



MONTHLY BUILDING BLOCKS

APRIL 2022



FOCUS:
Lymph Nodes

ENLARGED LYMPH NODES AND WHEN TO WORRY

- **Define**

- lima bean-shaped organs (less than ½ inch) found in the underarm, groin, neck, chest and abdomen that act as filters for the lymph fluid as it circulates through the body
- There are hundreds of them in our body
- They act as hotels for our white blood cells/immune system to fight infection/injury
- Lymph nodes near to a bug bite, pimple, infection

somewhere can swell up for a few weeks

- They feel wiggly underneath the skin
- Sometimes they live in chains or on their own
- Many of the lymph nodes are close to the surface in children so they are easier to spot
- The most common spot for enlarged lymph nodes is the neck
- Neck nodes in front drain the nose, throat and lower face.
- Neck nodes in the back drain the scalp.
- Armpit nodes drain the arms and upper chest wall.
- Groin nodes drain the legs and lower stomach wall.

- **Causes of enlarged lymph nodes**

- respiratory infections like pneumonia, TB
- throat infection like strep, viral illness
- tooth infection
- skin infection like impetigo
- rash (such as poison ivy, eczema)

- groin swollen nodes (shaving)
- widespread swollen nodes caused but infectious mono or other blood infections
- **When to call the doctor or seek care now when your child has swollen lymph nodes**
 - Node in the neck causes breathing, swallowing or drinking issues
 - Fever over 104
 - Skin over the node is red
 - Node gets bigger within hours
 - Your child looks very sick
- **Contact doctor within 24 hours**
 - The lymph nodes is greater than an inch
 - The lymph nodes is very tender
 - Your child is < 3 months
 - Lymph node limits movement
- **Contact doctor during normal hours for a consult**
 - Neck lymph nodes with a sore throat
 - Large lymph nodes at two or more parts of the body
 - Large node that lasts for more than 1 month

- A very hard lymph node

*Source - Healthychildren.org, uptodate

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