Mayo Clinic Minute

Summer viruses, Father Effect, All-nighter

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<td><strong>Vivien Williams</strong></td>
<td>Tips for summer colds, what’s the “fatherhood effect” and can one all-nighter affect your health. This is your Mayo Clinic Minute.</td>
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| **Vandana Bhide, M.D.**
**Mayo Clinic pediatrician** | Summer colds can be miserable. They’re caused by the enterovirus or echovirus. “Sore throat, the muscle aches, high fever, it can also cause vomiting.”

Mayo Clinic Dr. Vandana Bhide says treat these viruses with lots of liquids and non-aspirin pain meds.

Listen up, first time dads. A Northwestern University study says new dad’s gain up to four-and-a-half pounds. It’s being called the “fatherhood effect” and may be due to lifestyle changes.

And, researchers in Sweden found losing just one night’s sleep may alter genes that control your biological clock, affecting your metabolism. They don’t yet know if catching up on sleep after an all-nighter can reset that clock.

**Vivien Williams** | For more health news, visit the Mayo Clinic News Network. I’m Vivien Williams. |