

UNIVERSITY OF HOUSTON HEALTH CENTER

-HEALTHBERRY-
www.uh.edu/admin/hc

KISSING DISEASE

Infectious Mononucleosis is a viral disease which is spread through saliva, hence its nickname: "Kissing Disease". Sharing cups, glasses, tableware, food, bottled water and sodas are common sources as well. At times, it can be hard to tell who passed the infection to you, because only about one third of the people who become infected develop classic signs and symptoms. Casual contact does not produce "Mono".

The incubation period for mononucleosis is thirty to fifty days. Early symptoms include fatigue, loss of appetite and slight headaches. After three to five days, more acute symptoms become apparent. These may include sore throat, swollen glands, fever, muscle aches, and occasionally a rash. Oftentimes the spleen becomes enlarged and liver enzyme changes occur. Early in the disease, the Monospot test may be negative but becomes positive after ten to fourteen days (when the antibody production is sufficient).

Treatment includes adequate rest and a pain reliever such as Tylenol. Antibiotics are of no use. The body will be able to ward off the infection given a balanced diet, high in fruits, vegetables and fluids.

Complications of mononucleosis are: strep throat (8%), hepatitis (<1%), and rupture of the spleen (<.002%). Specialized medical procedures are necessary for each of these.

The length of illness varies from two to twelve weeks depending on the severity

We at the Health Center will be happy to help you.



Healthfully yours,

Dr. Healthberry

For questions or comments you can;

Write "Healthberry" at
University Health Center,
100 UH Health Center,
Houston, Texas 77204-3019,

E-Mail "Healthberry" at JMGray2@central.uh.edu
Fax "Healthberry" at (713)743-5164.