



Press Release

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PRESS RELEASE

For Immediate Release

New Jersey Academy of Family Physicians

A HEALTH ADVISORY FROM YOUR NJ FAMILY PHYSICIAN

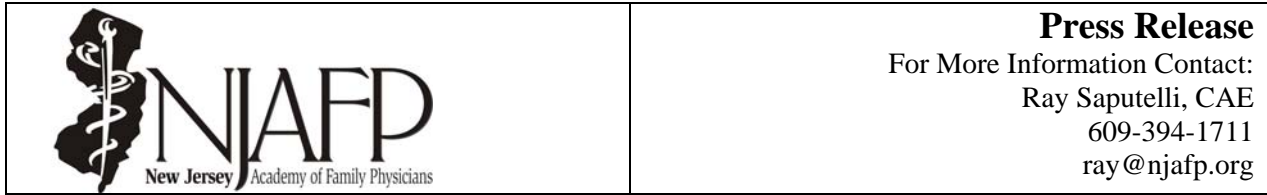
Expert advice on what to do to protect yourself and your family

TRENTON, NJ (February 18, 2004) -- The organization representing Family Physicians throughout New Jersey is advising parents that there are steps that they can take to protect their family from strep throat and manage the disease should someone become infected, New Jersey Academy of Family Physicians (NJAFP) President Terry E. Shlimbaum, M.D., announced today.

Dr. Shlimbaum said the Academy's physicians, specialists in family medicine who are at the front lines in community health education and disease prevention, said they are issuing this alert because strep is easily passed from child to child and onto other family members. "Strep Throat is transmitted directly from person to person by coughing, sneezing, and close contact. We want parents to understand this common ailment so they can treat it early and avoid future complications," said Dr. Shlimbaum.

- *What is Strep Throat?* Strep throat is an infection caused by the bacterium called streptococcus, or "strep" for short.
- *How do you get Strep Throat?* Strep Throat is transmitted directly from person to person by close contact.
- *What does Strep Look Like?* Someone with strep throat will probably complain of a painful sore throat, and perhaps fever and chills. They may complain of a headache or muscle aches. A bright red tongue, swollen lymph glands and nausea are not uncommon. Infants may have thick, colorful nasal drainage, with a low-grade fever and loss of appetite. Children with strep throat may complain of tummy pain or have a red rash with small spots. The rash is worse under the arms and in skin creases. Tonsils may be bright red with white or yellow patches on them. Sometimes the roof of the mouth is red or has small red spots.
- *Can Strep Throat Be Prevented?* Strep is a common bacterium and is difficult to prevent, but there are things you can do to lower your risk: covering mouth and nose when sneezing to keep from spreading the bacteria; washing hands after sneezing and wiping runny noses. Also, wash dishes, drinking glasses and silverware in hot, soapy water before and after use. Don't share drinking glasses or silverware.
- *How is Strep Treated?* The most common treatment is an antibiotic. Antibiotics kill bacteria, which helps strep throat go away faster and can help prevent complications of the disease.

Dr. Shlimbaum stated that not all sore throats are strep throats. "It is important to remember that Strep is caused by a bacterium and bacteria respond to antibiotic treatment," he said. "However, most sore throats are caused by a virus. In those cases an antibiotic will do little good."



If an antibiotic, or any medication, is prescribed for strep it is important to take all medication as directed by your doctor.

Family Physicians are trained to treat multi-generational family members. The New Jersey Academy of Family Physicians represents the almost 1800 Physicians, Physicians-in-training, and medical students who have chosen to specialize in the practice of family medicine.

For further information on strep throat visit, visit <http://www.njfamilydoc.org>.

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