

## Visit Types

### **Sick Child Visits**

A Sick Visit appointment is scheduled to focus on one particular problem (e.g. earache, sore throat, fever). If your child is sick and it is outside of our scheduled office hours, you may call and speak to our Triage Nurses, or Doctor on call. Please visit our Triage Department page for guidelines concerning these calls.

### **Consultation Visits**

Please schedule a Consultation Visit if your child has a chronic medical problem or has several involved issues you would like to discuss with your doctor. This way, we can provide ample time to address your child's needs.

### **Well Child Visits**

Bringing your child in for regular well child checkups is an important part of his health care. These visits allow your doctor to evaluate your child's health, growth, and development. This also gives you the opportunity to address various issues that may be of concern to you. Many parents will bring a list with them to the checkup.

Our practice follows the guidelines of the American Academy of Pediatrics for routine well child immunizations and screening tests. Below is a list of the well child visit schedule.

All of our physicians feel very strongly about the importance of vaccinating your child against preventable diseases. If you have any concerns about vaccinations, please speak with your doctor.

### **Preventative Screening**

*State Metabolic Screen* – This is a blood test performed at 36 hours of life and repeated at 2 weeks of age. The State of Texas currently screens for 28 different disorders such Phenylketonuria, Congenital Hypothyroidism, Cystic Fibrosis, Galactosemia, Sickle Cell Disease, and Congenital Adrenal Hyperplasia. A useful link from the Texas Department of State Health Services offers the complete list of screened & disorders.

## Immunizations

**DTaP\*** – The **DTaP** shot protects against 3 different illnesses. These include Diphtheria, **Tetanus**, and **Pertussis** (whooping cough). All three diseases cause breathing problems which can lead to death. The “a” stands for acellular, and this newer formulation of vaccine does not cause the fever and fussiness that the older vaccine would cause. This is a series of 5 shots. This vaccine is even more effective when given as **Pentacel** (a combination vaccine containing DTaP, Hib, and IPV) as our office does.

**Haemophilus Influenza B (Hib)\*** - This vaccine protects against a type of bacteria which is one of the causes of meningitis and life threatening throat infections in young children. This is a series of 4 shots.

**IPV\*** – This vaccination protects against polio disease, which causes paralysis and death. The inactivated polio vaccination is now routinely given in the United States immunization schedule. There is no risk of acquiring polio disease from this inactivated vaccine. Polio is still circulating in other parts of the world. This is a series of 4 shots.

\***DTaP, Hib, and IPV** are combined in a single vaccine called **Pentacel**

**Hepatitis B - Hepatitis B** is a virus that causes chronic liver disease and liver cancer. This is a series of 3 shots. Some parents believe that tattoos and sexual activity are the only ways of transmitting the virus. This is not true. Young infants are at risk for acquiring the infection if they are born to a mother who is a carrier, live with an individual who is a carrier, any blood to blood contact such as a needle poke or cut with an infected individual, or if they are bitten by certain insects such as bed bugs which can transmit the disease. Infants are also much more susceptible to the infection than are adults. Infants who are exposed have a 90% chance of developing chronic liver disease while adults have only about a 10% chance.

**Prevnar** – This vaccination protects against serious diseases caused by the bacteria *Strep pneumoniae*. These include meningitis, pneumonia, sinus, and ear infections. It is a series of 4 shots beginning at 2 months of age. The vaccine was recently reformulated to protect against 13 of the most serious strains of this bacteria. Side effects are minimal, and include fever, crankiness, and redness at the injection site.

**MMR** – This vaccine protects against Measles, Mumps, and Rubella (German measles). Measles disease causes a rash, but can also cause pneumonia, seizures, and death. Mumps disease causes swollen glands in the jaws, hearing loss, and meningitis. Rubella causes mild infection in children. However, if an unimmunized pregnant woman gets the disease, it causes the fetus to have mental retardation, deafness, and blindness.

Because this a “live-attenuated” vaccine, some children with immune defects cannot be immunized. This is a series of 2 shots.

Side effects commonly seen are fever and or a flat red rash 1-2 weeks after vaccination.

**Varicella** – This vaccine protects against the chickenpox. Chickenpox disease causes a rash, but can also cause pneumonia, brain damage, and death.

The vaccine has significantly reduced the number of cases and severity of chickenpox disease since its introduction in 1995. The vaccine is given at the age of 12 months and repeated at the age of 3 to 4.

**Hepatitis A** – This is a vaccine which protects your child from a virus which can cause severe liver damage. The virus is spread by close personal contact and can also be found on food products. The vaccine is a two part vaccine, and doses are usually given at 15 months and 2 years.

**RotaTeq** - This is a vaccine that prevents against a virus which can cause severe vomiting, diarrhea, and dehydration in young infants. This infection is the leading causes of death in young infants around the world because the diarrhea can be severe. The vaccine is given by mouth at the ages of 2, 4, and 6 months. Side effects include mild stomach upset, bloating, and loose stools for 1-2 days.

**Menactra** – This is a vaccine that is usually given to adolescents before they enter college. It protects against a type of meningitis which can cause severe illness or even death.

**Tdap (Boostrix or Adacel)** – This is a vaccine that is given to adolescents around the age of 11 to 12. It protects them from tetanus as well as pertussis (whooping cough).

**Gardasil** - This is a vaccine which protects against the **Human Papilloma Virus**, a virus that can lead to cervical cancer. The vaccine is recommended for women ages 11 to 26 years of age. It is a series of three shots. It is also FDA approved for men ages 11 to 26. Young men may also choose to receive the vaccine which helps prevent penile cancer and reduce the transmission of virus.

**Influenza** - This is a vaccine that protects against influenza. It is usually administered starting in early October and can be given to children as young as 6 months. There are several types of immunization against influenza, so ask your provider which is best for your child.

## VACCINES SCHEDULES

<b>Birth</b>	State Metabolic Screen # 1, Hearing	Hep B
<b>2 Weeks</b>	State Metabolic Screen # 2	
<b>2 Months</b>		Pentacel*, Hep B, Prevnar, Rota Teq
<b>4 Months</b>		Pentacel*, Prevnar, Rota Teq
<b>6 Months</b>		Pentacel*, Prevnar, Rota Teq, Hep B
<b>9 Months</b> <b>12 Months</b>	Screen for anemia and lead poisoning Refer to Dentist	MMR, Prevnar, Vanicella, PPD
<b>15 Months</b>		MMR#2, HAV#1, DTAP,HIB
<b>18 Months</b>	MCHAT (Autism Screen)	
<b>2 Years</b>	MCHAT (Autism Screen)	
<b>3-5 Years</b>	Blood Pressure, Hearing, Vision, Urinalysis, TB test	DTaP, IPV, Varicella PPD
<b>6-18 Years</b>	Physical Exam every year Blood count, Cholesterol for risk patients	Tdap at 10-11 Menactra at age 11 Gardasil at age 11

\* Pentacel is a combination vaccine containing DTaP, Hib, and IPV