

IMMUNIZATIONS...

Protecting Your Child Against Disease

Anthony Leto, 4, and his brother Vinnie, 8, of Manahawkin, happily played with the brightly colored blocks in the waiting area of Southern Ocean Pediatrics.

Today, the boys have come for their annual well child visits. Anthony and Vinnie dutifully stepped on the scale to be weighed, and neither seemed to mind when the nurse checked their height and tested their vision. For Anthony, however, there would be an extra step in the process. At age 4, he was due for immunizations.

"I know he won't like getting the shots, but it's the right thing to do to keep him healthy," said mom, Tracy Leto.

Michael Bleiman, Chairman of the Department of Pediatrics at SOCH, couldn't agree more.

"Immunizations are by far the best way to keep our children from getting some very serious diseases that can result in life-long disabilities, or even death," said Dr. Bleiman.

"Our patients can get 11 shots in 24 months, as opposed to getting up to 25 shots when combination shots are not used within the same time frame."

— Michael Bleiman, MD

"Now, getting these important vaccines doesn't even have to hurt so much. The American Academy of Pediatrics recommends the use of combination vaccines. At Southern Ocean Pediatrics, our patients can get 11 shots in 24 months, as opposed to getting up to 25 shots when combination shots are not used within the same time frame."

The chart provided on this page will give parents an explanation of vaccines, the diseases they prevent, and when they should be given to children.

Tracy Leto understands the importance of immunizations in protecting her kids against disease. Pictured from (l to r) are Dr. Michael Bleiman, Tracy Leto, Vinnie Leto, 8 and Anthony Leto, 4.



Dr. Bleiman recommends the following immunization schedule:

Disease	Vaccination Schedule
†Chicken Pox (varicella) is a common childhood illness causing rash, itching, fever and fatigue.	First Dose: 12-15 months Second Dose: 4-6 years
*DTAP: Diphtheria can lead to breathing problems, paralysis, heart failure and even death Tetanus can lead to locking of the jaw, preventing opening of the mouth and swallowing Acellular Pertussis (whooping cough) causes coughing paroxysms so bad that it is hard for infants to eat, drink or breathe	This vaccine should be given at: 2 months, 4 months, 6 months, 15-18 months and 4-6 years
Hepatitis A is a serious liver disease marked by flu-like symptoms, jaundice, severe stomach pains and diarrhea.	First dose: 12-23 months Second dose: at least 6 months after the first dose
*Hepatitis B can cause loss of appetite, fatigue, muscle, joint & stomach pain, diarrhea and vomiting and jaundice. Long term effects can lead to liver damage, liver cancer or death.	First dose: Birth-2 months Second dose: 1-4 months (at least 1 month after 1st dose) Third dose: 6-18 months (at least 2 months after 2nd dose)
Hib Disease can cause meningitis, pneumonia, severe swelling in the throat, infections of the blood, joints, bones and covering of the heart	This vaccine should be given at: 2 months, 4 months, 6 months and 12-15 months
HPV Virus can cause cervical cancer in woman	First Dose: Recommended for girls 11-12, but can be given as young as 9 Second Dose: two months after dose 1 Third Dose: 6 months after dose 1
Influenza can cause fever, cough, sore throat, headache, chills, muscle aches and fatigue	Children should receive a flu vaccine annually starting at 6 months
Meningococcal disease is the leading cause of bacterial meningitis, an infection of fluid surrounding the brain and spinal cord	Recommended for all children ages 11-12, for adolescents entering high school who have never been vaccinated and for teens who have never been vaccinated who plan to live in a college dorm
†MMR Vaccine (Measles, Mumps, Rubella) Measles can cause rash, cough, fever and can lead to ear infection, pneumonia, seizures, brain damage and death Mumps can cause fever, headache and swollen glands and can lead to deafness or meningitis Rubella (German Measles) can cause a rash, fever and arthritis	This vaccine should be given at: 12-15 months and 4-6 years
Pneumococcal Vaccine protects against pneumococcal disease, a serious disease of the lungs	This vaccine should be given at: 2 months, 4 months, 6 months and 12 months
*Polio can cause paralysis of the arms and legs	This vaccine should be given at: 2 months, 4 months, 6-18 months, 4-6 years
Rotavirus causes severe diarrhea in babies and young children	This vaccine should be given at: 2 months, 4 months and 6 months

† These vaccines can be combined. * These vaccines can be combined.



For more information call SOCHConnect, at 609-978-3400.