

KAWASAKI DISEASE (SYNDROME)

80% Of Children Diagnosed With This Rare Condition Are Under The Age Of Five

Kawasaki Disease (KD) was named after Dr. Tomisaki Kawasaki who first discovered the rare illness back in 1967. Since then, an estimated four thousand plus children have been diagnosed with the disease each year in the United States.

This guide is intended to help educate patients on what Kawasaki Disease is, signs and symptoms to look for, how KD is diagnosed and how the disease can be treated.

01 | What is Kawasaki Disease?

The cause of Kawasaki Disease (KD) is still unknown. KD is a rare and serious illness that causes inflammation of the body's blood vessels and within the walls of some arteries, this includes the coronary arteries. KD, which is not contagious, normally affects children five years of age or younger. KD most often affects children of Asian descent, predominately boys, however all ethnic groups can be affected.

02 | Signs and Symptoms

The signs and symptoms of KD can be outlined in three phases. Should a child display the following symptoms, contact your medical provider immediately:

- Bloodshot eyes
- Body rash
- Strawberry tongue – swollen tongue that turns red and displays taste buds in an upright position.
- Swollen/Red hands and feet
- Persistent fever – most often higher than 102° F and lasts for at least five days or more.

03 | Diagnosis

The challenge in diagnosing KD is that there is no one test that can detect the disease. Instead there are series of tests based on particular signs and symptoms. A medical provider can categorize each sign and symptom in effort to diagnose the disease.

The majority of KD cases are diagnosed during the winter and spring seasons.

04 | Treatment

It is imperative to identify the disease as early as possible. Without treatment, an estimated twenty five percent of children develop heart disease or worse, suffer a coronary aneurysm. Due to the serious risks KD can pose, initial treatment will be provided in a hospital. Treatment can include:

- Intravenous infusion of an immune protein called gamma globulin which can lower the risk of coronary issues.
- Ingestion of high dosage of aspirin in order to eliminate any inflammation, joint pain and fever.

A medical provider or specialist may suggest additional or alternate treatment. Ensure to consult with them concerning the treatment plan.

For additional resources and information on Kawasaki Disease, please visit: <http://www.kdfoundation.org/>

Did You Know? Kawasaki Disease is the leading cause of heart disease in children

References

<http://www.mayoclinic.org/diseases-conditions/kawasaki-disease/basics/definition/con-20024663>

<http://kidshealth.org/parent/medical/heart/kawasaki.html>

<https://www.nlm.nih.gov/medlineplus/ency/article/000989.htm>