

## A Letter to Parents: Why We Believe in Vaccines—and Hope You Will Too

As pediatricians, we spend our days with kids of all ages—newborns, toddlers, and busy school kids. Our goal is to help them stay healthy, which is why we want to talk to you about something very important: vaccines.

Increasingly more parents are worried or unsure about vaccines. Many ask us questions they read online, or share concerns they've heard from friends. We understand—every parent wants the best for their child, and it can be hard to know what information is right.

But from years of training, careful review of scientific evidence, and firsthand experience caring for children affected by vaccine-preventable diseases, we know that vaccines are one of the best ways to keep your child healthy and safe. Let's talk about why...

- **A Shield of Protection:** Vaccines act like a shield. They train your child's immune system to fight off diseases—like measles, mumps, polio, or tetanus—without your child getting really sick. If your child ever faces these diseases, their body will know how to defend itself. Before vaccines, diseases like polio and measles hurt or killed many children. Now, because of vaccines, these diseases are rare in countries like ours. That's how we know vaccines work.
- **Protecting Others Through Community Immunity:** Vaccinating your child helps not just your family but your whole community. When most people have vaccines, it's called "community immunity." This protects people who can't get vaccines, like babies or kids with certain health problems. Choosing vaccines helps keep everyone safe.
- **Vaccine Safety:** Some parents worry about vaccine safety, but vaccines are tested very carefully. Most side effects are mild, like a sore arm or a slight fever, and go away quickly. Serious side effects are very rare. Every recommendation we make for your child, including vaccinations, is based on the highest standards of safety and efficacy.

**Our Promise to You:** We want the very best for your child. If you have questions about vaccines, we're here to listen and help you make informed choices. When it's time for your child's vaccines, know you're making a caring decision that helps your child and community stay healthy.

**100%**

of TriHealth pediatricians have fully vaccinated their own children according to American Academy of Pediatrics (AAP) guidelines based on an anonymous internal survey.

*"Knowing that my child's pediatrician made the same choice for their own kids gave me peace. It wasn't just advice—it was reassurance."* – TriHealth Parent

With Gratitude,  
Your TriHealth Pediatrician



## Specialty Spotlight: Pediatric ENT Care at TriHealth

TriHealth's board-certified otolaryngologists provide expert care for children with ear, nose, and throat (ENT) conditions across Greater Cincinnati. With seven convenient clinic locations, families can access specialized care close to home and on schedules that fit their needs.

Our team of physicians offers treatment for a wide range of pediatric ENT disorders, such as chronic tonsillitis, tonsil/adenoid enlargement, snoring and sleep apnea, tongue tie, recurrent nosebleeds, middle ear infections, swimmer's ear, and more. When surgery is required, procedures are performed at nearby TriHealth hospitals and surgical centers, as well as Children's Hospital facilities.

TriHealth makes quality care accessible without sacrificing affordability or convenience. We accept all major insurance providers. With trusted physicians and family-friendly facilities, the TriHealth ENT department is committed to helping children breathe easier, hear better, and live healthier.

You can learn more about the TriHealth ENT team and schedule by phone (513-853-9000) or online at [www.trihealth.com/services/ear-nose-and-throat](http://www.trihealth.com/services/ear-nose-and-throat).

### Check Symptoms Quickly with MyChart!

Child not feeling well? Use **MyChart Symptom Checker** for fast, reliable guidance developed by TriHealth pediatricians.

Answer a few simple questions and get personalized recommendations—anytime, anywhere. It's an easy way to decide your next step for care and even schedule a same-day or next day visit.

Log in to MyChart today and try our **Symptom Checker** (under the Find Care menu).

Note: This tool is for **non-urgent symptoms only**. For urgent medical needs, please contact your physician's office or call 911 immediately.

### Another Lengthy Customer Survey?!

Nope! Our patient experience survey is now **shorter and easier—just 6 questions—**because we value your time.

If you receive a survey link via text or email, please take a couple minutes to fill it out.

Every response and comment helps us improve processes and recognize outstanding team members and providers who make a difference every day.



Scan this code for prior newsletters, blog posts and all things TriHealth Pediatrics!

**As always, thank you for trusting TriHealth Pediatrics with your child's care!**  
**We're committed to making every experience the best it can be!**