

Editor-in-Chief: Joseph A. Zenel, *Sioux Falls, SD*  
 Associate Editor: Hugh D. Allen, *Missouri City, TX*  
 Editor, In Brief: Henry M. Adam, *Bronx, NY*  
 Consulting Editor, In Brief: Janet Serwint, *Baltimore, MD*  
 Editor, Index of Suspicion: Deepak M. Kamat, *Detroit, MI*  
 Editor, CME: Paula Algranati, *Longmeadow, MA*  
 Editor Emeritus: Lawrence F. Nazarian, *Rochester, NY*  
 Founding Editor: Robert J. Haggerty, *Canandaigua, NY*  
 Managing Editor: Luann Zanzola  
 Editorial Associate: Sara Strand  
 Medical Copyediting: Laura King

**Editorial Board**  
 Denise Bratcher, *Kansas City, MO*  
 Brian Carter, *Nashville, TN*  
 Deborah M. Consolini, *Wilmington, DE*  
 Stephen E. Dolgin, *New Hyde Park, NY*  
 B. Anne Eberhard, *New Hyde Park, NY*  
 Philip Fischer, *Rochester, MN*  
 Lynn Garfunkel, *Rochester, NY*  
 Rani Gereige, *Miami, FL*  
 Joseph Gigante, *Nashville, TN*  
 Nupur Gupta, *Boston, MA*  
 Jacob Hen, *Bridgeport, CT*  
 Jeffrey D. Hord, *Akron, OH*

Michael Macknin, *Cleveland, OH*  
 Susan Massengill, *Charlotte, NC*  
 Jennifer Miller, *Gainesville, FL*  
 Carrie A. Phillips, *Portland, OR*  
 Peter Pizzutillo, *Philadelphia, PA*  
 Mobeen Rathore, *Jacksonville, FL*  
 E. Steve Roach, *Columbus, OH*  
 Sarah E. Shea, *Halifax, Nova Scotia*  
 Andrew Sirotiak, *Denver, CO*  
 Alfred Tenore, *Udine, Italy*  
 Miriam Weinstein, *Toronto, ON*

**Publisher:** American Academy of Pediatrics  
 Michael J. Held, Director, Division of Scholarly Journals and Professional Periodicals

## Pediatrics in Review®

(ISSN 0191-9601) is owned and controlled by the American Academy of Pediatrics. It is published monthly by the American Academy of Pediatrics, 141 Northwest Point Blvd., Elk Grove Village, IL 60007-1098. Statements and opinions expressed in *Pediatrics in Review*® are those of the authors and not necessarily those of the American Academy of Pediatrics or its Committees. Recommendations included in this publication do not indicate an exclusive course of treatment or serve as a standard of medical care. Subscription price for 2013 for print and online/online only: AAP/CPS Member \$188/\$144; AAP National Affiliate Member \$149/\$101; Nonmember \$236/\$183; Allied Health or In-training \$175/\$118. Institutions call for pricing (866-843-2271). For overseas delivery, add \$120. Current single issue price is \$10 domestic, \$12 international. Replacement issues must be claimed within 6 months from the date of issue and are limited to three per calendar year. Periodicals postage paid at ARLINGTON HEIGHTS, ILLINOIS and at additional mailing offices. © AMERICAN ACADEMY OF PEDIATRICS, 2013. All rights reserved. Printed in USA. No part may be duplicated or reproduced without permission of the American Academy of Pediatrics. POSTMASTER: Send address changes to PEDIATRICS IN REVIEW®, American Academy of Pediatrics Customer Service Center, 141 Northwest Point Blvd., Elk Grove Village, IL 60007-1098.

### Pediatrics in Review

#### Print Issue Editorial Board Disclosures

The American Academy of Pediatrics (AAP) Policy on Disclosure of Financial Relationships and Resolution of Conflicts of Interest for AAP CME Activities is designed to ensure quality, objective, balanced, and scientifically rigorous AAP CME activities by identifying and resolving all potential conflicts of interest before the confirmation of service of those in a position to influence and/or control CME content. All individuals in a position to influence and/or control the content of AAP CME activities are required to disclose to the AAP and subsequently to learners that the individual either has no relevant financial relationships or any financial relationships with the manufacturer(s) of any commercial product(s) and/or provider(s) of commercial services discussed in CME activities. Commercial interest is defined as any entity producing, marketing, reselling or distributing health-care goods or services consumed by, or used on, patients.

Each of the editorial board members, reviewers, question writers, PREP Coordinating Committee members and staff has disclosed, if applicable, that the CME content he/she edits/writes/reviews may include discussion/reference to generic pharmaceuticals, off-label pharmaceutical use, investigational therapies, brand names, and manufacturers. None of the editors, board members, reviewers, question writers, PREP Coordinating Committee members, or staff has any relevant financial relationships to disclose, unless noted below. The AAP has taken steps to resolve any potential conflicts of interest.

#### Disclosures

- Athos Bousvaros, MD, MPH, FAAP, disclosed that he has research grants from Merck and UCB; and that he is a paid consultant and on the speaker bureau for Millennium.
- Lynn Garfunkel, MD, FAAP, disclosed that her family member is an employee of Philips Healthcare.
- Blaise Nemeth, MD, MS, FAAP, has disclosed he has an unrestricted educational grant for fellowship from Biomet.
- Richard Sills, MD, FAAP, disclosed that he receives a research grant from Novartis.
- Miriam Weinstein, MD, disclosed that she is a consultant for PEDIAPHARM and SunCorp. She also has received honoraria from Dermik and Leo Pharma.

# contents

Pediatrics in Review® Vol.34 No.10 October 2013

## Articles

423

### Commentary: When Doing Less Is Best

H. Stephen Williams, Joseph A. Zenel

429

### Acute Bacterial Sinusitis in Children

Gregory DeMuri, Ellen R. Wald

438

### Pneumonia

Rani S. Gereige, Pablo Marcelo Laufer

457

### Hernias and Hydroceles

Lane S. Palmer

## Index of Suspicion

Case 1: Acute Onset of Confusion, Slurred Speech, and Ataxia in a 15-Year-Old Boy

Case 2: Polyuria, Weight Loss, and Hyperglycemia in a Teenage Girl

465

### Case 3: Orthopnea and Fever in a 2½-Year-Old Boy

Case 1: Julie Speakman, Melissa Buryk, Sean Goretzke

Case 2: Saranya Srinivasan, Amanda Growdon

Case 3: Luke Taggart, Ben Rothwell, Todd Washko, Alicia Stevens

474

### Visual Diagnosis: 10-Year-Old Girl With Fever and Altered Mental Status

Cynthia Ho, Manisha Israni, Jeffrey Johnson

## Online-only Article

Abstract appears on page 478.

e36

### Complementary, Holistic, and Integrative Medicine: Autism Spectrum Disorder and Gluten- and Casein-Free Diet

Cara Dosman, Denise Adams, Bev Wudel, Laura Vogels, Justine Turner, Sunita Vohra



*Pediatrics in Review*® is supported, in part, through an educational grant from Abbott Nutrition, a division of Abbott Laboratories, Inc.



Cover: The artwork on the cover of this month's issue is by one of the winners of our 2012 Cover Art Contest, 7-year-old Daniel S. of Chambersburg, PA. Daniel's pediatrician is Michael Colli, MD.

Answer key appears on page 477.

*Pediatrics in Review* offers 36 CME articles per year. A maximum of one *AMA PRA Category 1 Credit™* is earned after achieving a 60% score on each designated quiz.

#### CME statements:

The American Academy of Pediatrics (AAP) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The AAP designates this journal-based CME activity for a maximum of 1.00 *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This activity is acceptable for a maximum of 1.00 AAP credit. These credits can be applied toward the AAP CME/CPD\* Award available to Fellows and Candidate Members of the AAP.

The American Academy of Physician Assistants accepts certificates of participation for educational activities certified for *AMA PRA Category 1 Credits™* from organizations accredited by ACCME. Physician assistants may claim a maximum of 1.00 hour of Category 1 credit for completing this program.

This program is accredited for 1.00 NAPNAP CE contact hour; pharmacology (Rx) contact hours to be determined per the National Association of Pediatric Nurse Practitioners (NAPNAP) Continuing Education Guidelines.

It has been established that each CME activity will take the learner approximately 1 hour to complete.

\*Continuing Professional Development

#### How to complete this activity:

*Pediatrics in Review* can be accessed and reviewed in print or online at <http://pedsinreview.aapublications.org>. Learners can claim credit monthly online upon completion of each CME article. The deadline for completing this activity is December 31, 2013. The deadline for completing this activity is January 10, 2014. It will take approximately 1 hour to complete each CME article. This activity is not considered to have been completed until the learner documents participation in that activity to the provider via online submission of answers. Course evaluations are online.

**Updated Information & Services**

including high resolution figures, can be found at:  
<http://pedsinreview.aappublications.org/content/34/10>

**Permissions & Licensing**

Information about reproducing this article in parts (figures, tables) or in its entirety can be found online at:  
<https://shop.aap.org/licensing-permissions/>

**Reprints**

Information about ordering reprints can be found online:  
<http://classic.pedsinreview.aappublications.org/content/reprints>

# Pediatrics in Review®

AN OFFICIAL JOURNAL OF THE AMERICAN ACADEMY OF PEDIATRICS



34 (10)

*Pediatrics in Review* 2013;34:e36

The online version of this article, along with updated information and services, is located on the World Wide Web at:

<http://pedsinreview.aappublications.org/content/34/10>

Pediatrics in Review is the official journal of the American Academy of Pediatrics. A monthly publication, it has been published continuously since 1979. Pediatrics in Review is owned, published, and trademarked by the American Academy of Pediatrics, 345 Park Avenue, Itasca, Illinois, 60143. Copyright © 2013 by the American Academy of Pediatrics. All rights reserved. Print ISSN: 0191-9601.

## American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®

