

Sarah Says....

What you should know about Mononucleosis:

Mono (infectious mononucleosis) is a viral infection caused by Epstein-Barr virus. The syndrome it produces typically presents as a sore throat, swollen glands, white patches in the back of the throat, and fatigue. Mild abdominal pain due to liver and spleen inflammation can also occur.

Mono is spread through contact with saliva, usually directly through kissing (hence the nick-name "kissing disease"). It may also be spread through coughing, and possibly through sharing of contaminated food, beverages, & utensils. Typically infecting people age 15-35, mono symptoms appear 4-7 weeks after exposure. Many people are exposed and will have tests confirming mono without ever having had obvious symptoms

Mono can be diagnosed through a blood test. There is no specific treatment for mono. Antibiotics are not effective. The only helpful prescription is for rest, adequate fluids, good nutrition, and supportive medication for throat pain & body aches. Mono resolves on its own within 4 weeks.

Patients with mono should refrain from contact sports to prevent injury to the liver and spleen. They should avoid alcohol and certain prescription medications due to the risk of increased toxicity and liver injury during active infection with mono. They should minimize exposure of their close contacts by refraining from kissing and intimate contact and by not sharing items contaminated with saliva such as cups, food, and utensils.

If you have questions or concerns feel free to call and speak with the SLC Health Service nursing personnel at 395-2350.

