

Vaccines we may recommend at your child's next physical:

Our patients should also catch-up on these two vaccines at their next physical:



❑ **Varivax** (*Chickenpox*) vaccine. *Chickenpox* can cause serious complications: skin infections, pneumonia, shingles, and encephalitis/meningitis. About 20% of children can still get chickenpox after one dose of vaccine. A second dose of Varivax is recommended for **all children over age four**.



❑ **Hepatitis "A"** vaccine. Causes 30,000 cases and 100 liver failure deaths in the US each year. Though less severe than Hepatitis "B", it spreads from person to person (fecal-oral), from contaminated food. This vaccine is recommended for **all children between ages one and two**. Older patients planning international travel, daycare, or with other risk factors should also consider protection from **Hepatitis "A"**.

We continue to recommend yearly physicals for all of our patients until they "graduate" from Clarkstown Pediatrics at age twenty-one. *The American Academy of Pediatrics* now focuses on the **eleven to twelve year old** physical as the best time to protect against three infections. These diseases have all been diagnosed locally this year. Patients over age twelve should be "caught up" on these vaccines at their next physical:



❑ **Tdap** or *Tetanus/Diphtheria/acellular Pertussis* vaccine. Protection from the five pre-kindergarten DtaP shots is gone by age 11. This vaccine booster is now **mandatory prior to 6th grade**. *Pertussis*, or *whooping cough*, can last for months with severe cough and pneumonia. It can also cause neurological damage in infants. **We recommend this vaccine for all parents also!**



❑ **Meningococcal Meningitis** vaccine. Meningitis is a devastating illness which can strike healthy people without warning and is often fatal. Colleges and camps all recommend or require this vaccine. Protection will last at least five years (some will need a booster dose before college).



❑ **HPV** or *Human Papilloma Virus* vaccine. This vaccine is recommended for all girls, and now approved for boys. Three doses are needed: A starting dose, two months later, then four months later. Cancer of the cervix is the second leading cause of cancer deaths in women, and is caused by genital warts. *HPV* occurs in 6 million people in this country every year.

Clarkstown Parentletter: Douglas Puder, MD,FAAP, Editor,Illustrator
© clarkstown pediatrics

We hope you find our Parentletter helpful and informative. Please keep in mind that receipt of this article does not create a doctor/patient relationship and that it is not meant to serve as a substitute for professional medical advice. For particular pediatric medical concerns, including decisions about diagnoses, medications and other treatments, or if you have any questions after reading this newsletter, we encourage you to speak with your child's pediatrician.