



## *House Calls - A Monthly Pediatric Newsletter*

### *Vaccines Save Lives*

There has been a lot of recent media attention regarding vaccine safety. Vaccines save lives and prevent us from getting serious and potentially fatal diseases. Last month the British journal *Lancet* retracted its' 1998 article linking vaccines to autism. Dozens of independent studies involving thousands of children around the world have conclusively failed to show any link between vaccines and autism. East Suburban Pediatrics follows the recommended vaccine schedule published by the [CDC](#) and [American Academy of Pediatrics](#). We urge you to become informed and feel comfortable with the safety of vaccines by looking at the information at [www.eastsuburbanpediatrics.com](http://www.eastsuburbanpediatrics.com).

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### *Prevent Childhood Poisonings*

This week is Poison Prevention Week. Every year about 71,000 children are seen in ER's for accidental poisonings. In 2006 27,531 people died in the US due to unintentional poisoning. You can prevent children from poisoning by keeping ALL medications and toxic products, such as cleaning supplies, in locked childproof cabinets. Put the Poison Control Center number on or near every telephone in your home and program it into your cell phone. **(1-800-222-1222)** Teach children about *Mr. Yuk*. For more information check out [www.eastsuburbanpediatrics.com](http://www.eastsuburbanpediatrics.com), the [CDC](#).



### *Spring is Here! Get Active!!*



The snow has melted. Finally, spring and nicer weather is upon us. Take advantage and get outside. Exercise plays a key role in preventing of childhood weight problems. The AAP recommends *60 minutes of daily vigorous exercise* for every child and teen. Vigorous exercise includes running, biking, swimming, and playing active sports such as basketball and soccer. Turn off the TV's, computers, and game systems. Allow no more than 1-2 hours of screen time per day. Become active as a family. The best way to encourage your children is to be active yourself. For ideas on increasing physical activity check out the [AAP](#).

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