



CLINIC CORNER

NEWSLETTER

Winter 2024



Strep throat vs. sore throat

People who have a sore throat caused by a virus do not usually need to see a doctor or nurse. However, those who have a sore throat caused by bacteria might need to seek treatment for a type of infection called strep throat. Only about one in 10 adults who seek medical care for a sore throat have strep throat.

If you think you might have strep throat, look for white patches on the tonsils (in the back of the throat), red spots on the roof of the mouth or a swollen uvula.

People who have a sore throat caused by a virus usually have other symptoms, too. These can include:

- Runny nose.
- Stuffed-up chest.
- Itchy or red eyes.
- Cough.
- Raspy (hoarse) voice.
- Pain in the roof of the mouth.

People who have strep throat do not usually have a cough, runny nose, or itchy or red eyes. Sometimes, they might have a headache, vomiting (but no diarrhea), and belly pain along with a sore throat. This is not always the case, however. We have seen patients with coughs and cold symptoms who have tested positive for strep. Many of these patients are suffering from both strep and a viral infection. In children, we have also seen strep throat accompany an upset stomach, nausea, vomiting, diarrhea and headache.

Happy New Year from the staff at Lindsay Medical Clinic!

We have had a record number of patients this quarter, and we are so grateful you trust us with you and your family's health. In December, one of our providers went on leave; therefore, we have adjusted our clinic hours accordingly through March 2024. We will ONLY have a provider every Monday from 10 a.m.-4:30 p.m., and every Wednesday from 9 a.m.-4:30 p.m. The clinic is still available to assist you with questions, billing inquiries and routine appointments such as blood pressure checks, urine drug tests and lab draws. Once our provider returns in March, we will return to our normal operating hours.

At our clinic, we are now offering polymerase chain reaction (PCR) strep tests, which are 99.9% reliable. This new test will allow us to be certain that you or your child has strep without the "guessing" of the traditional strep tests. It still only takes five minutes, so there is no extra waiting.

We are also now collaborating with East Central District Health Department (ECDHD) to provide any vaccinations that we do not carry. This includes mostly pediatric vaccinations, up to those required for seventh graders. If your child needs a vaccination, please call Lindsay Medical Clinic at 402-428-2000 to get your child on the schedule. The ECDHD is available from 8:30 a.m.-noon on the following Tuesday mornings:

- Feb. 6
- April 16
- July 16
- Oct. 8

Finally, we are offering a new option for same-day prescription delivery. If you are unable to travel to a pharmacy, we now have an option of receiving your medication at Lindsay Medical Clinic on the same day of your appointment for you to pick up. Call and ask us about this service, or mention it next time you have an appointment.

As always, thank you for allowing us to be a part of your health care journey.



Bronchiolitis in children

Bronchiolitis is an infection that affects a part of the lungs called the “bronchioles,” and it most often affects children younger than 2 years old. It is usually caused by a virus. In most children, bronchiolitis goes away on its own, but some children need to be seen by a doctor. Respiratory syncytial virus, or RSV, is the most common cause of bronchiolitis.

Bronchiolitis usually begins just like a regular cold, with these symptoms:

- Stuffy or runny nose.
- Mild cough.
- Fever (temperature higher than 100.4 F or 38 C).
- Decreased appetite.

As the infection progresses, other symptoms can start, including:

- Breathing faster than normal.
- Pausing between breaths – Sometimes a pause in breathing can last more than 15 or 20 seconds.
- Wheezing – This is a whistling sound when breathing that usually lasts about seven days.
- Severe cough – The cough can last for 14 days or longer.
- Trouble eating and drinking – Other symptoms can make a child less interested in food. In babies, a stuffy nose or fast breathing can make it harder to breastfeed or drink from a bottle.

Many children with bronchiolitis do not need to see a doctor. But you should watch for some important symptoms.

Call 911 if your child:

- Stops breathing.
- Has blue or gray lips, gums or fingernails.
- Has a very hard time breathing.
- Starts grunting.
- Looks like they are getting tired from working so hard to breathe.

Call your child’s doctor or nurse if:

- The skin and muscles between your child’s ribs, or below your child’s ribcage, look like they are caving in.
- Your child’s nostrils flare (get bigger) when they take a breath.
- Your baby is younger than 3 months old and has a fever (temperature greater than 100.4 F, or 38 C).
- Your child is older than 3 months and has a fever (temperature greater than 100.4 F, or 38 C) for more than three days.

- Your baby has fewer wet diapers than normal.
- You have other questions or concerns about your child.

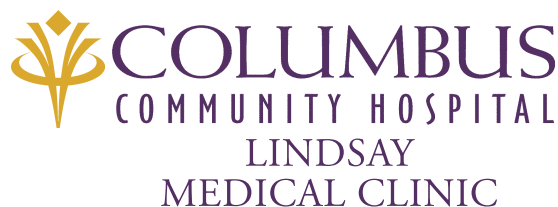
The main treatments for bronchiolitis are aimed at making sure that your child is getting enough oxygen. To do that, the doctor or nurse might need to suction the mucus from your child’s nose, or give your child moist air or oxygen to breathe.

The doctor will probably **not** prescribe antibiotics. This is because bronchiolitis is caused by viruses, and antibiotics do not work on viruses.

Here are some things you can do on your own:

- Make sure that your child gets enough fluids. Call the doctor or nurse if your baby has fewer wet diapers than normal.
- Use a humidifier in the room where your child sleeps.
- If your child is uncomfortable because of a fever, you can give them over-the-counter medicines, such as Tylenol or Advil. Read the instructions carefully. Never give aspirin to a child younger than 18 years old.
- Remove the mucus from your child’s nose with a suction bulb.
- If your child is older than 1 year old, feed them warm, clear liquids to soothe the throat and help loosen mucus.
- Prop your child’s head up on pillows if they are older than 1. (Do not use pillows for a child younger than a year.)
- Sleep in the same room as your child so you know right away if they start having trouble breathing.
- Do not smoke or allow anyone else to smoke near your child.

If your child’s symptoms get worse, call their doctor or nurse for advice.



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Call us for an appointment today!

402-428-2000