

Infectious Mononucleosis

What is it?

- **Acute Infectious Disease**- believed to be blocked by (EB) Epstein-Barr herpes virus, causes gland swelling in neck, other areas, called glandular fever
- **Contact by**- Kissing, intimate contact with someone infected

Signs and Symptoms:

- **Symptoms**- Malaise, fatigue, chills, headache, jaundice, abdominal pain, stiff neck, chest pain, cough, hepatitis, difficulty breathing, fever, sore throat, enlarged lymph nodes
- **50%**- spleen enlarges, liver may enlarge slightly



Medications:

- **Acyclovir/Zovirax**- used in initial infection, preventing persistence, monitor for anorexia, nausea, vomiting
- **Antibiotics**- used for infections

Facts:



- **Incubation**- 5 to 15 days, common between ages of 10 and 35
- **50% of all American Children**- have by age 5
- **Time between Infection/Appearance of Symptoms (Incubation Period)**- 30 to 50 days



What can I do?

- **See your Health Care Provider**- for more information
- **See a Registered Dietitian**- for help as needed
- **See FFF RD**- on line for help
- **Fluids as Needed**- use with solid foods if problems with swallowing
- **High Calorie, High Protein Diet**- importance of positive Nitrogen balance
 - **Calorie to Nitrogen Ratio**- 150/1 with activity
 - **Small, frequent meals**
 - **Increase Fruits and Vegetables**
- **Exercise**- as MD prescribes
 - **Physical/Occupational Therapist**- for swallowing and exercise