

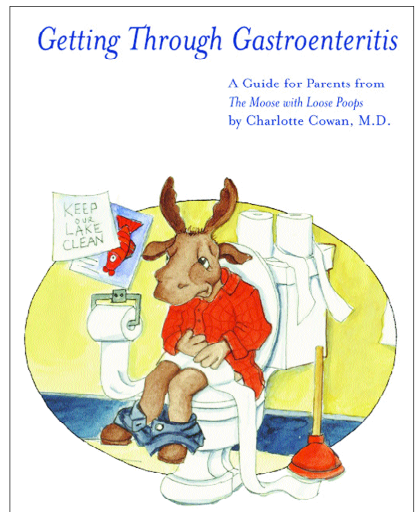
## Getting Through Gastroenteritis

### A Guide for Parents

by Charlotte Cowan, M.D.

Coming to the rescue of the millions of parents whose children suffer every year from gastroenteritis (stomach flu) is Dr. Charlotte Cowan, a board-certified pediatrician and a Fellow of the American Academy of Pediatrics. As part of her award-winning *Dr. Hippo Series* of children's books, Dr. Cowan has written **Getting Through Gastroenteritis: A Guide for Parents**. This is included with her latest title, **The Moose with Loose Poops** (\$17.95 hardcover, [www.drhippo.com](http://www.drhippo.com) ).

The **Guide for Parents** is an 8-page laminated pamphlet that answers parents' most frequently asked questions. It offers clear suggestions about what to do and when to call for help with a sick child.



**Q** *When Should I Worry/Call the Doctor?*

**A** Find your child's problem in the table below. Next to it are guidelines for calling the doctor. When in doubt, please call!

Problem	Call the Doctor When
Vomiting	Vomit is: <ul style="list-style-type: none"><li>• bloody or greenish;</li><li>• "projectile" or shooting out;</li><li>• lasting over 1-2 hours without slowing down.</li></ul>
Diarrhea	Diarrhea is: <ul style="list-style-type: none"><li>• bloody or looks like jelly;</li><li>• twice as often as usual poops;</li><li>• happening with shaking chills.</li></ul>
Fever	Fever is: <ul style="list-style-type: none"><li>• over 100.4°F (38°C) for a baby less than 3 months;</li><li>• over 102°F (39°C) for a child less than 2 years;</li><li>• over 104°F (40°C) for a child over 2 years.</li></ul>
Dehydration	Dehydration causes: <ul style="list-style-type: none"><li>• darker or less urine than usual;</li><li>• drier diapers than usual;</li><li>• dry lips and mouth;</li><li>• sunken eyes with few tears;</li><li>• cool, splotchy extremities.</li></ul>
Pain	Pain is: <ul style="list-style-type: none"><li>• new or worsening</li><li>• causing constant crying.</li></ul>

**TIP:** The biggest problem with gastroenteritis is *dehydration*. This occurs when a child loses more fluid (through vomiting and/or diarrhea) than he is able to drink.

Among the questions covered, the most basic one is:  
*How will I know that my child has gastroenteritis?*

Dr. Cowan writes:

You will know that your child is sick if he:

- Develops a fever, vomiting, or diarrhea
- Gets unusually cranky, hard to settle down
- Appears to have a stomach ache that comes and goes
- Loses his appetite
- Changes his normal stooling pattern
- Seems very tired

In the **Guide** she offers special boxed TIPS, one of which is: Gastroenteritis often frightens a sick child. Knowing what is wrong (and that it will be over soon!) will reassure him.

On the sample page, shown here, Dr. Cowan answers the question: *When should I worry/call the doctor?*

Sample page and information reprinted with permission from **Getting Through Gastroenteritis: A Guide for Parents**, a pamphlet available in copies of **The Moose with Loose Poops** by Charlotte Cowan, M.D., \$17.95 hc, available at bookstores nationwide, online or by calling 1-800-462-6420. Visit [www.drhippo.com](http://www.drhippo.com) for additional information.

She addresses several other questions in the **Guide**, each with reassuring advice. They include:

*What is gastroenteritis?*

*What are the complications of vomiting/diarrhea?*

*What about medications?*

*How can I help my child feel better?*

*How can I keep the rest of my family from getting sick?*

*When may my child return to day care or school?*

Another TIP explains the biggest problem with gastroenteritis — dehydration. This occurs when a child loses more fluid (through vomiting and diarrhea) than he is able to drink. The best way a parent can help a child with gastroenteritis is to give him lots of fluid. “But avoid sugary drinks like full-strength juice or soda,” urges Dr. Cowan, “since these can make diarrhea worse.”



Dr. Cowan makes clear that the purpose of her pamphlet is to educate parents and other caregivers. While every effort has been made to ensure the accuracy of the information, the content of the pamphlet (and the book) should not be construed as definitive medical advice and is not a substitute for the professional judgment of a child’s health care provider in diagnosing and treating illness.

However, the next time parents are concerned about their child’s case of “loose poops,” they can review their copy of **Getting Through Gastroenteritis: A Guide for Parents** to remind themselves what to look for and what to do.

Read more about the *Dr. Hippo Series* at [www.drhippo.com](http://www.drhippo.com)

To request a review copy of **The Moose with Loose Poops**, to arrange an interview with Dr. Cowan, to receive art electronically, or for any additional information, please contact Kate Bandos at KSB Promotions: **800-304-3269** or 616-676-0758 • [kate@ksbpromotions.com](mailto:kate@ksbpromotions.com)

## **The Moose with Loose Poops**

by Charlotte Cowan, M.D.

illustrated by Penelope Neal

Color illustrations throughout

32 pages • 9.25" x 8.5"

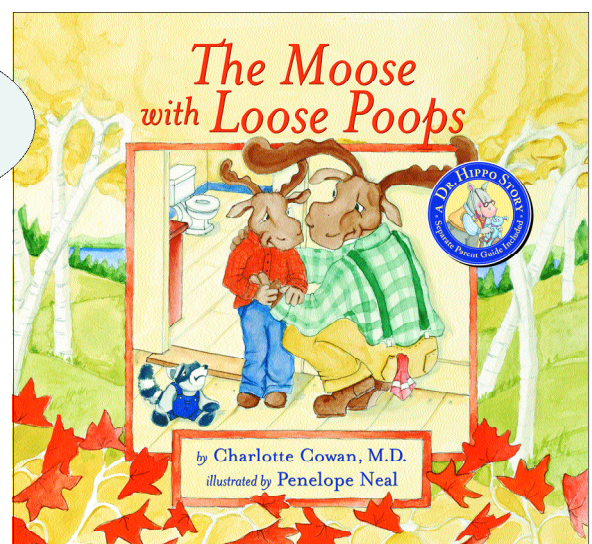
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It will also be available online or by calling 1-800-462-6420.

Please send two copies of any review or mention to  
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