?

No. Swine flu viruses are not transmitted by food. You can not get swine influenza from eating pork or pork products. Eating properly handled and cooked pork and pork products are safe. Cooking pork to an internal temperature of 160°F kills the swine flu virus and other bacteria and viruses.

How does swine flu spread?

Influenza viruses can be directly transmitted from pigs to people and from people to pigs. Human infection with flu viruses from pigs are most likely to occur when people are in close proximity to infected pigs. Human-to-human transmission of swine flu can also occur. This is thought to occur in the same way as seasonal flu occurs in people, which is mainly transmission through coughing or sneezing of people infected with the influenza virus. People may become infected by touching something with flu viruses on it and then touching their mouth or nose.



What can I do to protect myself and my family?

Take these everyday steps to help prevent the spread of germs and protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze, or sneeze into your sleeve. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and warm water, especially after you cough or sneeze. Alcohol-based hand gel is also good to use.
- Avoid touching your eyes, nose or mouth, as germs spread this way.
- Try to avoid close contact with sick people.
- Talk with children about their role in preventing illness through good hand washing & hygiene practice.

Information in this newsletter is courtesy of the American Academy of Pediatrics