

In This Week's Newsletter, You'll Find Fun Facts, Important Happenings in the News, and Relevant Info for **Expectant Moms & Parents of Babies and Toddlers**. There's Something for Everyone!

## In the News



### The FDA Has Authorized the First Ever AT-HOME Combo Test for Flu & COVID-19...

#### Gimme the Details...

- The "Lucira COVID-19 and Flu Home Test" tests for SARS-CoV-2 (the virus that causes COVID) and influenza A & B (the 2 most common flu-causing viruses).  
**Note:** This is the first at-home rapid test for the FLU. Usually kids have to go to their doctor to get a flu test.  
**Caveat:** There's a LabCorp test that tests for the flu, COVID-19, and RSV but you have to send the sample to a lab, so the results take a while to come back.
- Lucira's combo test (which is in the form of a nasal swab) can be bought over-the-counter (without a prescription) and performed at home.
- The results are displayed in 30 minutes or less (which is a bit longer than the individual COVID-19 home tests).
- Individuals 2 years & older can use the test. People 14 & older can administer it themselves.
- The test isn't on the market yet in the U.S., but it will be in the future. It's currently available in Canada (with a price tag of about \$70-whoa!).

Get Wise(r) About the Pros & Cons of This Test [Here](#).

**Now, Let's Turn Our Attention to Some Fun Facts About HAIR (The Subject of Today's Hot Topics)...**

## Fun Fact



### Did You Know That?!...

1. 95% of our body is covered in hair.
2. We naturally lose 50-100 hairs per day.
3. You have to lose about 50% of your hair to "look" like you're balding.

**Bonus Fact:** Even though a single strand of hair looks fragile, it can support up to 6.5 pounds of weight.

Below We'll Talk About Some Common Hair-Related Topics for Pregnancy, Babies, and Toddlers.

## Hot Topics



### Pregnancy

#### The Luscious Locks of Pregnancy...

Although pregnancy has its fair share of physical discomforts (think: foot swelling and back aches), it has some "body perks," as well. One such perk is thicker hair. You can thank your pregnancy hormones for this.

**The Downside?** When the pregnancy hormones disappear (after giving birth), it's not uncommon for women to lose some hair. But don't worry, this isn't (usually) a permanent situation.

### Baby (0-1 Years)

#### Why is My Baby So Bald?

Some babies are born with a full head of hair, while others are more "hair challenged."

**Reality Check:** It's not uncommon for babies born with a bunch of hair to lose most of it (around 4 months of age) and have new, even different-colored hair grow back.

**The Bottom Line:** If your baby only has a little bit of hair, don't worry-you don't have to reach for the Rogaine just yet. His/her hair will eventually come in & thicken up.

## Toddler (1-3 Years)

### Toddlers & Trichotillomania (the Hair-Pulling Disorder)

While "Trichotillomania" might sound like a type of spider, it's actually an obsessive-compulsive disorder that causes kids to pull their hair out.

#### Tell Me More...

Kids with Trichotillomania have an overwhelming urge to repeatedly pull out their hair. To relieve this urge, they twist, rub, or pull out their hair by the roots. While ripping one's hair out might not **sound** all that soothing, it can be calming for some children. In fact, some kids do it so much that they develop bald spots.

#### The #1 Clue That Trichotillomania is Causing a Child's Bald Spot...

The bald spot contains hair of **varying length**. It also tends to be on the same side as the child's dominant hand.

Get Wise(r) About Trichotillomania and How It's Managed [Here](#).

## Stay Healthy & See You Next Week!

p.s. Just a friendly reminder that the information in this newsletter (and on the PediaWise website) is meant for informational purposes only and shouldn't act as a substitute for going to your child's pediatrician or to any other medical provider.

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