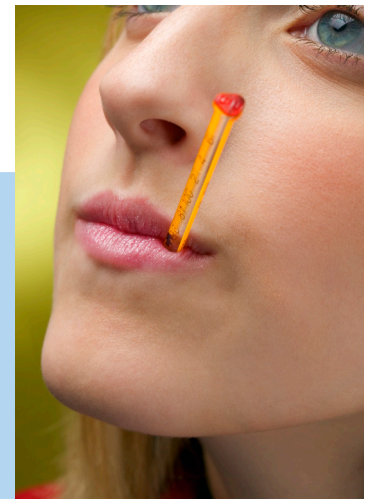




PLAYING MY BEST
SPORTS
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MONONUCLEOSIS

Mononucleosis is a viral syndrome classically resulting from infection with the Epstein-Barr virus (EBV). Characterized by the classic triad of fever, sore throat (pharyngitis), and swollen glands (lymphadenopathy), but is quick to progress to a serious condition in as little as 24 hours once symptoms appear. In some cases it can be life-threatening.



RISK FACTORS TO ATHLETES

Mononucleosis (also called “the kissing disease”) is passed most commonly through saliva: incubation period is typically 30-50 days. Mono can also be passed on through respiratory tract secretions (mucus, runny nose), and blood contact. Lack of mononucleosis epidemics leads many health professionals to believe it has a low level of contagiousness. The risk of contracting mono is increased by factors that negatively affect the overall status of the immune system: baseline fatigue, overtraining, poor nutrition.

SIGNS AND SYMPTOMS

- Classic triad: fever, sore throat, and congestion.
- Many patients complain of disabling fatigue/malaise.
- Fevers of 102-104^o F with evening peaks, typically for 10-14 days.
- Notable decline in exercise tolerance.

TREATMENT

- Care is primarily supportive/symptomatic.
- No effective treatment presently is available.
- Care should be taken to avoid spleen trauma; avoid exercise and activities with jarring movements; use stool softeners to avoid increasing intra-abdominal pressure.
- Avoid alcohol.



Official Sports Medicine and Performance Enhancement Provider to Utah Youth Soccer and Rocky Mountain School of Baseball

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