



South Lake Star

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Appointment Line
952-401-8300

Website and Online
Appointments
southlakepediatrics.com

Pertussis (Whooping Cough)

By Dr. Michael Garvis

Now that the kids have been back in school for awhile we are starting to see some of them to come down with pertussis. *Bordetella pertussis* is the scientific name and the most common thing we call it is “whooping cough”. It gets that name because of the very typical sound at the end of the cough. Basically the child coughs and coughs and coughs and coughs until she can’t cough any more. Then the child will gasp in air as quickly as she can and that sounds like a whoop. The funny thing about it is that it starts as a normal cold that you would never worry much about, minimal cough some runny nose but no fever or aches. No one has a good way to differentiate between a regular cold and pertussis at that early stage and some will have it so mildly that it won’t be a bother. Those who wind up with the severe “whooping” cough may even vomit after it, some cough so hard they pass out or wet their pants or even cough so hard that they even crack their ribs (seriously). The not funny thing is that an infant with pertussis can get pneumonia, have seizures, get brain damage or even die. If you want you can google “pertussis video” and see how dramatic the cough can be. One video is here <http://www.vaccineinformation.org/video/pertussis.asp>

The biggest problem with pertussis is that it produces a toxin that stays around and causes changes in the lungs so that the cough lasts for weeks to months. 100 days of cough is not unusual. While there is a test for pertussis, by the time we check for it it is almost assuredly too late to do anything about the child’s cough. Medicine can kill the bacteria if it is still present but cannot undo the damage the toxin has done. If it is treated during the early stages we can shorten the duration and can kill off the bacteria to minimize contagiousness to others. Other medicines may help with symptoms. According to the Minnesota Department of Health last year Minnesota had 1,000 cases reported. There is a lot of pertussis out there.

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On-line Services Changing Soon

In continuation of our excellence in patient care, South Lake Pediatrics is excited to announce that we will be making changes in mid December to our Online Services including Appointment Scheduling and Bill Pay. Please watch for updates on our website at www.southlakepediatrics.com.

Pertussis (Whooping Cough), *Continued*

Luckily for us science has prevailed and some brilliant scientists have developed a vaccine to help us avoid ever getting pertussis in the first place. DTaP is the vaccine we use in infancy to help our littlest patients avoid this bacteria. It is given at 2, 4, 6 and 15 months for the primary series and boosted at pre kindergarten visit. After the entire series is done the vaccine is 80%- 85% effective in preventing pertussis. Another vaccine, Tdap, is used in adolescents and adults to help everyone avoid carrying pertussis to our little infant friends. Currently the CDC recommends everyone to get the Tdap vaccine as our next tetanus booster (that is what the "T" stands for). It is especially important for pregnant moms (and their partners) to get the vaccine before the baby is born. How tragic it would be for a parent to give pertussis to their new baby. Likewise grandparents and other care givers should consider getting the vaccine so that they will not be contractor of pestilence.

The pertussis vaccine has been used for years and has had literally millions of doses given. The safety track record of the vaccine is really very good, and the vaccine has been shown to be very very useful in keeping most of us very protected. There was an older version of the vaccine that had many more side effects associated with it, but that has not been used in the US since the 80's. No vaccine is 100% safe or 100% effective but side effects from the vaccine are minor in comparison to the disease.

Glittery Window Clings Craft Project

Items needed: Paper, pencil, cookie sheet, wax paper, Dimensional fabric paint

Draw some simple snow flakes on the paper. Lay the template on a cookie sheet. Cover with wax paper. Using a thin line of fabric paint trace all the lines, making sure all paint lines connect. Let the window cling dry overnight. Then peel it off the wax paper and stick to a window.

easyCARE Information



easyCARE

See clinicians you know and trust at your convenience, at a location and time that works best for you.

No appointment is needed for minor illnesses such as sore throats, earaches, rashes, pink eye, fever and minor injuries.

Chaska 111 Hundertmark Road, Suite 210	M-F	8:30 am to 12:15 pm and 1:15 pm to 5 pm
Children's West 6060 Clearwater Dr, Suite 240	M-F	8:30 am to 12:15 pm and 1:15 pm to 5 pm
Eden Prairie 800 Prairie Center Dr, Suite 120	M-F	8:30 am to 12:15 pm and 1:15 pm to 5 pm
Maple Grove 12000 Elm Creek Blvd, Suite 250	M-F	8 am to 5 pm
Minnetonka 17705 Hutchins Dr, Suite 100	M-F	8 am to 5 pm
Plymouth 2805 Campus Dr, Suite 235	M-F	8 am to 5 pm