

Pediatric Pages

The newsletter of Chestnut Ridge Pediatrics

Volume 8, Number 4
fall 2006

Hepatitis A vaccine now recommended for all children

The American Academy of Pediatrics now recommends routine vaccination of all children age 1 and over for Hepatitis A. Hepatitis A is usually contracted through contaminated food, water, or soil. There has been routine vaccination of hepatitis A in many areas of the country for the last 10 years where hepatitis A is considered to be more prevalent, such as the southwestern U.S. ACIP and AAP now feel it is time to go to the next phase of immunization and vaccinate all children in an attempt to eradicate the disease in the United States. Many people contract Hepatitis A and don't even realize it because it is possible to have no symptoms. Day care centers are a common place that children are exposed to hepatitis A.

At CRP, we have decided to start giving the hepatitis A vaccine routinely at the 12 month visit and to give the second dose at the 18 month visit. We will catch up any child at the parents request with the vaccine but have no immediate plans to give it routinely to older children as of yet. Anyone traveling to a high risk area should get the vaccine as well.

Ear Piercing Now
Available at CRP

Please come and visit
our new and improved
website!!

www.crpa.yourmd.com

Attention all parents

About a year ago we instituted a universal school/camp/sports form policy. All area programs have been accepting this and we offer the first form at no charge to you at your child's check-up. However, if you lose the form or need more copies there will be a **\$10 fee**. You will receive a new form at each check-up.

Office Hours:

Phone Hour M-Sat 7:30 am

Mon. 8:30-7:30 pm

Tues-Thurs 8:30-5 pm

Fri. 8:30-4:30 pm

Sat. 8:30-11:30 am

Evening hours Tues.-Thurs.
until 7:30 will vary from week
to week

The Price of Vaccines

In 2006, you may notice some additional charges in your office bill when your child receives certain vaccines. The prices for vaccinations go up periodically, yet much of the time the insurance companies do not increase the amount they reimburse us. We feel these vaccines are critical to the health of your children, and therefore we will continue to offer the vaccines with a small surcharge added to cover the full cost of the vaccine. We are actively working with the American Academy of Pediatrics, both at the national and state levels, to require the insurer to pay appropriately for vaccines. If these initiatives are successful, the vaccine surcharges will be discontinued.

It's Flu season again!

Every Fall we at CRP start planning for flu season. This year there are a few changes in our vaccination plan. First, we are recommending as first line prevention of influenza **Flumist**, the nasal spray vaccine, for all children age 5 years and older and for any adults up to age 49 years old. We strongly believe that this is a superior vaccine over the traditional injectable flu shot. We will be offering Flumist to any adult that would like it. Since most insurance companies do not cover Flumist, we will be charging \$45, the same as last year. Second, we are providing thimerisol-free flu vaccine to all children age 3 and under this year.

The New Jersey Department of Health recommends that **ALL** school age children be vaccinated. We are recommending Flumist for these children. The AAP recommends that all household contacts of babies under 6 months of age be vaccinated as well. Any child under 9 who has not been vaccinated for flu in the past needs 2 doses, one month apart the first year of vaccination. Please start making your appointments now so we can accurately plan our flu clinics.

Febrile Seizures

Sometimes the response to fever of a young child's immature brain is to have a seizure episode. These seizures typically occur between the ages of 6 months and 5 years and occur in 2-5% of children. They usually come on suddenly and the parents may not even realize the child has a fever until afterwards.

Most of these seizures are considered "simple" in that they last less than 10-15 minutes and require no extensive work-up. Many large studies of these children have shown that there are no long-term consequences from having febrile seizures as a young child. The episode is very frightening to observe, but the child recovers very quickly and is fine afterward.

Sometimes, the seizures can be "complex", meaning that they last longer than 15 minutes or are repetitive. These children may need some kind of evaluation.

There is no reliable way to prevent all febrile seizures. If your child has had one, then it is more likely that he/she will have another one with a fever. Parents can use Tylenol/Motrin to reduce fever, undress your child, or even use a cool washcloth on their skin. If your child is having their first febrile seizure, he/she should be examined soon afterwards by a doctor.