



Newsletter for Associated Pediatricians

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Q & A: Fever Facts

These are the top questions we often hear about fevers.

1. Are fevers bad?

No, fevers are our friends. A fever is a normal biologic response to an illness. It is controlled by our brains to help our immune system get “revved” to fight off an infection. It does NOT damage the brain in any way.

2. Why do we treat fevers?

Although fevers are meant to help us, they can also make people feel lousy. Your heart rate can go up. Your breathing can be heavier. Your skin can change color. Giving medicine to bring the fever down is meant to help you feel better.

3. Which is the best medicine to treat a fever?

The studies done on medicines show that Tylenol and Motrin work the same on a fever. Motrin (6 to 8 hours) does last longer than Tylenol (4 to 6 hours).

4. When should we be seen if my child has a fever? How high is too high a fever?

The number of the fever is less important than other factors. The number of days of fever, other symptoms, and a patient’s general activity are more important factors when determining when to evaluate a fever. As a general rule, if your child has no other symptoms, if your child acts better when the fever is down, and your child has less than 48 hours of fever, your child can be watched at home. You are welcome to call our office if you have any questions.

Summer Evening Hours

Back by popular demand, Associated Pediatricians is pleased to announce limited summer evening hours! One night per week, two doctors will be conducting general physicals (“Sports physicals,” “Baby check-ups,” etc.) only. The night of the week and the doctors will vary. Please check with the front staff if you are interested in scheduling an evening appointment. These time slots will run from early June up until the beginning of school in August.



Take a N.A.P. – part 2

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The Well Child: Turn off the TV !

Parents often ask what they can do to help their children grow and develop normally. Multiple studies conducted by the Academy of Pediatrics suggest that watching less television can be beneficial for your child. There are currently investigations linking excessive television watching to aggressive behaviors, obesity, poor nutrition, and even attention problems in school. Other studies have shown benefits from reading and exercise as alternative behaviors. The Academy recommends no television for children less than two years old and a limit of one hour a day for older children.

Office Policies: Walk-ins

Our office can get quite busy. We do our best to schedule patients in a timely fashion and to be on time. We understand that emergencies happen. Most commonly, children will come directly to our office with an injury (sprained ankle, bloody lip, etc.). However, everyone is better served if we know you are coming in advance. We know when the schedule is light or heavy, and we know when doctors can be available. For this reason, "walk-ins" are discouraged. Please call our office before coming over. A nurse or doctor can determine over the phone how urgently your child may need to be seen.

Doctor Trivia

Which of the doctors is a self-proclaimed soccer addict? This doctor watches soccer, coaches soccer, plays indoor and outdoor soccer, and even tries to get out of being on call so as to not miss games?

Answer to last issue = Dr. Ludwig is handy with fixing things and did indeed carve the fish tank in the Valpo office.

New Doctor?!

The contract has been signed! Elizabeth Campbell, M.D. will be joining Associated Pediatricians in September. We will have more details in our next newsletter.