Pediatric Potpourri

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About Me

-Born and educated in Massachusetts

-Trained at CHOC Children’s

-Feet wet in the Inland Empire

-Came back to the OC (St. Jude Heritage)

-Sharpened by my wife, two boys and being a weird kid
Potpourri

- Measles and the Epidemic
- Allergies
- Little League Elbow
- Summer Fun
- Q&A
Measles

- In 2000, CDC declared Measles eliminated in the United States

- January 1 to May 23, 2014, 288 confirmed cases were reported to the CDC

- 90% infection rate for those susceptible

- 88% of cases originated from outside the US

- 66% of those infected are unvaccinated
Measles

-Time from exposure to symptoms is about 10 days

-High fever with the classic triad of conjunctivitis, cough, and coryza (the “3 Cs”)

-This is followed by the weird stuff
Measles

Koplik Spots

- Whitish-grey specks or “grains of sand” on the buccal mucosa
Measles

Rash

- Blanching red rash
  Starts on the face and around the hairline

- Spreads to the palms and soles

- Lasts about a week and then peels
Measles

Complications
- Croup
- Pneumonia
- Encephalitis

Mortality rate is 1/1000
- Mostly children 4 to 12 months
Measles

- Not many options
- Vaccinate
Summer Fun - The Sun

UVB causes burns

UVA causes wrinkling and skin cancer

SPF means Sun Protection Factor
-ie. If it takes 10 minutes for the sun to disturb your skin, SPF 15 times that protection (150 minutes)
-BUT no sunscreen really works longer than 2 hours
Allergy

Lungs - Asthma
Skin - Eczema
Stomach to Blood - Food

Swelling
Redness
Pruritis
Discharge
Allergy - Asthma

Swelling - Wheezing
Pruritis - Cough
Discharge - Cough
Allergy - Food

Swelling (Stomach) - Vomit

Swelling (Mouth) - Trouble Breathing

Pruritis (Stomach to Blood) - Rash/Hives

Redness (Stomach to Blood) - Rash

Discharge (Stomach) - Diarrhea
Allergy - Eczema

Different kinds but all Eczema

Swelling, Redness, Pruritis, Discharge
Allergy - Treatment

Avoidance

Tolerance

Antihistamine

Steroids

Immune modulators

Muscle relaxants (Asthma)
Summer Fun - Insect Repellants

DEET
-10% lasts 2 hours
-30% lasts 5 hours
-MOA is debatable
-Have to be older than 2 months
  -Seizure risk: 1 in 100 milli
  -Theoretical paralysis risk

Picaridin
-Just not as good
Elbow Throwing Injuries

Children are not little Adults

Growth Plates

Throwing puts stress on the soft parts first
-Muscle, Tendons, Ligaments
-Growth Plates
Elbow Throwing Injuries - LLE

Children
-Medial Epicondyle Growth Plate

Adults
-UCL (Tommy John)
Elbow Throwing Injuries

33% of 9-12 y/o baseball players
50% of adolescent baseball players
Overuse, Overuse, Overuse

What can we do?
- Pitch Counts
- No Catcher/Pitcher combos
- 4 months of no overhead throwing per year
Little League Elbow

-4-6 weeks of rest

-Pin the bone to preserve normal growth

-Prevention
Summer Fun

-Bikes have helmets

-Rides have belts

-Gymnastics has spotters

-Bounce Houses have Nothing!