

## **With the Wind with Dr. Paul — Show 197:**

### **Pediatric Perspectives: Parent's Questions & Pediatrician's Answers with DeeDee Hoover**

#### **Host:**

Dr. Paul Thomas

#### **Co-Host & Question Moderator:**

DeeDee Hoover (J.A.M. — Just a Mom)

Co-author, Vax Facts

#### **Series:**

Pediatric Perspectives

#### **Length:**

Approximately 20 minutes

#### **Summary**

In this episode of With the Wind with Dr. Paul, DeeDee Hoover takes the lead as co-host, asking Dr. Paul the most frequently asked questions parents submit across multiple Kids First 4Ever platforms. This conversation addresses common pediatric health concerns currently affecting families, including prolonged viral illness, immune system function, and appropriate treatment decisions.

The discussion is grounded in clinical experience and real-world observations from families working with the Kids First 4Ever community. Throughout, Dr. Paul provides educational context, clinical perspective, and evidence-based information while maintaining focus on informed decision-making and parental understanding—rather than medical advice.

#### **Key Points (with timestamps)**

**00:01:35** — Opening: Dr. Paul introduces the episode format and DeeDee's role in gathering and asking frequently submitted parent questions

**00:02:32** — DeeDee clarifies that questions come from multiple Kids First 4Ever platforms and introduces the "Frequently Asked Questions of a Pediatrician" format

**00:02:48** — First question: Why are colds, flus, and viruses lasting longer this winter?

**00:03:16** — Dr. Paul explains the convergence of multiple infections (flu, RSV, pertussis, COVID, and common colds) occurring simultaneously at elevated frequency

**00:03:36** — Discussion of RSV characteristics and duration; explanation that only about 10% of "flu-like" illness is actually influenza

**00:04:03** — How stacking infections creates prolonged illness; pertussis can cause coughing for weeks or months

**00:04:44** — Second question: Can weakened immune systems from current illness make children susceptible to catching additional infections?

**00:05:10** — Dr. Paul addresses how immune focus (including from vaccines) can redirect immune capacity and increase vulnerability to other pathogens

**00:05:35** — Data on cold frequency in vaccinated children (5-7 per winter) and cumulative duration when infections overlap

**00:05:48** — Third question: Why are unvaccinated children also getting sick?

**00:06:12** — Dr. Paul clarifies that unvaccinated children still encounter pathogens but generally experience fewer illness episodes and faster recovery

**00:06:17** — Fourth question: Does prolonged illness mean children need antibiotics?

**00:06:35** — Dr. Paul explains that most respiratory symptoms are viral and antibiotics do not treat viral infections

**00:07:04** — Discussion of ineffectiveness of antivirals for most pediatric infections; limited use cases (e.g., acyclovir for herpes)

### **Verbatim Quote**

*"We are seeing a number of different infections happening all around the same time at much greater magnitude. About 10% of the cases of what looks like flu is actually flu. We're definitely seeing a lot of RSV, respiratory syncytial virus, and it can last a long time anyway."*

— Dr. Paul Thomas

### **Disclaimer**

*The information shared in this episode is for educational and informational purposes only and is not intended as medical advice. It does not establish a doctor-patient relationship. Always consult a qualified healthcare professional regarding medical decisions.*