

# Spring 2006

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**Michigan Medical, P.C.**  
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**Physicals** - Now is the time to think about scheduling your child's yearly physical. We recommend yearly check-ups for children 2-6, and every 1-2 years thereafter. Sports physicals are required by the State of Michigan every year. These need to be scheduled after April 15 for the following year's sports. Our sports physicals are much more comprehensive than those offered by the schools.



**Allergies:** As spring approaches and the trees start budding, illnesses will lessen, but allergy symptoms may begin. Be prepared. If your child usually has allergy symptoms in the Spring be sure you have a refill of last years medicine to have ready. Benadryl allergy (diphenhydramine) is always a good back-up medicine. If you are unsure whether your child is having allergy symptoms or cold symptoms, keep a diary of the days you notice sneezing, runny nose, itchy, watery eyes, or cough. Allergies do not cause fever. One question frequently asked is if a child needs to be tested to know if they have allergies. The answer is no. If we do some detective work, keeping track of symptoms and response to medications, we can usually determine what a child is allergic to. Testing is an option if we are unsure if a child is allergic, has uncontrolled asthma, or parents are interested in allergy shots.

**How to stay healthy:** Despite the warmer weather, we can still see some illnesses linger. Please continue to get plenty of rest, eat a well balanced diet, exercise, and wash hands well. If you do smoke, please consider quitting. (Ask us if you need assistance.) Try to get your children outside to play as much as possible.

**Illnesses:** In March and April each year, we see an outbreak of rotavirus. Rotavirus causes diarrhea, fever and vomiting. It is the leading cause of severe diarrhea in the world, especially affecting children less than 3 years old. Incubation period is 1-3 days and can last 10-12 days. This virus can be found on hard surfaces (e.g. grocery carts and toys) and is transmitted by touch. Wash your hands well to prevent transmission. If a child has significant diarrhea (more than 6-8 stools a day), we need to watch for signs of dehydration (no tears, less wet diapers, less active, dry mouth). We recommend pedialyte or rehydralyte to treat mild to moderate dehydration. These work best if given in very small amounts very frequently (e.g. 5-10ml every 2-5 minutes). If your child has significant diarrhea, signs of dehydration, or you are concerned, please call us. See below for information about a new vaccine for rotavirus.

**Immunization Update:**

**Menactra: Meningococcal meningitis vaccine is recommended for ages 11 and older. Many colleges are requiring this vaccine.**

**dTap: New tetanus vaccine is recommended for ages 11 and older. Also recommended if last dT was more than 5 years ago.**

**Hepatitis A: Now recommended for all states, not just high-risk states. Two doses are recommended between 12 and 23 months.**

**Rotavirus: Oral vaccine soon to be recommended for ages 2,4, and 6 months of age.**

**If you have any questions about these or other vaccines, please ask us for more information.**

Diabetes Walk - May 20. Our office is planning to participate again this year. If any of you would like to join us, we would love it. You may just walk with us, or help us raise money with pledges. Please let us know if you wish to participate. We are also planning to sell small stuffed animals in the office to raise money for this.

Tulip Time: MMPC is a sponsor this year for the first time. Look for us at Kinderplaats!

**Books:** We will be selling several books at our office if you are interested.

Sleep: AAP Guide to Your Child's Sleep

Toilet Training: AAP Guide to Toilet Training

Breastfeeding: New Mothers Guide to Breastfeeding

Heading Home with Your Newborn