



# Newsletter for Associated Pediatricians

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## *Current Events: Over-the-counter Cold Medicines*

There has been a lot of attention recently about the use of over-the-counter cold medicines. The FDA has pulled a number of these medicines off the shelf. There were two reasons cited for this action:

- (1) There is a risk of overdose. Decongestants, for example, may affect the heart and circulation.
- (2) There are no official studies that have shown these medicines to be effective against the typical cold.

These are issues that have been known for a long time. In other words, there was no new information or study that provoked the FDA's current policy.

All medicines carry a risk of overdose – even one as simple as Tylenol. Whenever a medicine is given to a child, we would recommend the proper dose and the proper interval between doses. There have also been situations where one caretaker may not be aware what another caretaker may be giving the child.

While there are no studies that prove that these medicines are effective against colds, there have been many parents and grandparents who insist that these medicines do alleviate some symptoms and that the child does feel or act better while using them. If you believe that the medicines are not helping your child, then we would recommend that they be stopped.

So what can be done? Humidity and good hydration are important. Saline drops and a bulb syringe can help clear the mucous from noses of little babies. Our office should be contacted with any cold if there has been a fever for more than 3 or 4 days or if there is any question about difficulty breathing. Ultimately, time is the best treatment for a cold. Most colds have the worst symptoms in the first 3 to 5 days and generally tend to get better over the next 1 to 2 weeks. Please feel free to call our office if you have any specific questions.



# Take a N.A.P. – part 2

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## *The Internet*

We live in the Information Age. Unfortunately, anybody can distribute information on the internet. What can be trusted?

The following websites can be useful:

[www.aap.org](http://www.aap.org) is the official website for the American Academy of Pediatrics.

[www.cdc.gov](http://www.cdc.gov) is the website for the Centers for Disease Control.

[www.immunize.org](http://www.immunize.org) provides objective information about vaccines.

Associated Pediatricians is also on the web! You can check out our website by either “googling” “Associated Pediatricians Valparaiso” or by going to the mother site

[www.beansprout.net](http://www.beansprout.net).

There will soon be copies of this newsletter on our site!

## *Office Policies: Prescriptions*

Many children are on daily medicines. When calling in for a prescription, we ask that you provide the name, concentration, and dosage of the medicine. We also ask that you give our office at least 24 hours notice. Before we can provide the prescription, the chart must be pulled and reviewed by a doctor. Please keep in mind that during a busy office day of seeing patients, this task is usually done at the end of that day.

## *Doctor Trivia*

Which of the doctors is handy with fixing furniture, shelves, and desks? In fact, this doctor carved the fish mural on the wood base of the fish tank in the Valpo office.

Answer to last issue = Dr. Miller worked in Oregon before settling down in Valparaiso.

## *Q & A*

How tall will my child be?

The formula used to determine this is to take the average of the parents' heights and subtract (girls) or add (boys) 2½ inches.

Another way to do it is  
to double the child's  
height at age 2 !