

Little things

that matter

Developmental Health Watch

Dan Cross, Physical Therapist

Alert your child's doctor or nurse if your child displays any of the following signs of possible developmental delay for their age range. An evaluation by a pediatric therapist may help provide some insight into these areas.

One Year Old

- _ Does not crawl
- _ Drags one side of body while crawling (for over one month)
- _ Cannot stand when supported
- _ Does not search for objects that are hidden while he or she watches
- _ Does not learn to use gestures, such as waving or shaking head
- _ Does not point to objects or pictures
- _ Experiences a dramatic loss of skills he or she once had

Two Years Old

- _ Cannot walk by 18 months
- _ Does not speak at least 30 words
- _ Does not use two-word phrases by age two
- _ Does not imitate actions or words by the end of this period
- _ Does not follow simple instructions by age two
- _ Cannot push a wheeled toy by age two
- _ Experiences a dramatic loss of skills he or she once had

Three Years Old

- _ Falls frequently and has difficulty with stairs
- _ Drools persistently or has very unclear speech
- _ Cannot build a tower of more than four blocks
- _ Has difficulty manipulating small objects
- _ Cannot copy a circle by age three
- _ Cannot communicate in short phrases
- _ Has no involvement in "pretend" play
- _ Does not understand simple instructions
- _ Shows little interest in other children
- _ Has poor eye contact
- _ Experiences a dramatic loss in skills he or she once had

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Yoga for Kids

Join us for fun, age-appropriate classes that will help your children use their bodies, minds, senses, and imaginations!

Yoga helps children to

- ◆ develop strong, flexible, healthy bodies
- ◆ increase concentration, focus, and attention
- ◆ build self-esteem and confidence
- ◆ create a peaceful, relaxed state of body and mind
- ◆ express creativity and imagination
- ◆ foster language development and social interaction and much more!

The following classes will be offered in the spring (with more to come!):

Mommy & Me: 2-3 yrs.

Kids Yoga: 3-5 yrs.

Teen Yoga: 13+

For more information, please contact
A Step Ahead Pediatric Therapy
(859) 426-5666

Four Years Old

- Cannot throw a ball overhand
- Cannot jump in place
- Cannot ride a tricycle
- Cannot grasp a crayon between thumb and fingers
- Has difficulty scribbling
- Shows no interest in interactive games
- Ignores other children
- Does not respond to people outside the family
- Does not engage in fantasy play
- Cannot copy a circle
- Does not use sentences of more than three words
- Does not use “me” and “you” correctly
- Experiences a dramatic loss of skills he or she once had

Five Years Old

- Acts extremely aggressively
- Is unable to separate from parents without major protest
- Shows little interest in playing with other children
- Uses fantasy or imitation play rarely
- Seems unhappy or sad most of the time
- Does not engage in a variety of activities
- Avoids or seems aloof with other children or adults
- Has trouble eating, sleeping, or using the toilet
- Seems unusually passive
- Cannot understand two-part commands using prepositions (“Put the doll on the bed and get the ball under the couch.”)
- Cannot correctly give his or her first or last name
- Does not use plurals or past tense properly when speaking
- Cannot build a tower of six or eight blocks
- Seems uncomfortable holding a crayon
- Cannot brush his or her teeth efficiently
- Cannot wash and dry his or her hands
- Experiences a dramatic loss of skills he or she once had

The Gamble Program

As many of you are aware, we have been collaborating with The Gamble Program for Clinical Studies at Cincinnati Children's Hospital for many years. The Gamble Program is part of the Division of Infectious Diseases and they do clinical research mostly involving vaccine studies. Studies conducted by the Gamble Program contributed to the licensure of vaccines for rotavirus, pertussis, influenza, human papillomavirus (HPV) and several combination vaccines, such as MMR and varicella.

About two years ago, Pediatric Associates decided to become further involved with the Gamble Program vaccine studies. Cincinnati Children's opened up a research unit below our Crestview Hills office, next door to our Down Under location in Suite 110.

The Gamble Program is recruiting for several vaccine studies. They are completing a study to improve the vaccine, Prevnar, for pneumococcal disease. This bacteria can cause meningitis, pneumonia, and bloodstream infections in healthy children. The currently licensed vaccine, Prevnar, protects against the 7 most common strains of this bacteria, while the new vaccine being tested will protect against 6 additional strains of this bacteria. The next phase of this study will begin in May. Infants 2 months of age will be eligible for this study. All vaccines in your infant's first year of life will be given in this study and there will be no charge for these vaccines. You will be compensated for your time and, for your convenience, study visits will follow your infant's check up schedule.

They are also currently recruiting infants and children for two meningococcal vaccine studies. A meningococcal vaccine, Menactra, was recently licensed for people between the ages of 11 - 55. The Menactra vaccine protects against the bacterium Neisseria meningitidis which can cause meningitis, bloodstream, and lung infections. The hope is that the vaccine can also be used in younger children to prevent this devastating illness. The Gamble Program is enrolling 9 month olds and 4 year olds into these two studies. Please call before your 9 month or 4 year vaccine appointment if you'd like to hear more about these studies.

Shortly they will begin testing for a RSV (Respiratory Syncytial Virus) vaccine. This virus causes many pediatric hospitalizations for bronchiolitis each year and would be the choice for most pediatricians as the most needed vaccine. Currently, there is no vaccine for the prevention of RSV disease.

Participation in these studies is vital to the development of new vaccines that can improve the health of our children. The nurses of the Gamble Program, Donna, Marian, and Melissa, invite you to stop in and see the research clinic and hear more about their current research studies. The clinic hours are Monday - Thursday, 8:00 - 4:30. You may also call the Gamble Program at 513-636-7699 if you are interested in any of the current studies.

Update on New Vaccines

Recently several new vaccines have been added to our schedule and soon others will be added. Below is a summary of our current schedule with the newer vaccines in italics. The providers at Pediatric Associates encourage you to review this information prior to your child(ren)'s next well check up. The CDC website (www.cdc.gov/nip) is the best source of current information about vaccine preventable illnesses if you would like to read more.

	Birth	2 m	4 m	6 m	9 m	12 m	15 m	18-24m	4 y	4-11	11 y	14+
DTaP Diphtheria, Tetanus, acellular Pertussis		X	X	X			X		X			
<i>Tdap</i> <i>Tetanus booster with</i> <i>acellular Pertussis</i>											X	
Prevnar		X	X	X		X						
Hep B	X	X					X					
Hib Haemophilus influenza B		X	X				X					
IPV Polio		X	X			X			X			
<i>Rotateq</i> <i>Rotavirus</i>		X	X	X								
Varicella						X						
										Booster and catch up now recommended by CDC, not yet required by states		
MMR Measles, Mumps, Rubella							X		X			
<i>Proquad</i> <i>Measles, Mumps, Rubella,</i> <i>Varicella</i>		MMR-V will replace MMR& varicella, will be given at 15 mo and 4 years										
Hep A						X		X				
Gardasil <i>(3 doses)</i> <i>Females</i>											X	<i>(3 doses)</i>
Menactra												X
Influenza		Annually for 6-59 months, children with chronic disease, and sibs of those. Annually for anyone who wishes to have some protection against Influenza A/B.										

Rotateq: This is an oral vaccine given at 2, 4, and 6 months which must be started by 12 weeks to be effective. It provides protection against Rotavirus, the most common virus causing significant vomiting and diarrhea under the age of 5 years. Protection lasts at least 1-2 years. Most severe infections occur between 4-24 months of age. In developing parts of the world this virus is a cause of many deaths due to dehydration from lack of access to IV fluids but such deaths are rare in this country. It is not currently required by daycares.

Proquad: This combination vaccine gives protection against MMR and varicella in one shot. It has just become available but is not universally covered by insurance yet. We anticipate this will replace these two vaccines soon.

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Currently a booster of MMR is required by KY at age 4. The CDC has just recommended a booster of varicella and possibly in the future this will be required for school entry as well.

Hepatitis A: This virus causes an acute self-limited illness with fever, malaise, jaundice, anorexia, and nausea. Only 30% of children under 6 years who get the virus develop symptoms. In adults it is more likely to be symptomatic and can last several weeks. It is transmitted via the fecal-oral route and can be shed in the stool for some time. It does not cause chronic infection like Hepatitis B. The incidence of this disease has gone down in the US due to targeted immunization of high-risk parts of the country. The next phase of eliminating this infection in our country is to immunize children to both protect them and prevent them from transmitting it to others. In other parts of the world, the virus is very common, so those who travel to developing countries should strongly consider vaccinating themselves and children over one year of age. Currently this vaccine is not required by schools or day-cares.

Gardasil: This vaccine is a series of 3 shots given to protect against HPV. Human Papilloma Virus is a virus that is asymptotically carried more than 40 percent of sexually active adolescents girls. Approximately 40% of females with HPV will develop abnormal pap smears. HPV is involved in 99% of cervical cancers. This vaccine is not required by the KY school system. At this time, insurance coverage is variable. Due to the

high cost of this vaccine, we ask parents to guarantee payment before giving a dose until it is universally covered by insurance companies.

Menactra: This vaccine is a one-dose vaccine to protect against *Neisseria meningitidis*, a bacteria which can cause a very rapid onset bacterial blood infection (with fever, chills, malaise, and a bruise-like rash) or meningitis. This infection causes significant illness or death if it is not treated very early. It is most common in children under 5 years (especially infants under 1 year) and teens in the ages of 15-18 years. Although it is relatively rare, when the infection does occur it can spread rapidly to others. A previous version of this vaccine was targeted to college students and persons in the military where an outbreak could occur. This new version is now required by some colleges but is not required by the KY school system currently. A version for younger children is being investigated.

Tdap: This newer vaccine adds protection for pertussis to an existing vaccine for tetanus and diphtheria. Pertussis typically occurs in this country in very young infants, unimmunized persons, or teens and adults whose immunity has worn off with time. This newer vaccine will decrease the incidence of pertussis by providing protection in the teen years. It can be given as close as 5 years after a Td booster was given so it would be something to strongly consider giving to your teen before college. Td or Tdap is required prior to entry into sixth grade in Kentucky. We have given Tdap since 2005 so anyone who started sixth grade before that

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