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Senders Pediatrics Update

4/9/10

Spring into some great parenting classes:

- **EMPOWERED PARENTING** - Add helpful tools before your "full-time summer shift" begins. Two-part series, April 20 and 27, 6-9 pm.
- **BEYOND BASICS** - For parents who have taken Empowered Parenting and want to strengthen their strategies. 2-part workshop, April 19 and 26, 7-8:30 pm.
- **YOUR MOST IMPORTANT TEACHER - YOU!** For parents and students grades 9-12. Founder of The Whole Kid, Tim Tibbitts leads a discussion that will help students see the power that comes when placing themselves at the center of their own learning. April 13, 7:30-8:30 pm.
- **SMART MOUTH SMARTS** - Learn tools to teach children how to appropriately respond when frustration kicks in. April 21, 10-11:30 am or 7-8:30 pm.
- **STRUGGLING STUDENT TALKS BACK** - What your child (or student) needs you to know about why school is so hard and how you can help. April 14, 4-5 pm. Lead by Tim Tibbitts. For parents and teachers.

[Click here](#) to view our full roster of classes and/or register online. You can also follow Certified Parent Coach Amy Speidel's blog at www.parentingadvicethatworks.com

Good to Great Parenting: Speaking of parenting, please [click here](#) for a must read essay modeled after Jim Collins' bestselling book, *Good to Great*.

Rotavirus Vaccine News: 2 vaccines are currently licensed for use in the prevention of rotavirus disease in infants. Rotavirus had been the most common cause of vomiting and diarrhea in infants and young children, accounting for most hospitalizations for dehydration in these age groups. Rotateq, licensed by Merck in 2006, and given at 2, 4 and 6 months of age has been shown to reduce hospitalization rates by over 80% in just 3 years. Rotarix, licensed by Glaxo SmithKline in 2008 and given at 2 and 4 months has had an equally impressive protection rate. In the past 2 weeks, the FDA has temporarily suspended use of Rotarix because it was found to contain DNA from porcine (pig derived) circovirus type 1 (PCV 1). This pig virus is not associated with any human diseases and is not known to replicate in human cells. Moreover, in studies that go back almost a decade, there have not been any untoward side effects associated with Rotarix vaccine. It is likely that the isolation of this virus is simply the result of more sophisticated screening techniques and is not clinically relevant. The FDA is convening a panel to make further recommendations. Rotateq, which is made in a completely different manner has not been shown to have any such contaminating particles and has been given a clean bill of health. At Senders Pediatrics, we have only used Rotateq and so none of our patients are affected by this FDA

recommendation. For those with fears about vaccinations, please keep in perspective the minimal risks balanced by the known protection against hospitalization for dehydration.

Zyrtec Recall: There was a recall last week for Zyrtec Grape Flavored liquid. It was recalled for potential sub-standard packaging. The UPC codes for the ones recalled are: 30045020922 & 30045020904. This is a precautionary recall. There have been no untoward effects found in patients who have received these affected lots. If you have purchased any of the affected lots, please contact your pharmacy for further information about the recall procedure.

News You Can Use:

1. Use of bleach baths for patients with eczema - 3 studies over the past 2 years have shown that patients with moderate to severe eczema benefit dramatically from taking twice weekly baths with ¼ cup of household bleach in a bathtub. In patients with more significant eczema or patients experiencing flare ups, daily bleach baths can be even more effective. The mechanism of action is reduction in strep and staph germs that colonize the skin and contribute to the redness and itchiness of the eczema condition. Remember, the amount of chlorine in a bleach bath may be less than the amount found in your routine swimming pool.
2. Use of moisturizing cream in newborns - In patients with a family history of dry skin, beginning moisturizing creams from birth can actually reduce the likelihood of developing eczema by over 30%. For all other patients, it is better to avoid moisturizers until at least 1 month of age.
3. Prophylactic Tylenol for Newborn vaccines - A recent study found that patients given acetaminophen, the active ingredient in Tylenol, prior to the newborn vaccine administration, had dramatically lower levels of protection against the diseases for which those vaccines are given compared to those who had not received acetaminophen. Infants given acetaminophen remained protected but at much lower levels. Fever after vaccines is a common side effect and had no impact on the levels of protection. Moral of the story is to use acetaminophen if your child is really fussy or uncomfortable but to avoid it in the 90% of infants who have no such symptoms.

School and Camp Physicals - We are headed into our peak season for the completion of school and camp physical forms. If your child has been seen in the last 12 months, we will gladly complete your forms. Please give us 7-10 days notice. There is an additional fee for patients who need a rush completion. Please remember to complete the parent section of the form since we cannot complete blank forms.

A few exciting things going on at Senders Pediatrics:

- Daily Dose of Reading storytimes in our office on Monday, April 19 AND Wednesday, May 26:
 - Birth - 24 months: 9:45 - 10:15 am
 - 2 - 5 years: 10:30 - 11:00 am
- Join Senders Pediatrics' [Facebook Fan Page](#)! We would love it if you would "friend us" so that we have one more way of communicating with our patients.

As always, thank you for your continued support of our practice. We look forward to taking care of your family's needs this spring.

Sincerely,
Senders Pediatrics

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