



**Infectious Mononucleosis (mono)**

Infectious mononucleosis (mono) is caused by the Epstein-Barr virus (EBV) and is spread through saliva and other bodily fluids. It is known as “the kissing disease” as close contact is required in order to spread the virus. Mono can occur at any age, but is most common in people between 15 and 30 years of age. If we suspect that you (or your child) may have mono, we can perform a rapid mono screen in the office which only takes approximately five minutes to result.

Because mono is a virus, antibiotics are not necessary to treat the infection. Sometimes steroids are prescribed depending on the severity of the symptoms. Usually the doctor will advise rest, plenty of fluids, and pain relievers as needed. Mono can cause inflammation of the spleen (and liver); because of this, those diagnosed with mono should refrain from contact sports until symptoms have completely resolved. We will see you in the office for a recheck appointment before clearing you for sports. Symptoms usually resolve within 1 to 3 weeks, but sometimes the fatigue associated with mono can last for months.

**Signs & Symptoms:**

Fever

Sore throat (including white patches in the back of the throat)

Swollen glands in the back of the neck, groin and armpit

Fatigue

Chills

Headache

Decreased appetite

Enlargement of liver and spleen