

Mayo Clinic News Network

Title: Hand, Foot & Mouth Disease / Date: September 2014

Intro: With schools back in session, many parents are again on the alert for easily transmissible childhood diseases. Hand, foot and mouth disease is one of them. Usually, it's not a big concern but, in certain circumstances, hospitalization may be required. Here's Dennis Douda for the Mayo Clinic News Network.

Video	Audio
Total running time [1:54]	
Dennis Douda speaking	It's not often that a rash will land a child in the hospital.
Jennifer Gumbel speaking	"It was just the skin. He was his normal, cheerful self"
Dennis Douda speaking	But, when 7-month old Max Gumbel 's chronic eczema suddenly erupted over a 24 hour period, a call to the Nurse Help Line prompted his parents to take him to the emergency room.
/// SOT @ 1:59 :06 C.G. Jennifer Gumbel Max's Mother	"And then this morning when he started getting it in his mouth, that was the clincher."
Dennis Douda speaking	Right there is the tell-tale blister in the middle of Max's tongue. The diagnosis, hand, foot and mouth disease, a common condition, usually appearing in children under five years old.
C.G. Dr. Megha Tollefson Mayo Clinic Pediatric Dermatologist	"What happens is, kids'll get a fever. They may not feel well and then, over the next few days, they'll get more symptoms."
Dennis Douda speaking	Max's Pediatric Dermatologist Megha Tollefson says - because of his eczema, a round of tests was quickly ordered up - to rule out other conditions, such as chicken pox, a staph infection or the presence of the herpes virus, which can create more serious complications. Dr. Tollefson says another situation may also require hospitalization.
Dr. Megha Tollefson speaking	"One is, if there are so many sores in the mouth, they couldn't drink and they're getting dehydrated and they would need to be in the hospital for fluids basically." (trt 1:05)
Dennis Douda speaking	Interestingly, tests revealed that Max had contracted a newer, more aggressive strain of hand, foot and mouth virus. First seen just a few years ago, it often causes a more

	widespread rash on the torso, arms and legs.
Jennifer Gumbel speaking	“Kind of the mystery to me was, he was getting it on his hands and in his diaper where he had never had eczema before.”
Dennis Douda speaking	Considering the other possibilities, however, Jennifer says the diagnosis was actually a relief. Because it’s a virus, Dr. Tollefson says, in most cases there’s little to do beyond letting it run its course.
Dr. Megha Tollefson speaking	“So just trying to get kids to eat and drink as much as possible. If they have a fever, to give them medicines like Tylenol or ibuprofen to help with the fever. “
Dennis Douda speaking	For the Mayo Clinic News Network, I’m Dennis Douda.

Anchor tag: Dr. Tollefson says it’s difficult to prevent most cases of hand, foot and mouth disease, because children may be contagious days before symptoms appear. As for that newer strain of the virus, Mayo dermatologists say don’t be surprised to see older kids, and even adults, coming down with it.

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