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## • Sudden Infant Death Syndrome (SIDS).

SIDS or "crib death" has a natural frequency of about 1-2/1000 healthy live newborns, but this incidence has significantly decreased in the past 5 years thanks to the **BACK TO SLEEP** campaign from the **American Academy of Pediatrics**. Infants primarily at risk are all infants aged 2 - 6 months with an upper age limit of 10 months.

Its origin is unknown but it has been associated with several risk factors:

- **Sleeping position:** all normal newborns should sleep on their backs with very few exceptions, i.e. GE reflux, small preemies, cleft palate.
- **Overheating:** excessive body temperature usually from overdressing the baby tends to alter central control of normal breathing.
- **Family history of SIDS:** a SIDS victim sibling has a higher risk calculated two to ten times above average.
- **Substance use or abuse during pregnancy:** some studies report that SIDS tends to be more frequent in babies born to cigarette smokers or illicit substance dependency during pregnancy.
- **Premature babies:** ex preemies born below 36 weeks gestation or below 5 lbs are associated with a higher risk of SIDS in some studies.
- **Upper respiratory infections:** the use of common baby cold medications or drops can cause respiratory depression and therefore increase the risk of SIDS. It is better to check with your pediatrician prior to using cold and flu medications.

## Is there an association between SIDS and childhood immunizations?

There have been reports of SIDS cases occurring a few days after a routine vaccination in infants 2 - 10 months old, however current medical knowledge from diverse US and European studies show that there is **NO** scientific evidence linking vaccine administration with a higher risk of SIDS.