



Public Health
Prevent. Promote. Protect.

Immunization Clinics

THURSDAY, JANUARY 12

11 AM-4 PM

THURSDAY, JANUARY 19TH

7 AM-11:30 AM

THURSDAY, JANUARY 26

2 P.M.-7 P.M.

CLOSED JANUARY 2ND & 16TH

January 2012



breastfeeding



Fever: Don't Panic!

Your child awakens in the middle of the night crying inconsolably. She feels hot to the touch, and you quickly take her temperature...103 degrees! You are understandably worried! Should you call your doctor? Should you rush her to the emergency room?

RELAX. DON'T PANIC! Remember, fevers are your body's natural response to infection, and not necessarily a sign that something serious is taking place. Low-grade fevers are helpful in fighting off infection. You should only treat a fever when it is making your child miserable. Treat your child, not the fever.

Generally speaking, if your infant is **6 weeks or younger, and has a fever of 101 or higher, this is considered a medical emergency.** Your doctor should evaluate your infant right away, either during business hours, or in an emergency room after hours. **Do not give any fever-reducing medications in this situation** (you don't want to hide the fever until after a doctor has evaluated your baby).

Infants age 7 weeks to three months with a fever over 101 warrant an appointment with your doctor within the next several hours.

If your child of any age has one or more of the following symptoms, you should probably call your doctor right away:

High fevers of 104 or higher that don't come down to 101 or 102 with medications.

Lethargy – this means more than your child just isn't acting right or laying quietly in your arms. **Lethargy actually refers to your child being limp, lifeless, unresponsive, or won't make eye contact.**

Irritability - this means more than just fussiness. **A truly irritable child will cry for hours with minimal verbal interaction, and is almost impossible to console.**

Meningitis – symptoms are **high fever, stiff neck or pain in the back of the neck, vomiting, headache, bright light hurts the eyes.** Before paging your doctor, you should also look up any other symptoms your child has, such as cough, vomiting, rash, etc and read those guidelines to determine your best course of action.

Above all, if you have a "gut feeling" your child is seriously ill, follow your instincts and contact your doctor right away.

Source: Dr. Sears

What kinds of things cause poor milk supply?

Answer: Since adequate supply is fueled by adequate demand, anything that hinders the latter can lead to a problem. Common culprits can include:

- Supplementing.** If you've added formula to the menu, your baby will take less milk from your breasts, which in turn will cause your breasts to produce less milk.

- Infrequent feedings.** Stretching out time between meals may be easier on a new mom, but it can mean your breasts won't be stimulated often enough to produce an adequate amount of milk.

- Short feedings.** If you cut nursing sessions short (five minutes each breast, for example), not only won't your baby get the fattier and most nutritious hind milk some, but for sure your breasts won't be sufficiently drained. And without sufficient emptying, they won't be stimulated to produce more.

- Pacifiers.** For some babies, time spent sucking on a pacifier means less time or inclination for suckling on the breast. Again, less suckling means less milk production.

Source: kellymom.com

Newborn Formula Concerns...

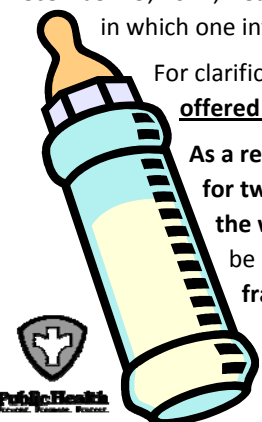
The Missouri Department of Health and Senior Services (DHSS) has received questions from Women, Infants, and Children (WIC) providers and physicians concerning the use of powdered formula following the December 19, 2011, Health Alert concerning invasive *Enterobacter sakazakii* infections in two infants treated in Missouri hospitals in which one infant recovered and one has died.

For clarification, the powdered formula being tested for the bacteria is not a WIC approved formula. No formula offered by the WIC program has been implicated in the investigation.

As a reminder, when reconstituting powdered formula, it is recommended that the water be brought to a boil for two minutes and then let cool before mixing the formula. This procedure should be followed regardless of the water source. Parents should not assume that water bought from the store will be sterile. It would also be important to note the importance of not using formula that has been mixed past the recommended time frame.

Also, as pointed out by the health alert, there are no known cases of the *Enterobacter sakazakii* from breast feeding.

Source: Missouri Department of Health



Another Benefit to Breastfeeding

Breastfeeding for **four months or more is associated with fewer behavioral problems** in children at age 5, an Oxford University study suggests. **“Our results provide even more evidence for the benefits of breastfeeding,”** says Maria Quigley of the National Perinatal Epidemiology Unit at Oxford University.

A number of other factors were looked at that may be involved in the results. For instance, as a group, **mothers who breastfed for four months were very different socially** to those who formula fed. They were **more likely to be older, better educated and in a higher socio-economic position**, on average.

‘Having controlled for these and other differences between the groups, we found there was still a 30% lower risk of behavior problems associated with prolonged breastfeeding.’ Stated Quigley.

Quigley goes on to say, **‘We just don’t know whether it is because of the constituents in breast milk which are lacking in formula, or the close interaction with the mum during breastfeeding, or whether it is a knock-on effect of the reduced illness in breastfed babies. But it does begin to look like we can add fewer behavioral problems as another potential benefit of breastfeeding.’**

Source: Whattoexpect.com

Vaccine and Autism

Autism is a childhood disorder. Symptoms include **serious language delays, poor social skills, and repetitive movements.** A debate exists over vaccines causing autism. **Research to date repeatedly shows no connection.** Many people believe that the **link has to do with Thimerosal, a mercury-based preservative** that’s put into vaccines to prevent contamination, mainly because of the perceived increase in the number of children being diagnosed with autism.

Thimerosal was removed from childhood vaccines in 2001, and the rates of autism have actually increased. Experts agree that the **surge in diagnoses is largely due to a broader understanding of what qualifies as autism,** greater awareness of the disorder, and the **increased availability of services** for children with autism symptoms.

Consider this: The **American Academy of Pediatrics, the American Medical Association, the Centers for Disease Control, and the Institute of Medicine** agree that **science does not support a link between Thimerosal in vaccines and autism.**

Fact: Vaccines prevent a multitude of devastating infections and diseases.

Fact: Millions of children are vaccinated daily, and suffer no more than local site irritation and a bit of fussiness, at the most.

If you have **questions regarding the safety of vaccines for your child,** please talk to your doctor. **The Livingston County Health Center provides all required childhood vaccines at no charge.**

Source: American Academy of Pediatrics and Health



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Postpartum Depression

You’ve probably heard of the “baby blues.” Well, actual clinical postpartum depression is a more serious condition that requires medical treatment.

Affecting up to 20 percent of women any time from a month to a year after childbirth, postpartum depression leads to feelings of restlessness and anxiety, a sense of worthlessness, and overwhelming sadness and guilt.

Researchers theorize that postpartum depression is caused by dramatic shifts in hormone levels during - and immediately following - pregnancy, resulting in chemical changes in the brain. The stress of childbirth and new responsibilities also add to the risk.

If you are experiencing several of the following symptoms of depression, contact your doctor for help:

- Persistent sad, anxious, numb or "empty" mood
- Feelings of worthlessness, helplessness, guilt
- Loss of interest or pleasure in hobbies and activities that you once enjoyed
- Insomnia, early-morning awakening or oversleeping
- Decreased energy, fatigue
- Restlessness, irritability, nervousness
- Difficulty concentrating or making decisions
- Panic attacks
- Thoughts of self-injury

If you are having thoughts of suicide or harming your baby, contact your doctor immediately.

Source: National Institute for Health