



Pediatrics Second Opinions™ Consultation

Date: 2023-07-25

Clinical Summary:

The patient's prior illness may have involved strep throat; however, subsequent symptoms are not consistent with this diagnosis. Episodic throat pain lasting only a few minutes, along with sensitivity to cold drinks, ice cream, or cold weather, are atypical for strep. It is possible that the patient is a carrier of strep bacteria, which can yield positive test results during illness without being the root cause of symptoms. Strep colonization is relatively common, affecting up to 20% of children. More likely explanations for recurring throat discomfort include gastric reflux, allergies, or viral infections, rather than repeated episodes of strep throat.

Recommendations:

- **Strep Testing:** Testing should only be performed if classic strep symptoms are present—sore throat with fever and no accompanying symptoms like runny nose or cough. Treatment should follow only if symptoms and test results are consistent with strep throat.
- **Further Evaluation:** For recurring sore throat symptoms without illness, consider alternative causes, such as allergies or gastric reflux, and initiate appropriate treatments for these conditions.
- **Symptom Management:** Sore throat with runny nose or cough should be treated as a viral infection rather than strep, especially given the likelihood of strep colonization.
- **Tonsillectomy:** Tonsil removal is not recommended unless there are frequent, confirmed cases of strep throat accompanied by fever and without overlapping cold symptoms.

Responses to Patient Questions:

- **Is there a test to determine predisposition to GAS-related complications?**

No such test exists to identify a genetic predisposition to complications related to Group A Streptococcus (GAS).

- **What are the U.S. medical guidelines for this situation?**

Current guidelines recommend testing for strep only when classic symptoms are present, such as sore throat, fever, and throat petechiae. The presence of symptoms like runny nose or cough makes strep less likely, and routine testing or monitoring (e.g., ASO titers) is not advised.

Physician Notes:

This assessment aligns with evidence-based practices and aims to ensure a targeted approach to care while avoiding unnecessary interventions.

Electronically Signed by:

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Board Certified: American Board of Pediatrics

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