

# RELA NEWS



## ASK. LISTEN. CARE.

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**Q. My child has asthma, will it last lifelong or is there any remedy?**

Asthma can affect children of all ages, and it's important to take it seriously and address it as soon as possible. While some children may outgrow their asthma, there's no guarantee that it will go away on its own, and it's not worth waiting and hoping for improvement. In fact, if asthma is left untreated, it can lead to worsening symptoms and potentially serious complications. So, it's important to work with a healthcare provider to develop a treatment plan that addresses the child's symptoms and helps them manage their condition. By taking control of the child's asthma and managing it effectively, the probability of the child outgrowing it is much higher, and their overall quality of life will improve.

**Q. I have a 3-year-old kid who keeps delaying having her food. How can I prevent her from getting Gastritis?**

It's true that establishing a consistent mealtime routine can help the body's biological clock adjust to regular eating times, and this can make it easier to feel hungry and ready to eat at those times. However, it's important to note that every person's body and metabolism is

different, so what works for one child may not work for another. It's also important to approach mealtime with a positive and encouraging attitude. Pressuring or shaming a child into eating can create negative associations with mealtime and may make it more difficult for them to develop healthy eating habits in the long run. Instead, offering a variety of healthy and appealing food choices, modelling healthy eating habits yourself, and creating a calm and pleasant environment for mealtime can help children develop positive associations with food and eating.

**Q. My child is hyperactive and keeps flapping, is this a symptom of a problem?**

There is a lot of hyperactivity in children these days, and it's important to be aware of any repetitive behaviours or inconsistent responses to stimuli. While some children may have normal variations in behaviour, it's important to recognize when there may be underlying issues and take action to address them. Repeated flapping, repeating certain behaviours or words, or speaking unintelligibly may be signs of certain developmental or neurological disorders. Similarly, inconsistent responses to stimuli, such as not responding to their name consistently, maybe a cause for

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concern and should be addressed. It's important not to dismiss these behaviours as "normal" or something the child will grow out of. Early intervention can help address these issues and provide support and resources for both the child and their family.

**Q. My child is 12 years old and at night she sleeps with her mouth open. Is that an issue?**

Open mouth breathing during sleep in a child can be a sign of an obstruction in the upper airway, which may be caused by enlarged lymph nodes or other issues. Breathing through the nose is the normal and preferred way to breathe, as it helps filter, warm, and humidify the air before it reaches the lungs. When there is an obstruction in the nose or other parts of the upper airway, a child may begin to breathe through their mouth instead. Consistent and disruptive open-mouth breathing during sleep can lead to problems such as snoring, restless sleep, and fatigue, which can affect a child's overall health and well-being. It's important to address this issue with a medical professional, who can help diagnose the underlying cause and provide appropriate treatment.

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