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NEWLY RECOMMENDED VACCINES

In recent meetings of the Advisory Committee on Immunization Practices of the Center for Disease Control, a decision was made on recommendations on two vaccines that are given in our office.

Gardasil (Human Papilloma Virus Vaccine) which has been given to adolescent girls over the last five years has now been approved for boys. It's recommended at the 11-12 year check-up but can be given anytime between 11 – 22 years of age. It is a series of 3 doses. The vaccine will continue to control the spread of the infection by treating both sexes and will specifically protect against penile and oral cancers, caused by the virus.

Pevnar13 (Pneumoccal conjugate vaccine) has been improved by adding expanded coverage of the infecting bacteria strains. It helps prevent pneumonia, meningitis, and various ear infections and is routinely given at 2, 4, 6 and 12 months of age. Children over 2 years of age and younger than 5 should receive a booster of this vaccine at their next check-up.

Talk to us at your next well check-up and we will be happy to give you further details.

The AAP has recently released its latest guidelines for infant sleep. A "clean crib" is the preferred set-up for the newborn nursery. Use a firm sleep surface designed for infants with no soft objects, wedges, or positioners. This also includes the adornments of ruffles, blankets, crib drapes and bumper pads. These guidelines also suggest that co-sleeping with the parent puts the infant in "significant risk" of smothering under covers, airway obstruction from an adult limb lying across the face, or possible overheating.

It is also an interesting observation from the AAP that pacifier use while sleeping seems to protect the infant from SIDS (Sudden Infant Death Syndrome). The mechanism of action is not understood, but it is thought to stimulate arousal during the sleep cycle.