

## IN THIS ISSUE

- **New and Updated Vaccines in our office**
- **Welcome to Sally, our new receptionist**
- **Poison Prevention and Treatment**
- **Gun Locks: safety tips for you and your children.**

## INSIDE THIS ISSUE:

- |                     |   |
|---------------------|---|
| Pertussis           | 2 |
| Hepatitis A Vaccine | 2 |
| Poison Pre-         | 3 |
| ProQuad             | 3 |
| Gun Locks           | 4 |

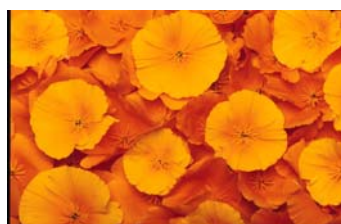
## Vaccine Corner

**Many new and important vaccines have been introduced recently. Our office is proud to be able to provide the following new and/or improved vaccines.**

### Menactra

Menactra helps protect against illness caused by the bacteria *Neisseria meningitidis*. This bacterium can cause serious illness infecting the blood (meningococemia) or cause meningitis. Meningitis is an infection of the fluid surrounding the brain and spinal cord. The bacteria are spread through the air, body fluids and person to person contact. Many of

us can carry the bacteria; certain strains are more aggressive and will cause infection during times of low immunity.



### Who gets this disease?

About 2600 people get this disease each year in the U.S. About 10-15% of these people die despite treatment with antibiotics and approximately 11-19% of those survivors have com-

plications. Those who suffer the worst outcome are those who don't receive treatment early.

### Who should get the vaccine?

Menactra is recommended for all children 11-12 years of age or at high school entry. College freshman who are living in dormitories or people who have no spleen or problems with their spleen are also candidates.

Please ask us for more information at your next visit if you fit the above categories, or are just interested in more information.

**Continued on page 2.**

## Welcome Sally!



Many of you have noticed a new and cheerful face at our front desk these last several months. Sally Escamilla joined Casa Alegre on January 20<sup>th</sup>. A native of Las Cruces, Sally previously worked with Coca-

Cola for 10 years working her way up to sales. She then worked at Mayfield High School for 2 ½ years before deciding she needed a change. We were happy to steal her away. Sally is married and has 3 children;

JJ - 11 y.o., Isaiah - 8 y.o., and Crystal - 4 y.o.. We are very excited at the energy she has added to the office and hope you all enjoy her addition to the office as much as we have!

## Pertussis Vaccine (Whooping Cough)

*“Pertussis has been found to be on the rise, with increasing outbreaks.”*

Pertussis is a bacteria that causes prolonged illness and occasionally deadly illness in humans. New Mexico is one of several states that has had an increased incidence with this illness. Two babies died in the state of New Mexico from Whooping cough in 2005. In the initial phase, the illness starts out with runny nose and slight cough. The second phase progresses into a cough that can be significant. The cough causes older children and adult to have a machine-gun like cough followed by a “whoop” as they try to catch their breath.

Younger children are unable to generate this whoop but are at worse risk for apnea (cessation of breathing), low oxygen levels, or overwhelming infection. Infants receive the Diphtheria, Tetanus, and Pertussis vaccine as part of their routine immunizations as infants. The last dose is given at the 4 year immunization or can be caught up until 7 years of age...until now. A new vaccine has been introduced that is recommended for adolescents and adults. Pertussis has been found to be on the rise with increasing outbreaks.

Many of the carriers have been linked to adolescents and adults whose immunity has decreased with age. A new formulation has been released to decrease the number of sick people in the community who might expose infants to the illness. The vaccine has been recommended for all children ages 11-12 or, if missed, at 13-15 years of age. The vaccine can also be given in cases where a person requires a tetanus booster because of a cut.

## Hepatitis A Vaccine

Hepatitis A is a viral infection that affects the liver. It can cause a significant illness lasting days to weeks. The illness can range from upset stomach to nausea, vomiting, jaundice (yellowing of the skin), inflammation of the liver, and dehydration. It is caused when fruits or vegetables are con-

taminated with fecal material and eaten. Outbreaks can start from restaurants. Hepatitis A vaccination is recommended in New Mexico because the state has an increased incidence versus the national incidence. The vaccine is a two series shot. Previously the initial dose was given at 2 years of age with the booster given 6 months later. The new vaccine has been reformulated to be started at 1 year of age. With the

new shot schedule the primary set of shots, if started at birth can all be completed by 18 months of age!

Restaurant in Pennsylvania closed due to Hepatitis outbreak from contaminated vegetables.



# Poison Prevention

Each year, approximately 2.4 million children—more than half under age 6—swallow or have contact with a poisonous substance. March 19-25<sup>th</sup> is national Poison Prevention week. The following are tips from the American Academy of Pediatrics.

To poison proof your home

- Store medicine, cleaners, paints/varnishes and pesticides in their original packaging in locked cabinets or containers, out of sight and reach of children.
- Install a safety latch that locks when you close the door on child-accessible cabinets containing harmful products.
- Purchase and keep all medicines in containers with safety caps. Discard unused medication.
- Never refer to medicine as “candy” or another appealing name.

- Check the label each time you give a child medicine to ensure proper dosage.
- Never place poisonous products in food or drink containers.
- Keep coal, wood or kerosene stoves in safe working order. Maintain working smoke and carbon monoxide detectors.

### Treatment

If your child is unconscious, not breathing, or having convulsions, or seizures due to poison contact or having eaten or swallowed, call 911 or local emergency number immediately. If your child has come in contact with poison and has mild or no symptoms, call your Poison Control center at 1-800-222-1222.

Different types and methods require different, immediate treatment:

- Swallowed poison-- Remove the item from the child, and have the child spit out any remaining substance. Do not make your child vomit. Do not use Syrup of Ipecac.
  - Skin poison— Remove the child’s clothes and rinse the skin with room temperature water for at least 15 minutes.
  - Eye poison— Flush the child’s eye by holding the eyelid open and pouring a steady stream of room temperature water into the inner corner for 5 to 10 minutes.
- Poisonous fumes— Take the child outside or into fresh air immediately. If the child has stopped breathing, start cardiopulmonary resuscitation (CPR) and do not stop until the child breathes on his or her own, or until someone can take over.



**The number for Poison Control should be placed in a prominent or readily found location in your home. 1-800-222-1222**

## ProQuad

The Measles/Mumps/Rubella vaccine and Varicella vaccines are given at one year of age. ProQuad, a new vaccine combines the two

into one vaccine. One less poke for our children!





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### Sources:

1. **Vaccine Information Handout –office**
2. **American Academy of Pediatrics**  
[www.aap.org](http://www.aap.org)
3. **Tipp the Injury Prevention Program**
4. **Project Childsafe**

# Gun Locks

The safest way to keep your children safe from injury or death from guns is to not have a gun in the home. Consider these statistics:

In 1997 32,436 firearm-related deaths occurred in the United States, of which 4223 of the victims were children and adolescents younger than 20 years of age. More than 44 million Americans own firearms. Of the 192 million firearms owned in the United States, 65 million are handguns. Research shows guns in homes are a serious risk to families.

- A gun kept in the home is 43 times more likely to kill someone known to the family than to kill someone in self-defense
- A gun kept in the home triples the risk of homicide. The risk of suicide is five times more likely if a gun is kept in the home.

For those who know the danger of guns but choose to keep a gun in the home

- Always keep the gun unloaded and locked up.
- Lock and store the bullets in a separate place.
- Make sure to hide the keys to the locked boxes.

Classes on firearm use and safety should be given to children who use or are allowed to handle firearms.

Talk with your children:

1. Don't go looking for guns in your house or a friend's house. Don't let other kids look for guns in your house.
2. If you find a gun in your house—or anywhere else—STOP! Leave it alone. Don't touch it. Don't let anyone else touch it. Leave the area and be sure to tell an adult at once. Even if a gun looks like a toy, don't touch it. Some real guns may look like toy guns, so don't take a chance. Leave the

area and immediately tell an adult.

If you or someone you know, like an uncle, grandfather, or parent of your child's friend owns a gun our practice offers free gun locks. The locks have been provided by Project Childsafe, a nationwide program, that distributes locks free of charge. Once the lock is placed on a firearm, it cannot be loaded or fired. You can ask for your free gun lock at any sick or well appointment.

