



# Spring 2019 Newsletter

## The ABCs of Safe Sleep

**Place your baby Alone, on the Back, and in a Crib.** Sudden Infant Death Syndrome (SIDS) is the sudden unexplained death of an infant younger than 1 year of age. According to the CDC, about 3500 infants die suddenly and unexpectedly each year in the US. SIDS is the leading cause of death in infants 1 month to 1 year.

### Help decrease your infant's risk of SIDS:

**Alone:** The safest place for your newborn to sleep is in the room where you sleep, but not in your bed. This decreases the risk of SIDS by 50%.

**Back:** Babies should be placed on their backs to sleep for every sleep.

**Crib:** Use a crib that meets current safety standards, with a firm mattress, and take all other items (including bumper pads) out of the crib.

Some other recommendations to decrease your baby's risk of SIDS are avoiding tobacco smoke during and after pregnancy, giving your baby a pacifier, and staying up to date on immunizations.



Do you have a child going to Pre-K or Kindergarten?

► Don't forget to request forms required for registration such as an Immunization Form and an Ear, Eye and Dental Form.

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"2019 Mom-Approved Doctors" list by Atlanta Parent Magazine. Go to [atlantaparent.com/nominate/](http://atlantaparent.com/nominate/) to vote.

Thank you for your support!!



## SPOTLIGHT ON VACCINE PREVENTABLE DISEASES

Measles and Pertussis are two vaccine preventable illnesses currently affecting our state. **Measles** starts with fever, runny nose, cough, red eyes, and a sore throat. It's followed by a rash that spreads over the body.

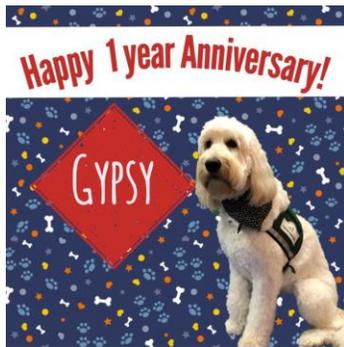
Measles is highly contagious and spreads through coughing and sneezing.

Before the measles vaccination program in 1963, 4 million people in the USA got measles, 500 people died, 48,000 people were hospitalized, and 4,000 people developed encephalitis (brain swelling) PER YEAR!

**Pertussis**, also known as whooping cough, is a highly contagious respiratory disease caused by a bacteria.

Pertussis causes uncontrollable, violent coughing followed by a high pitched "whooping" sound. Some infants may not cough at all. It can be associated with vomiting, fatigue and difficulty breathing. Pertussis can affect people of all ages, but can be very serious, even deadly, for babies less than 1 year old.

The best way to protect against measles and pertussis is by getting vaccinated.



We would not want such a special occasion to pass without recognizing the 1-year anniversary of our sweetest, furriest and only 4 legged RPC family member...Gypsy!

It is hard to believe it has been 1 year since Gypsy joined our family. For those of you who have not met her, Gypsy is a specially trained Goldendoodle. She knows that it is especially stressful for some children to be at the doctor's office. It is her mission in life to offer unconditional love and comfort to those with special needs or who are extra scared. She loves making each visit the most positive experience it can be!

She comes to work faithfully every week with her owner, Dr. Tolkan. If you see her at Crabapple or Old Milton, be sure to give her a special Happy Anniversary pat.

