

# Little things

that matter

## Tonsils: What's the Big Deal?

Charles Cavallo, MD

**T**onsils are the round tissues in the back of the throat that help fight infections (see Fig 1 below). They become enlarged and sometimes red or pus-covered with infection. Sometimes the enlargement persists even in the absence of illness. This can manifest in sleep problems and feeding problems. Tonsillar enlargement is the most common cause of obstructive sleep apnea in children. Signs of this include snoring, breath-holding or apnea, restless sleep, neck extension, daytime sleepiness and behavior problems. A muffled or congested sounding voice may also be noticed. During meals, the child may seem to have a hard time swallowing, especially larger pieces of food such as meats. Some children with enlarged tonsils get recurrent strep or other throat infections.

A referral to an Ear, Nose and Throat doctor may be warranted for this condition. Indications for surgery include sleep apnea, feeding problems, or recurrent infections (3 or more per year for 3 years, 4 to 6 in one year). Most ENT surgeons will remove the tonsils and adenoids at the same time (see Fig 2 below). The adenoids are a tissue behind the nose that are often also enlarged obstructing the nose and eustachian tube. This contributes to sinus and ear infections and nasal sounding speech. Recovery from surgery can take up to 2 weeks. This is an outpatient procedure for older children and an overnight stay for younger kids. Risks include bleeding, pain, and dehydration.

Fig1. View from through the mouth

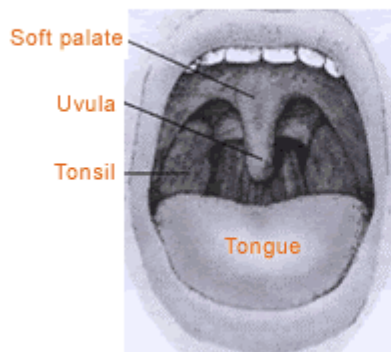
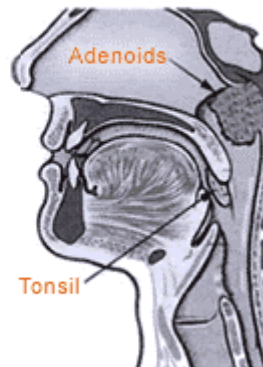


Fig2. Side view



(picture from kkh.com)

### IN THIS ISSUE

Lead Paint: Not Just in Older Homes Anymore	2
Anderson Behavioral Consulting	2
Asthma: What's New	3
What the Research Shows	3
Summer Speech Therapy	4

---

## Lead Paint: Not Just in Older Homes Anymore (Office Test Available)

---

**A**s many parents are aware there have been a lot of toy recalls in 2007 due to lead paint. This is concerning for parents whose young children put toys in their mouth. The traditional culprit has been older homes built before 1968, though some more conservative experts use the year 1978. Although your house may have been repainted and renovated, the lead may be in the dust or even in the soil. Symptoms of lead poisoning may include abdominal pain, vomiting, constipation, poor appetite, irritability, and learning problems.

Who should be tested? Recipients of Medicaid and WIC services are required to be tested. In addition, the state of Kentucky now recommends testing for lead in high risk zip codes, not just by age of the home. In Kenton county the zipcodes include 41015, 41014, 41011, and 41016. In Campbell county the high risk zip codes are 41071, 41073, and 41074. There are over four thousand children living in these areas. Testing should be done at age 9 to 12 months and again at age 2.

We will soon have an in office lead test for your convenience. If you live in an older home or in the above zip codes, or are concerned about lead in your toys, ask your provider for a test. Results are available in 2 to 7 days. A high test may trigger a secondary confirmatory test at a local lab. For more information call Kentucky's Environmental Lead Program (ELP) at (502) 564-4537 or Kentucky's Child Lead Poisoning Prevention Program (CLPPP) at (502) 564-2154.

---

## About Anderson Behavioral Consulting (ABC) and Meghan Anderson

---

**A**ppplied Behavioral Analysis (ABA) services are now available locally! Applied Behavioral Analysis, a specialized form of therapy originally designed for children with autism, involves intensive one-on-one therapy and aims to reward children for approximations of desired behaviors, thus increasing the likelihood that the child will learn to perform these behaviors more frequently. It can be used to help a child learn to use pragmatic speech or to decrease unwanted problematic behaviors. Until recently there have been no providers of this form of therapy in the Northern Kentucky area. Meghan Anderson, BA, who operates Anderson Behavioral Consulting (ABC) is now associated with A Step Ahead Pediatric Therapy, located next to our Down Under office space at the Crestview Hills location.

Anderson Behavioral Consulting serves individuals aged 18 months to 18 years and specializes in autism spectrum disorders, sensory integration disorder, and ADD/ADHD. No diagnosis is required. The ABA therapy can be used for *any* child regardless of "mental capacity" for behavioral issues, social issues, and language and skills acquisition. Consultation can take place in your home or at the ABC office. Services are not covered by insurance, but are eligible for flexible spending accounts.

Megan Anderson, BA, has over 12 years of experience working with individuals of all ages on all levels of the autism spectrum. She holds a Bachelor's Degree in Special Education with focus on Autism, ABA, and habilitation from Bowling Green State University (Ohio). Her experience includes five years working with children and adolescents with ADD/ADHD, teaching two years in a Lovaas-based ABA school for children with autism, and working for two years as a program coordinator in group homes for individuals with various mental and physical disabilities. She holds several certifications and is in pursuit of others.

The ABC web site is [www.andersonbehavioralconsulting.com](http://www.andersonbehavioralconsulting.com) and the phone number is (937) 258-0614.

## Asthma: What's New? Office-based Spirometry

**I**n 2007 there was an update on asthma management guidelines. The primary goal is to make anyone with asthma as symptom-free as possible. The recommendations now call for a step-up and step-down plan. In addition they recommend at least annual spirometry testing in children ages 6 and up. This is a lung function test that is more sensitive than peak flow meters. It can show the degree of obstruction, even in patients who have few or no symptoms. We will soon be offering spirometry testing in the office. This will help us not only to confirm the diagnosis of asthma but also to better tailor your child's treatment plan. We continue to recommend annual flu shots for all patients with asthma, as well as office visits every 6 months to adjust your asthma plan. Not sure if you should stop your controller medication? Are you worried your child's chronic cough is really from asthma? Ask your provider if you should get spirometry testing.



## What the Research Shows

Mark Deis, MD

**Timing of Initial Exposure to Cereal Grains and the Risk of Wheat Allergy** *Poole JA et al, Pediatrics 117:2175-2182.* Food allergies affect approximately 6% of children under three years of age. Several previous studies have shown that delaying the introduction of solid foods until after six months seems to decrease the incidence of allergies and/or eczema in children. This study goes against that theory. The explanation given is that a low level of exposure to wheat, such as that found in baby cereal, may induce immune tolerance for that child. If you try to make sense of these studies and find it all confusing, join the club! But, there still seems to be good evidence to delay the introduction of solid feedings until at least 5 months.

**Implications of a 2005 Measles Outbreak in Indiana for Sustained Elimination of Measles** *Parker AA et al, N. Engl. J. Med. 355: 447-55, August 3, 2006.* Measles is a highly infectious, acute viral disease that can cause rash, fever, diarrhea, pneumonia, encephalitis, and death. Worldwide it causes 45,000 deaths annually. In March 2000 leaders concluded that measles was no longer endemic in the U.S. In May 2005 a 17-year-old girl who was unvaccinated for measles returned to Indiana from a church mission trip to a Romanian orphanage, where she had unknowingly been infected with measles. Despite vigorous containment efforts, a total of 34 individuals contracted measles in her community. The majority of cases were in children whose parents had refused to have them vaccinated. This is of particular concern at this time, given the anecdotal reports citing the MMR vaccine as a cause of autism which has then led many parents to reject the vaccine altogether. Citations for numerous studies published recently that have shown no link between the MMR vaccine or thimerosal and autism are available upon request.

**A Single-Blinded, Randomized, Controlled Clinical Trial Evaluating the Effect of Face Washing on Acne Vulgaris** *Choi, JM, et al, Pediatric Dermatology, 23:421-427, September/ October 2006* This study randomized male subjects with mild to moderate acne into three groups in which face washing was to be done, one, two, or four times per day. Those in the once-daily washing group showed signs of worsening, while those in the other two groups showed similar signs of improvement. For many, this was their only treatment used. If you know how to get a teenage male to willingly wash his face twice daily, contact the office for a prize!

# Summer Speech Therapy

- 7 Week Session
  - \$400.00 - Split into 2 payments of \$200.00
- Or pay \$400.00 at the first date of therapy and receive 10% off.
  - Groups of 2 - 3 children
    - 45 Minute Sessions
  - Performed by a Licensed Speech Pathologist
    - No referral necessary
  - Please bring your child's current IEP or Treatment Plan
    - Therapy begins on June 2nd
    - Days of the week/Time to be announced
- For more information talk to your speech therapist or contact  
**A Step Ahead Pediatric Therapy 859-426-5666**

**Pediatric Associates, P.S.C.**  
2865 Chancellor Drive #225  
Crestview Hills, Kentucky 41017  
(859) 341-5400

Presorted  
Standard  
US Postage Paid  
Florence, KY  
Permit No. 147