

A Publication of Goryeb Children's Hospital

well aware

kids 

FALL 2015

The Benefits of Yoga

Eating Disorders in Children:
What You Need to Know

Healthy Holiday Guide



Goryeb
Children's Hospital 
ATLANTIC HEALTH SYSTEM



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Talk to us

Tell us what you want to read about in *Well Aware Kids*. Email us at wellaware@atlantichhealth.org. Or write us at Atlantic Health System, Attn: *Well Aware Kids*, P.O. Box 1905, Morristown, NJ 07962.

Visit our blog

Well Aware — Your Way provides an open forum for patients, employees and friends of Morristown Medical Center, Overlook Medical Center, Newton Medical Center, Chilton Medical Center and Goryeb Children's Hospital to foster a discussion about issues related to hospital experiences and current health topics. Check us out at atlantichhealthblog.org.

Managing Editor, *Well Aware Kids*
Vicki Banner

Director of Marketing & Public Relations
Michael Samuelson

Contact Information
Atlantic Health System
475 South Street, Morristown, NJ 07962

Email
wellaware@atlantichhealth.org

Well Aware Kids is published for Atlantic Health System by Wax Custom Communications.

For additional information, visit atlantichhealth.org.

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Atlantic Health System is one of the largest nonprofit health care systems in New Jersey, comprised of Morristown Medical Center, Overlook Medical Center, Newton Medical Center, Chilton Medical Center, Goryeb Children's Hospital and Atlantic Rehabilitation. The five medical centers have a combined total of 1,599 licensed beds and more than 4,000 affiliated physicians providing a wide array of health care services to the residents of northern and central New Jersey. The medical centers, and Goryeb Children's Hospital as part of Morristown Medical Center, are accredited by The Joint Commission. Specialty service areas include advanced cardiovascular care, pediatric medical and surgical specialties, neurology, orthopedics and sports medicine. Each of these programs has earned top ratings and recognitions in its respective field.



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CALLING ALL WRITERS

The Pediatric Behavioral Medicine department at Goryeb Children's Hospital is putting together a literary journal about the experiences of children with chronic illnesses and pain. Children or teenagers who want their story heard can submit their work for publication. Not sure where to start? Try answering these questions:

- **How did you feel when you discovered you had an illness?**
- **What are some of the biggest challenges you face?**
- **How did friends and family react to your illness?**

The submission deadline is January 15, 2016. Please email your submission to stacy.alper@atlantichealth.org or drop it off at the Farris Family Center for Advanced Medicine in Pediatrics (100 Madison Avenue, Third Floor).

We Want to Hear From You

Here at *Well Aware Kids*, we address a wide range of topics about children's health. Our goal is to provide you with timely information from our experts that will help your family stay happy and healthy. Enough about us, though: We want to hear your ideas. What topics would you like to see covered in this magazine? Send us an email with your suggestions at well.aware@atlantichealth.org. We appreciate your feedback, which will help us make the magazine an even more valuable resource.



NATIONAL SUPERHERO DAY

In celebration of National Superhero Day this past spring, both patients and staff at Goryeb Children's Hospital enjoyed the company of Batman, Superman, Wonder Woman and other popular comic book heroes. The heroes posed for photos, helped out around the hospital and brought smiles to everyone.





Staying Fit ... With Chores?



Finding time to exercise can be tough, especially during the holidays when parties and reunions are the norm.

Thankfully, exercising in the fall does not require carving out extra time in one's schedule. Chores that you already do around (and outside) the house can be a great way to teach your children responsibility and get them active.

Here are some seasonal and year-round chores that can double as exercise:

Raking (350-450 calories/hr): Those fall leaves are not going to move themselves. Raking can help boost upper body strength and make you work up a sweat.

Gardening (200-400 calories/hr): This includes everything from

weeding the garden to planting spring bulbs. Not only does fall gardening serve as a way to burn calories, but it's also a nice bonding experience.

Washing windows (150-200 calories/hr): Have your kids roll up their sleeves and get to work cleaning your windows. Work together and tackle all the external-facing glass around the house, including items like sliding door windows and bedroom windows.

Folding laundry (100 calories/hr): While not exactly a huge calorie burner at first, folding all that laundry can add up after a while.

For more suggestions on keeping kids active, visit cdc.gov/physicalactivity.

FALL SKIN CARE: WHAT YOU NEED TO KNOW

Summer is long gone, but that does not mean you and your family should lay off the sunscreen and other protective products. The fall and winter months bring a host of skin issues with them, so it's important to stay vigilant.

Here are some of the most common seasonal problems and what you can do about them:

CHAPPED LIPS: The cooler weather can dry out your child's lips. To manage this annoying problem, consider a lip balm. Also, make sure your kids avoid licking their lips – this can make irritation even worse.

DRY SKIN: Other parts of the body are just as susceptible to flakiness and other symptoms of dry skin. Regular use of a non-comedogenic moisturizer can help skin retain moisture regardless of weather conditions.

SUNBURN: Even though the sun is not as strong this time of year, sunburn is still a concern. Kids who spend more than an hour outside at a time should apply sunscreen to protect themselves from the sun's rays.

For more information on protecting your skin, visit cdc.gov and search for "skin care."





YOGA: A Fun Way to Boost Quality of Life

Children with a chronic condition often feel out of control of their bodies, which can lead to anxiety. Goryeb Children's Hospital doctors are beginning to use yoga, a meditative movement practice with historical origins in ancient Indian philosophy, as a way to help children with chronic diseases manage stress and improve quality of life.

"There is a connection between stress and inflammatory illness," says Sivia Lapidus, MD, medical director of the Department of Pediatric Rheumatology for Goryeb Children's Hospital. "We wanted to create a way to support families and patients of different ages with chronic inflammatory illnesses, juvenile arthritis, recurrent fever syndromes, autoinflammatory disorders and lupus."

An Alternative Treatment

According to Dr. Lapidus, "Children come here to get their injections, infusions and lab work. Our idea was to have patients come to our center to have a real positive experience as opposed to it just being about needles and shots – something that could heal them in a different way."

Parents and children between the ages of two and six participated in weekly one-hour yoga sessions for four weeks during a pilot program. "The people who came to the class were engaged. The instructor was able to bring it to a child's level by making funny noises or focusing on animal poses. That made it more relatable to a younger child," says Katherine Blackburn, LCSW. New classes will be forming this fall and will include sessions for children aged six to 10, as well as an adolescent group and a young adult group.

Additional Research

In addition to the classes offered by the Department of Pediatric Rheumatology, the Department of Pediatric Gastroenterology and Nutrition is conducting research to see if yoga can reduce stress and improve quality of life for children with inflammatory bowel disease, including conditions such as Crohn's disease and ulcerative colitis.

"Yoga is used as a mind-body practice, and I thought it would be a good complement to conventional therapy to help children decrease the stress and provide a greater

sense of control over their body," says pediatric gastroenterologist Alycia Leiby, MD.

Newly diagnosed patients aged 11 to 17 years old were randomly placed in either the yoga program or a control group. The study group participated in 12 weeks of private yoga instruction for one hour a week. With regard to the study group, Dr. Leiby notes "preliminary results suggest a trend toward improvement in self-efficacy and quality of life."

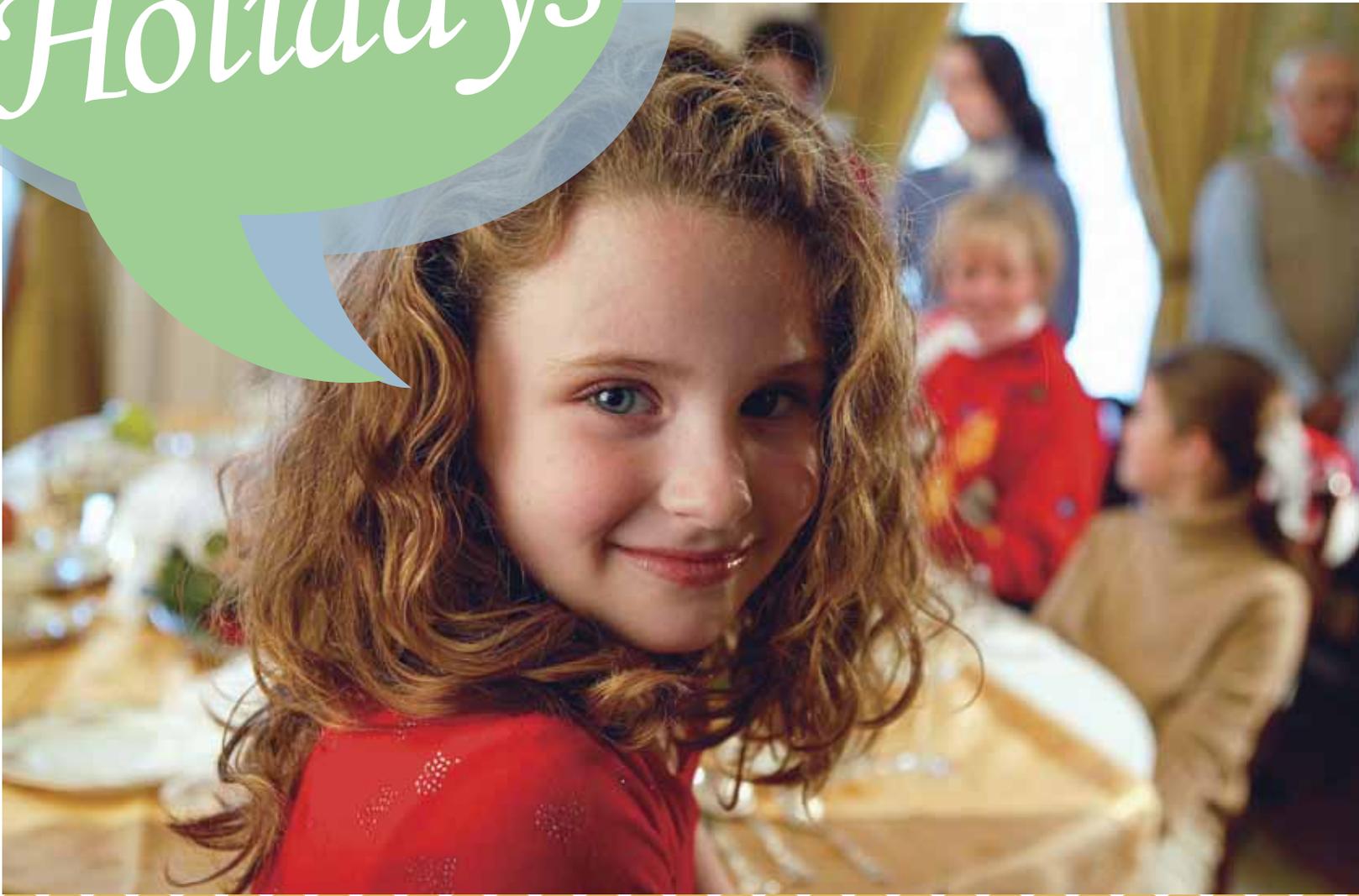
See what other pediatric services are available at atlantichealth.org/goryeb.





Your Guide for
*Healthier
Holidays*

The holidays are a time to spend with family, friends and other loved ones. There's so much good cheer in the air that it's easy to get caught up in all the food and fun.



Good eating habits and physical activity sometimes fall to the wayside around this time of year. This is especially true for kids, who'd rather spend their time off in front of the television or computer instead of being active.

Contrary to popular belief, holidays can be a time for reinforcing healthy habits as opposed to breaking them. According to Aimee Goyette, registered dietitian for Goryeb Children's Hospital, there are plenty of ways to keep kids healthy throughout the holiday season – and beyond.

"This time of year presents many opportunities to stay active and eat healthy, even with all of the temptations around you," she says. "The key is support."

A SHOULDER TO LEAN ON

As a parent, be prepared to put down the Halloween candy, Thanksgiving pies and Christmas candy. Kids should not be expected to go on a healthy kick alone, notes Goyette.

"It's not uncommon for kids to feel pressured into eating more than they want at holiday gatherings. When Grandma puts seconds on your child's plate, let them politely decline. And if someone persists, make sure to support them," says Goyette.

Another suggestion from Goyette: Be prepared.

"If you know you're going to an event with a lot of food, make sure your children eat

some fruits or salad beforehand. This can help them stay full and avoid overindulging at these events."

Still noticing your kids "grazing" at these reunions? It may just be a matter of keeping their hands busy. Goyette recommends keeping one's hands full with bottled water or another low-calorie drink to limit this behavior.

ADOPTING HEALTHY HABITS AT HOME

It's also important to implement such good behavior closer to home, stresses Goyette. For example, come up with some fun activities and exercises to do when the cooler weather keeps you indoors. Or, better yet, use the weather to your advantage to make working out fun.

"Sledding, snowshoeing and other seasonal activities are great ways to get kids out of the house and be active," Goyette says. "Be creative."

Extending this creativity to the kitchen can also be a big help when the holidays come around.

"There are a lot of recipe websites that can help you make healthier versions of your favorite foods," says Goyette. "Get your kids involved with putting these dishes together. Not only will they hone their cooking skills, but they'll also learn how to make healthy eating decisions for themselves."

Visit [cdc.gov/family/holiday](https://www.cdc.gov/family/holiday) for more help on planning healthier holidays.



MORE TIPS TO SURVIVE THE HOLIDAYS

Follow the 1-1 rule. At a party, allow your child one small appetizer plate and one meal plate and have them take the time to sit down and enjoy them.

Talk to your kids about what "full" feels like. If they tell you full is when they "can't fit another bite" or "when it starts to hurt," they are eating too much.

Bring your own food. Bring a healthy go-to dish to a party, so that your kid has at least one food available that will support your family's efforts to stay fit during the holiday season.



The Hidden Dangers of Eating Disorders

“Eating disorders have the highest rate of mortality [death] of any mental illness,” says Meghan L. Feehan, PsyD, licensed psychologist for the Eating Disorders Program at Goryeb Children’s Hospital. “One in five people with disorders such as anorexia nervosa and bulimia nervosa die of complications. And even after effective treatment, the results of poor nutrition wreak havoc on the body, especially on the body of a child.”

To help children with these disorders develop normal eating habits, a normal life and a healthier future, a team of experts works closely with families at Goryeb Children’s Hospital. For several years, this team in the Eating Disorders Program based at Goryeb Children’s Center at Overlook Medical Center

in Summit, NJ, has successfully used an innovative treatment called the Maudsley Method, also known as Family-Based Treatment.

Internationally, results with this method are impressive. Research shows a success rate of eighty percent with this technique, compared to fifty percent using traditional methods that lack similar family involvement. Goryeb Children’s Hospital’s program is one of a few in the country, and the only one in the state using it for both inpatients and in outpatient care.

“Our program is groundbreaking, and we’re excited about our success so far,” Dr. Feehan says.

A Family-Based Method

“Children with eating disorders are not capable of making appropriate choices to nourish themselves – neither with the proper amount nor the proper foods,” says Leslie Sanders, MD, pediatrician and adolescent medicine specialist for Goryeb Children’s Hospital. “With this method, our team trains and empowers the parent to be the key resource in nourishing their child back to health.”



This fall, Goryeb Children's Hospital is introducing an eating disorders program for children ages eight to 12.



For boys, in particular, eating disorders can be hard for a parent to spot. But about one in 10 children and adolescents with a disorder are male. "They might overexercise, which seems natural for a boy wanting more muscle mass," Dr. Hamilton says. "Or they get on a health food kick where they severely limit food. With regular checkups, the pediatrician can pick up on lack of weight gain or other symptoms; then explore the cause."

In fact, pediatricians are the most likely ones to pick up on possible eating disorders, and refer a child to the program.

Early Treatment

As with most health conditions, earlier treatment of eating disorders is best for long-term health. Goryeb Children's Hospital's treatment options include care for children ages 12 to 21, and both inpatient and outpatient programs use the Maudsley Method. This fall, Goryeb Children's Hospital's team also introduced an eating disorders program for children ages eight to 12. The new program focuses on different ways to engage younger children, using play and art therapy, for example, as well as family involvement, Dr. Feehan says.

"With our ability to treat such a range of children, using the tools most appropriate to their development, we offer something distinct in the area," she says.

Call 908-522-5757 for more information about the Eating Disorders Program.

The team includes a number of providers certified in the specialty of "Family-Based Treatment," a specialty based at no other hospital in the state. Its range of experts also includes physicians who are board-certified in adolescent medicine, psychologists, a psychiatrist, a psychiatric nurse practitioner, child life specialists, nurses, social workers, therapists and nutritionists – all trained in this area.

"The Maudsley Method is now the gold standard in care for children with eating disorders," says Cliff S. Hamilton, MD, child and adolescent psychiatrist. "Parents are the key to success, with our supportive team of experts."

Hidden Disorder or 'Picky Eater'?

Poor nutrition can lead to poor physical development, poor brain development and delayed puberty, which also leads to poor bone health. These are problems that can follow a child throughout life. So it's not uncommon for parents to share with Goryeb Children's Hospital's specialists their concerns about a child's "picky eating." If a child is gaining weight as he or she should, however, there's rarely a problem, experts say.

"But many children with eating disorders fly under the radar," Dr. Hamilton says. "They might be gaining weight, but not at the rate they should for proper growth and development, for example."



Children and Celiac Disease: A Closer Look

Gluten is found in foods made of wheat, rye and barley. So, is a gluten-free diet necessary for your child? For most children, no. But for children with celiac disease, the answer's a big "yes."

ATTACKING THE WRONG ENEMY

Celiac disease is an autoimmune disease that occurs in genetically predisposed patients. The ingestion of gluten leads to inflammation in the small intestines. Even the smallest amount of gluten can damage the intestines so that they cannot do an important job: help the body absorb vitamins and other important nutrients that are necessary for good health.

"With prompt diagnosis, we can diagnose children with celiac disease – and avoid long-term health problems," says Mohini Patel, MD, a pediatric gastroenterologist for Goryeb Children's Hospital (a physician who specializes in conditions of the digestive tract in children). "Celiac disease can cause symptoms in organs other than the intestines. It can affect growth, the skin, the liver and the nervous system. It can also be a cause of vitamin and mineral deficiencies, arthritis, anemia and infertility. It is also possible to have celiac disease and have no symptoms at all."

Diagnosing it early can be a challenge, because of the wide range of symptoms.

EXPERTS AT THE READY

Goryeb Children's Hospital is home to one of the largest Pediatric Celiac Disease Centers in N.J., which has diagnosed over 800 affected children. Their multidisciplinary program includes a certified pediatric dietitian with extensive experience in counseling children and their families regarding celiac disease and gluten-free living.

At Goryeb Children's Hospital, experts in celiac disease evaluate children of all ages. In some children, symptoms involve abdominal pain, diarrhea, constipation, vomiting, poor weight gain or weight loss. In other children, symptoms could include a delayed tooth eruption, rash, delayed onset of puberty, arthritis and anemia.

"The wide range of symptoms can sometimes make the initial diagnosis challenging; however, we are increasingly diagnosing patients as a result of increased and improved screening," Dr. Patel says.

Goryeb Children's Hospital providers also focus on screening children who are at high risk for celiac disease: those who have a first-degree relative with the condition as well as children with Down syndrome, type 1 diabetes, autoimmune thyroid disease, Turner syndrome and William syndrome.

"It's a team effort to care for children with celiac disease," Dr. Patel says. "But with a gluten-free diet, the intestines are able to heal. Not only does this resolve symptoms for most children, it helps them avoid further intestinal damage and long-term health issues as they grow up."

For more information, contact the Pediatric Division of Gastroenterology and Nutrition at 973-971-5676.



Safety First:

Keep Your Kids Out of Harm's Way

You can never be too safe when it comes to your children. Their small stature and natural curiosity puts them at risk for getting hurt. Taking the proper precautions in certain settings can help reduce the risk of harm, specifically in the car and at home.

Buckle (Them) Up

A car seat is a must for smaller children. Recognizing the importance of securing your child in a vehicle, New Jersey lawmakers passed new car seat legislation that sets specific guidelines for transporting a child – and imposes fines if they are not followed.

“The previous law wasn’t specific enough,” says K.J. Feury, RN, APNc, injury prevention coordinator for Safe Kids Northern New Jersey. “Now, parents have a better idea of what equipment they need to look for. It’s a big step in the right direction.”

According to the new law, children under the age of two and weighing less than 30 pounds must be in a rear facing car seat with a five-point harness. The car seat must be in the rear seat of the vehicle. Once they outgrow it, they can be secured in a forward-facing system.

Avoid the Tipping Point

The TV is a great distraction for kids, but it can also be a great danger. A recent report from the U.S. Consumer Product Safety Commission states that every 45 minutes, a child visits the ER because of a TV tip-over.

“Kids can run into furniture and other objects, causing the TV to fall over on them,” says Feury. “It doesn’t matter if it’s one of the old boxy televisions or a lighter flat screen – they need to be secured.”



Feury suggests wall mounting to keep children’s prying hands away.

Laundry Hazards

Keep an eye on your kids in the laundry room, says Feury. Those tiny liquid detergent packets you use could result in a call to your local poison center or visit to an emergency room if ingested by a child. “These packets are designed to dissolve in water,” Feury says. “If a child puts it in their mouth, it will dissolve and release the liquid.”

Make sure to store these packets in a safe place out of reach from your kids. And if you suspect your child ate one, call Poison Help at 1-800-222-1222.

Visit safekids.org for more ways to protect your children.

FEATURE



Center Studies **Sleep**
Disorders
in Children

"If your child is consistently snoring for months, gasping for breath during sleep, feels sleepy during the day, or has attention issues, they may be suffering from a sleep disorder."

More Common Than You Think

Dr. Wazeka says that ten percent of children snore chronically, and one-fourth of those have sleep apnea; sleep problems happen across the board, and the cause depends on the age of the child. "A teenager who's obese could have sleep apnea because of their obesity," says Dr. Wazeka. "A toddler or preschooler could have sleep apnea because of large tonsils or adenoids."

According to Dr. Shah, "The first line of treatment for sleep apnea in young children would be to have the tonsils and adenoids removed. There are not a lot of other treatments for sleep apnea except for a machine called a CPAP machine."

CPAP, or continuous positive airway pressure, machines increase air pressure in the throat so that the airway does not collapse when breathing in. "CPAP machine use is not as common in children as with adults," says Dr. Shah. "It's a matter of how severe the sleep study is, what the detriment is to the child, and what complaint or symptoms they're having."

What to Expect

Children who undergo a sleep study spend the night at the hospital, accompanied by a parent. "They come to the lab early evening and leave the following morning," says

Dr. Wazeka. "I tell them nothing hurts – they're just going to have stickers all over with EEG [electroencephalogram] leads on their heads, bands around their chest and abdomen, an oxygen saturation monitor on their finger, and will be hooked up to lots of monitors. There's a sleep technician who's awake all night to check on the child."

Dr. Shah says the test monitors the child's regular sleep by looking at his or her oxygen levels, airflow and several other factors.

It's not unusual for children to have trouble sleeping, but when should you be concerned? "If your child is snoring consistently for months, gasping for breath during sleep, feels sleepy during the day, or has attention issues, they may be suffering from a sleep disorder," says April Wazeka, MD, a board-certified pediatric sleep medicine specialist for Goryeb Children's Hospital Pediatric Sleep Disorder Center.

Every month, the center conducts sleep studies for 30 to 40 children, from newborns to adolescents, who may be suffering from a sleep disorder. A sleep study, also known as a polysomnography, is an overnight study used to diagnose, or rule out, sleep-related breathing disorders. Pediatric Sleep Disorder Center Director Ashish Shah, MD, says the majority of children with sleep disorders suffer from sleep apnea, a condition where the airway collapses or becomes blocked during sleep, causing shallow breathing or breathing pauses.

Physicians conduct sleep studies at two locations, including Goryeb Children's Hospital in Morristown, NJ and Goryeb Children's Center located at Overlook Medical Center in Summit, NJ. For more information about the Pediatric Sleep Disorder Center at Atlantic Health System, call 973-971-4142.



Genetic Testing:

The End of an Odyssey

From the first count of a newborn's fingers and toes, parents continue to look for physical and developmental milestones. And when a child does not reach those milestones, it can send parents on a long journey of discovery. For hundreds of families every year, that journey ends at Goryeb Children's Hospital/Atlantic Health System with answers from our experts in genetics.

"Health or developmental issues caused by genes can be difficult to diagnose," says Darius Adams, MD, medical geneticist and director of genetics at Goryeb Children's Hospital/Atlantic Health System. "By the time parents see us, they've often spent months or even years on a 'diagnostic odyssey,' taking their child to various specialists to find what's causing their symptoms. It can be terribly frustrating and expensive."

Finding Answers

Genomics is the field of medicine that explores how a large number of genes interact to make us who we are: from something as simple as eye color to functions as complex as intelligence. Dr. Adams also serves as director of Jacobs Levy Equity Management Personalized Genomic Medicine Program at Atlantic Health System. By examining these genes, experts like Dr. Adams can sometimes identify genetic conditions at the root of health or developmental problems.

"Over the last 10 years, we've been able to offer patients an increasing number of specific, targeted interventions for a variety of genetic conditions," he says. "It starts with the right genetic test."

Geneticists at Goryeb Children's Hospital/Atlantic Health System choose from among both broad and very specific tests to offer the best opportunity to see if abnormal genes play a role in a child's symptoms.

"Even if these tests don't point to a cure, they can help parents and children connect with others who have the same condition," he says. "That sharing can be immensely helpful, and it's something we support."



The 'Fragile X' Community

For example, the most common cause of intellectual challenges in boys is a genetic condition called "Fragile X," caused by changes in part of the X chromosome. Goryeb Children's Hospital/Atlantic Health System recently earned status as a "Fragile X Center of Excellence," to bring diagnosis, treatment and education to a location convenient for area families.

"Our combination of expertise in caring for both children and adults with mental challenges is rare," Dr. Adams says. "We're excited to be part of efforts like this, to offer genetic diagnosis, treatment and support throughout life."

Contact 973-524-1898 for more information.

"Over the last 10 years, we've been able to offer patients an increasing number of specific, targeted interventions for a variety of genetic conditions."



THE GIFT THAT KEEPS ON GIVING

With the holidays nearly upon us, you're probably trying to figure out just the right gifts for the young people in your life. Have you thought about giving them the opportunity to spread a little cheer?

Every year, an unfortunate number of children and teens spend their holidays in the hospital. Making them smile and forget their worries – if only for a short while – is a priceless gift to give and receive. It's also an easy one.

At Chilton and Newton medical centers, goodie bags, small toys and stuffed animals brighten the day for hospital-bound children. At Morristown Medical Center, gift cards fill a host of needs: iTunes and Starbucks cards lift patients' spirits, local restaurant cards give families a break from the cafeteria, and toy store cards help replenish games and other fun items.

At Overlook Medical Center, toys donated by community members and organizations are distributed to younger patients, while older children are happy to receive gift cards to some of their favorite spots.

Looking to make a longer-lasting impact? A general gift to one of our pediatric programs – perhaps in honor of those special young people in your life – is always put to good use.

If you'd like to bring a little holiday cheer into the lives of those who cannot be home for the holidays, our foundations can help you make it happen:

- **Morristown Medical Center**
Call 973-593-2400 or visit f4mmc.org and select "Donate Now."
- **Newton Medical Center**
Call 973-579-8309 or visit newtonmedicalcenterfoundation.org and select "Online Donation."
- **Overlook Medical Center**
Call 908-522-2840 or visit overlookfoundation.org and select "Donate Now."
- **Chilton Medical Center**
Call 973-831-5165 or visit atlantichealth.org/chiltonfoundation and select "Make a Gift."

Specialty Referral Info

GORYEB CHILDREN'S HOSPITAL

Adolescent Medicine	973-971-5199
Allergy/Immunology	973-971-6320
Brain Tumor/Neuro-Oncology Program	973-971-5700
Cardiology	973-971-5996
Child Development and Autism Center	973-971-5227
Craniofacial Program	973-971-8585
Eating Disorders Program	908-522-5757
Endocrinology/Diabetes	973-971-4340
Gastroenterology and Nutrition	973-971-5676
Hematology/Oncology – Valerie Center	973-971-6720
Infectious Disease	973-971-6329
International Adoption	973-971-4252
Kid-FIT™ Program	973-971-8824
Nephrology and Hypertension	973-971-5649
Neurology	973-971-5700
Physical Medicine and Rehabilitation	973-971-6505
Pulmonary/Respiratory Center	973-971-4142
Rheumatology	973-971-4096
Spasticity and Gait Disorder Center	973-971-5901
Surgery	908-522-3523

KEY PHONE NUMBERS

ADMISSIONS
973-971-6718

EMERGENCY
ROOM
973-971-6102

LABORATORY
973-971-7805

RADIOLOGY
973-971-4163

EEG
973-971-5124



For a referral to a
Goryeb Children's Hospital
doctor, call 1-800-247-9580
or visit atlantichealth.org.



NEW JERSEY

Goryeb Children's Hospital **Locations**

- 1 Goryeb Children's Hospital at Morristown Medical Center**
100 Madison Avenue, Morristown, NJ 07960
- 2 Goryeb Children's Center at Overlook Medical Center**
99 Beauvoir Avenue, Summit, NJ 07901
- 3 Newton Medical Center**
175 High Street, Newton, NJ 07860
- 4 Goryeb Children's Hospital Subspecialty Office at Sparta Health & Wellness**
89 Sparta Avenue, Sparta, NJ 07871
- 5 Goryeb Children's Hospital Subspecialty Office at Collins Pavilion, Chilton Medical Center**
97 West Parkway, Pompton Plains, NJ 07444
- 6 Goryeb Children's Hospital Subspecialty Office at Flemington**
194 Route 31, Flemington, NJ 08822
- 7 Goryeb Children's Hospital Subspecialty Office at East Brunswick**
579 Cranbury Road, Suite H,
East Brunswick, NJ 08816

Please call 973-971-5000 for information on all Goryeb Children's Hospital locations and services and/or contact the specific department on the previous page.

