


GERD/REFLUX

Occasional vomiting may occur during the first month. If it appears repeatedly or is unusually forceful, consult your pediatrician. It may be just a mild feeding difficulty, but it also could be a sign of something more serious. Around two weeks and four months of age, persistent forceful vomiting may be caused by a thickening of the muscle at the stomach exit. Known as hypertrophic pyloric stenosis, this thickening prevents food from passing into the intestines. It requires immediate medical attention. Surgery usually is required to open the narrowed area. The important sign of this condition is forceful vomiting occurring approximately fifteen to thirty minutes or less after every feeding. Anytime you notice this, consult your pediatrician as soon as possible. Occasionally the spitting up in the first few weeks to months of life gets worse instead of better—that is, even though it's not forceful, it occurs all the time. This happens when the muscles at the lower end of the esophagus become overly relaxed and allow the stomach contents to back up. This condition is known as gastroesophageal reflux disease, or GERD. This condition usually can be controlled by doing the following:

1. Thicken the milk with small amounts of baby cereal as directed by your pediatrician.
2. Avoid overfeeding or give smaller feeds more frequently.
3. Burp the baby frequently.
4. Leave the infant in a safe, quiet, upright position for at least thirty minutes following feeding.

If these steps are not successful, Follow your pediatrician's advice.



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