



Atlanta Children's Clinical Center, P.C.

December 10, 2025

To the patients and families of ACCC:

The Holiday Season is upon us and with it, gatherings of friends and family and travel. Please remember to have your children and teens cover their coughs and wash hands often to limit the spread of illness. In the office, we have been seeing a variety of respiratory and gastrointestinal viral illnesses along with a few cases of **influenza**. If you have not received a flu shot yet, it is not too late. The AAP recommends everyone 6 months of age and older get a flu shot every year. While flu is a self-limited disease for most, it can last for 7-14 days, cause a high fever, cough, and make generally make the patient feel lousy. For some, it can end with hospitalization or **encephalitis** (brain swelling) with permanent consequences. Many epidemiologists are predicting a bad flu season looking at data from other countries in the Southern Hemisphere:

<https://www.npr.org/2025/11/19/nx-s1-5607250/flu-season-h3n2-influenza-virus-shot>

<https://www.nbcnews.com/health/health-news/flu-vaccines-children-complication-cdc-deaths-rcna233436>

We also continue to immunize against **Respiratory Syncytial Virus** (RSV). RSV causes wheezing and respiratory difficulty in all ages, but particularly infants and toddlers. The immunization Nirsemivab (Beyfortus) is a monoclonal antibody given to all infants under 8 months of age during their first RSV season (Oct 1-Mar 30th). If the mother was vaccinated during pregnancy, then the baby is protected and does not need the immunization. However, if she was not, we can give Nirsemivab as early as birth but also at any subsequent well visit along with other vaccines.

There has been a link between infant **ByHeart** formula and 31 cases of **botulism** nationwide. Initially, only certain lot numbers were included, but the recall has been expanded to all ByHeart products. If you are using this formula, please stop immediately, but save open cans of formula in case they need to be tested. Botulism causes weakness and loss of muscle tone, constipation, and problems feeding. Infants often need to be hospitalized for supportive care. Here is a link with more information:

<https://www.npr.org/2025/11/20/nx-s1-5615060/byheart-baby-formula-botulism-recall>

Other recalls of note: a large **nationwide recall of shredded cheese** sold under various names including the Publix brand due to shards of metal being found in them. Here is a link about the various brands and dates:

<https://www.usatoday.com/story/money/2025/12/05/shredded-cheese-recall-map/87628663007>

Finally, if you do have any outstanding balances, please try to clear them before the end of the year. You can pay online on our website, over the phone, or by mail. New deductibles will start again in January, so please bring in any new insurance cards that you have to avoid billing to wrong or old insurance plans leading to delays and sometimes resulting in balances to you. We love getting your holiday cards and are grateful for the trust you place in us caring for your children. Happy Holidays!

Drs. Maxey, Chugani, & Ference