The Truth About Headaches and Kids

Childhood Vaccines: What Parents Should Know

Achoo! Allergy Season Is Here
DEAR FRIENDS,

Spring is a time of transition, and this issue of Well Aware Kids reflects that theme wholeheartedly.

As the cold weather gives way to warmer temperatures, the kids come out and play. The news briefs on page 3 offer advice on pool safety, sun protection and tick bite prevention. Headaches are another big concern no matter what time of year, and the Condition Spotlight (page 7) reveals the truth about kids and this medical problem.

In keeping with the transition theme, one of our main stories (page 8) discusses the role of transition programs as children and teens with chronic illnesses make their way into adulthood. Nutrition is important year-round, and one of our features (page 11) provides tips for a happy body – and a healthy liver.

We hope you enjoy this issue. If you have a story idea you’d like to share, please contact us at well.aware@atlantichealth.org – we’d love to hear from you.

Walter D. Rosenfeld, MD
Chair of Pediatrics
Goryeb Children’s Hospital/Morristown Medical Center
Goryeb Children’s Center/Overlook Medical Center

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
well.aware@atlantichealth.org

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

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 atlantichealthblog.org.

Talking to us
Tell us what you want to read about in Well Aware Kids. Email us at will.aware@atlantichealth.org.

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 atlantichealthblog.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
well.aware@atlantichealth.org

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

For additional information, visit atlantichealth.org.

Follow us on
Facebook
Twitter
Instagram

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 atlantichealthblog.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
well.aware@atlantichealth.org

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

For additional information, visit atlantichealth.org.

Follow us on
Facebook
Twitter
Instagram

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 atlantichealthblog.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
well.aware@atlantichealth.org

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

For additional information, visit atlantichealth.org.

Follow us on
Facebook
Twitter
Instagram

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 atlantichealthblog.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
well.aware@atlantichealth.org

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

For additional information, visit atlantichealth.org.

Follow us on
Facebook
Twitter
Instagram

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 atlantichealthblog.org.
is Your pool's pH Level Safe?

Your pool's pH level is a big factor in determining whether it's safe for swimming. The measurement reflects the water's acidity and alkalinity; if the water’s pH level is high (too alkaline) or low (too acidic), it can have harmful effects on your body. Testing your pool water regularly can help ensure chemical balance.

What to Do About High pH

If your pool has high pH, you can reduce it by adding an acid to the pool. There are several acids you can use, such as muriatic acid and sodium bisulfate. Just be careful: Adding more than instructed can make the water too acidic, which can cause burning eyes and other symptoms.

What to Do About Low pH

If pH is low, then you can add an alkali to the water to raise it. The most common alkali used is sodium carbonate. Whether you’re raising or lowering pH, make sure to test pH throughout the process to avoid the other extreme.

Find additional tips at cdc.gov/features/stopticks.
LENDING A HELPING HAND

With ulcerative colitis under control, teen steps out to serve others

In any given middle school, only a handful of students take time to volunteer on a regional project. And even fewer are honored to be spokespersons for such events – fewer still if they’ve been dealing with serious health issues since age 10. But that’s the path Derek Estrada, now 13, is on.

In the last issue of Well Aware Kids, we met Derek and learned how his life has changed because of medical care and surgery at Goryeb Children’s Hospital. For three years, he had struggled with a rare and painful condition called ulcerative colitis. Before surgery, he would spend several days to a week or more every couple of months in the hospital, in addition to the many one-day hospital stays for this type of irritable bowel disease, or IBD. But since surgery, he’s had no hospital stays. And when symptoms do flare up, he misses only a day or two of school instead of weeks at a time.

“To this day, I feel so much better than I ever thought I would ever feel again,” says the eighth grader at New Providence Middle School. “I’m medicine-free and pain-free – which is the best! I am back to activities I had to quit when I was diagnosed. I am hanging out with my friends more and most importantly, back in school more.”

Derek has also devoted a lot of time and energy to the Crohn’s & Colitis Foundation of America’s local Liberty State Park “Take Steps” walk. This summer will be his fourth year serving as team leader, and his first time serving as Honorary Hero for the local walk – one of only 145 such honorees in the country.

“T have been very lucky to have a very supportive team that walks with me every year,” Derek says. “My hope is to spread the word and raise support to help others like me.”

Visit online.ccfa.org/goto/dutycalls to learn more about the walk.

ENCOURAGE KIDS TO VOLUNTEER

Volunteering is a great way to give back to your community and make an impact. Getting kids involved with volunteering, however, is sometimes easier said than done; some kids may see volunteering as a chore. As a parent, there are several ways to help your kids learn to love volunteering.

Invite Their Friends
Kids are more likely to have fun volunteering if they know someone else there. By inviting one or two of their friends along for the experience, you may make your kids more open to getting involved. It gives everyone a chance to bond in a new environment while also making a contribution to the community.

Play to Their Interests
Is your kid an animal lover? Find volunteering opportunities at the local animal shelter. Does your kid enjoy the beach? Look into beach cleanups. Does he or she love video games? Sponsor a fundraising video game tournament. The sky’s the limit when it comes to potential volunteering opportunities. If your kids are passionate about something, work with them to turn it into a community service.

Make Volunteering a Tradition
Your family probably has its share of traditions – make volunteering one of them. You can start with something small like an annual food drive; collect canned goods around your neighborhood and take them to a food pantry. Another simple option is a walk or run. Perhaps you have a family member who is a breast cancer survivor. Show support by participating in a local Relay For Life event each year.

Visit volunteermatch.org to find community service opportunities near you.
Measles has been all over the news lately. According to the Centers for Disease Control and Prevention, there were more than 600 cases last year in the United States. This year alone, there have been more than 100 cases reported. Information links the latest outbreak to California’s Disneyland; the disease infected a traveler while overseas and then this person visited the park while infectious.

To prevent outbreaks like these, medical experts recommend the use of vaccinations. Childhood immunizations can keep your kids protected from a number of serious diseases, including measles, hepatitis and tetanus – to name a few. Here’s what you need to know as a parent to protect your children.

**WHAT IS A VACCINE?**

Think of a vaccine as a “defanged” version of a disease, says Elizabeth Baorto, MD, director of pediatric infectious diseases for Goryeb Children’s Hospital. This weakened version allows a person’s body to develop an effective defense against it.

“When your immune system sees [this weakened version], it learns to recognize the disease. So the next time your immune system meets up with this disease, it remembers having seen the disease and makes a quick response to take it down,” explains Dr. Baorto.

**WHY VACCINATE?**

Thanks to immunizations, many diseases that once afflicted children are no longer a large threat in the United States. With that said, there’s nothing stopping someone infected in another country from bringing the disease stateside. In fact, that’s exactly what happened in the recent Disneyland incident – you just never know when an outbreak could happen.

"Vaccination encourages ‘herd immunity,’” says Dr. Baorto. If the herd (or community) is immunized, then the disease is less likely to spread – even to those individuals who are not immunized. People who are vaccinated are less likely to contract and transmit the disease, thereby limiting the chance of an unimmunized person coming in contact with it. "It’s like cocooning," says Dr. Baorto. "If all the adults taking care of you are immune to the disease, they can’t spread it.”

**WHO SHOULD NOT BE VACCINATED?**

Not everyone should be vaccinated. According to Dr. Baorto, the following people should not get certain vaccines:

- People with immune deficiencies
- People undergoing cancer treatment
- People on immunosuppressant therapy

Go to cdc.gov/vaccines for vaccination schedules and other information about childhood immunizations.
Coping With Seasonal Allergies

Donatella Graffino, MD, a pediatric specialist for Goryeb Children’s Hospital weighs in

What’s the best way to stay on top of a child’s allergy symptoms?
Since allergies and their symptoms can change as a child grows, one of the best ways to help a child manage them is to work with a pediatrician who has expertise in allergy and immunology.

“Pediatricians monitor the range of changes in children over time, but the particular skill set this pediatric specialty offers is a very well-rounded mix of experience and training, to help kids remain as symptom-free as possible,” says Donatella Graffino, MD, a pediatric specialist for Goryeb Children’s Hospital with training in the subspecialties of allergy and immunology. Here, she answers other questions about children and allergies.

What should parents be aware of, in general, about allergies in children?
“Not every bellyache is a food allergy, and not every cough signals asthma or a pollen allergy,” Dr. Graffino says. “Allergies can be difficult to diagnose in children. It sometimes takes a few visits with a pediatric specialist to get the answers.”

But it’s important to get at the root of symptoms as early as possible. “Some allergies need immediate diagnosis, so they don’t lead to serious, even lifelong problems,” she says.

What challenges do parents and kids face?
At home, one child’s allergy to nuts, pet dander or smoke takes the cooperation of everyone in the house.

“Sometimes, even smoking outside or keeping a pet outside isn’t enough to keep a child symptom-free,” Dr. Graffino says.

When children visit friends or family, it can be a serious challenge to make sure their host understands the allergy and how serious it is – and what steps to take if symptoms occur. “Constant education and reminders are important,” she says.

Can children avoid getting allergies in the first place?
The verdict’s still out on this one, she says. But there does seem to be a somewhat surprising window of opportunity for prevention. “The body’s immune system needs to be awakened in the first year of life,” Dr. Graffino says. This means exposure to the environment – to normal dirt and germs. “So excess cleaning with bleach or other products isn’t necessarily a good thing,” she says.

What’s new in allergy treatment?
For food allergies, avoiding the food is still the best course of care. But researchers are now exploring safe ways to reintroduce foods. “We also have new drugs for asthma, and allergies to grass and ragweed pollen; I’m encouraged by new ‘immunotherapy’ pills – instead of shots – that might soon be available,” Dr. Graffino says.

There’s a fine line between treating, overtreating and finding the minimum amount of medicine to control allergy symptoms. By working with specialists, adults play an important role in keeping their children in school, sports and other important activities of childhood.

For more information or to make an appointment, please call 973-971-6320.
Most people think of headaches as an adult problem, but kids can get them too. When it comes to headaches in kids, some dismiss them as a minor issue. Others jump to concern about a more serious medical problem, such as a brain tumor.

“Headaches in children are rarely a sign of anything serious,” says Bernard Maria, MD, a pediatric neurologist for Goryeb Children’s Hospital. “But if a child starts getting headaches more and more often, or if the symptoms are so severe that they keep them out of school, it’s time to talk to an expert.”

Diagnosing the Cause
Headaches can present in many forms – migraine, tension-type, cluster – and may occur intermittently or on a daily basis. To determine the specific type of headache your child is experiencing and rule out any underlying causes, the Division of Child Neurology at Goryeb Children’s Hospital at Morristown Medical Center and at Goryeb Children’s Center at Overlook Medical Center take a comprehensive approach to diagnosis. This includes a complete medical history and neurological examination, followed by any appropriate laboratory work and neurological imaging.

Avoiding a Lifelong Problem
“Children’s symptoms can be less severe, but if we don’t provide the right treatment, they can transform over time into regular headaches that stay with a child for life,” says Shannon Babineau, MD, a pediatric neurologist for Goryeb Children’s Hospital who specializes in diagnosing and treating headaches in children.

“It’s best for kids to learn while they’re young how to recognize a headache, how to stop it and how to avoid it,” she says.

Expert Treatment
Once a pediatric expert rules out serious causes for headache, a pediatric neurologist will work with the child and family to create a plan for treatment and prevention. At Goryeb Children’s Hospital, this might include the following:

- Identifying the physical signs of headache, to allow for early treatment
- Helping the child become aware of and avoid things that trigger headache
- Making changes to lifestyle and diet, including more sleep, more fluids and vitamin supplements
- Learning biofeedback
- Prescribing medicines

“Using these strategies, our hope is that we can alter the course of the process throughout a child’s entire life,” Dr. Babineau says.

For more information or to make an appointment, please call 973-971-5700 or visit atlantichealth.org/kidsheadache.

---

Kids and Headaches: The Numbers
These facts about headaches might surprise you.

- Third leading cause of missed school
- A leading reason for both doctors’ visits and emergency room trips
- Three-year-olds with headaches: eight percent
- Teens with headaches: fifty to eighty percent
- Children whose parents have migraines are two to four times more likely to have migraines as well
- “If your child has headaches more and more often, from once to twice a month, and then weekly, for example, talk to your pediatrician,” says Bernard Maria, MD, a pediatric neurologist for Goryeb Children’s Hospital. “Some headaches will become a lifelong issue if we don’t give kids strategies to cope with them.”
From Child to Teen to Adult
Making a successful transition with a chronic health condition

The first school dance. High school graduation. The first semester in a college dorm. Those milestones are naturally a little scary – for both children and their parents. But for kids with chronic health conditions like cystic fibrosis, a heart defect, diabetes or juvenile arthritis, each transition brings high stakes for their health. And perhaps the biggest transition occurs when a young adult moves away for college or work, and is managing his or her condition for the first time.

Goryeb Children’s Hospital is expanding successful programs to help young adults succeed with each of these steps. They’re called “transition” programs, and they involve deliberate, long-term coordination between pediatric specialists and the patient’s new adult-focused physicians, who will become their primary care providers.

“Nationally, most physicians that a young adult will see aren’t experienced in treating serious chronic conditions that begin in childhood,” says Arthur Atlas, MD, a pediatric pulmonologist for Goryeb Children’s Hospital who specializes in conditions that affect children’s respiratory systems. “And the typical young adult, too, is inexperienced in how to navigate the health care system, how to find the care they need, take charge of their own medicines, or even make sure they have proper health insurance. Our programs address all sides of the issue.”

Building on a Successful Model
For over 10 years, Goryeb Children’s Hospital has offered children with cystic fibrosis, for example, a formal program to help them with the transition to self-care in adulthood. Success with this program is now being replicated by other pediatric specialists and subspecialists at Goryeb Children’s Hospital.

“Physicians and staff in many areas have taken the lead to adapt and embrace similar programs for their patients,” Dr. Atlas says. “Each program is a little different to meet varying challenges of each health condition. But we’re moving forward quickly. It’s going very well.”

Today, Goryeb Children’s Hospital transition programs are spearheaded by specialists in:
- Pulmonology, for conditions like cystic fibrosis
- Cardiology, for heart conditions children are born with (congenital defects)
- Gastroenterology, for digestive conditions like inflammatory bowel disease
- Rheumatology, for immune-related disorders, including juvenile arthritis
- Endocrinology, including diabetes

Who’s Involved?
Led by Goryeb Children’s Hospital pediatricians, each program is multifocused and includes the patients, their parents or other caregivers, and the specialists they’ll be seeing as young adults. Social workers, nurses and nurse practitioners, patient navigators, nutritionists and varied therapists are also involved.

“We address a variety of issues over several years, preparing the child for the time when they leave home,” says Christine Donnelly, MD, a pediatric cardiologist for Goryeb Children’s Hospital who is working closely with the transition team for patients with congenital heart defects. “We educate the patient about their health condition in general, about what medicines they take and why, signs and symptoms to pay attention to, and how to find the right medical specialists in communities they move to.”

This team, like others, also works closely with experts who specialize in adult care, to train them not only about special needs of people with chronic childhood conditions, but also to make personal introductions between their patients and their new physicians, when possible.

Transition teams also work with parents or caregivers, who have been the primary coordinators of care for up to 20 years of their child’s life. “They also need our support, to know what responsibilities their child is ready for as they grow up, and when to turn that responsibility completely over to them,” Dr. Atlas says.

“Constant education is the key,” says Simona Nativ, MD, specialist in pediatric rheumatology who leads Goryeb Children’s Hospital transition program for children with chronic autoimmune conditions such as juvenile idiopathic arthritis, systemic lupus erythematosus (SLE) and vasculitis. “By the time our patients leave the world of pediatrics, we’ve helped them become confident young adults who understand their complex medical conditions and how to advocate for themselves. We’re giving them the skills and information they need so that their disease does not prevent them from what they want to do with their lives.”
Your blood tells a story about the health of your body. Too much sugar and you could have diabetes. A high white blood count could mean you have an infection. Low hemoglobin levels and you could have an iron deficiency.

“Anyone who has a child with a blood problem automatically thinks they have cancer,” says Steven Halpern, MD, director of pediatric hematology and oncology for Goryeb Children’s Hospital. “The vast majority of patients referred to a hematologist don’t have cancer or leukemia; they have other problems.”

One of the most common blood conditions in the U.S., affecting about 3.5 million Americans, is anemia. In children, anemia is most often caused by an iron deficiency. Iron-deficiency anemia occurs because of a lack of the mineral iron in the body. Without adequate iron, the body cannot produce enough hemoglobin for red blood cells. The result is iron-deficiency anemia.

In the United States, about nine percent of toddlers (one to three years old) have iron deficiency (ID) and two to three percent have iron-deficiency anemia (IDA). Rates decrease with advancing age until adolescence, when up to sixteen percent of girls develop ID and three percent have IDA.

Dr. Halpern says there are three scenarios where he sees children with iron deficiency: young children who drink too much cow milk, adolescent girls who have heavy menstrual periods, and patients with a gastrointestinal disease such as inflammatory bowel disease or celiac disease.

“We see this in children as they transition from breast milk to formula or whole milk,” says Dr. Halpern. “Some parents will give their children too much milk and when you drink too much, there are two things that can happen: You don’t get enough iron in your diet because there is no iron in milk, and milk can irritate the stomach so you don’t absorb iron.”

Dr. Halpern advises parents to limit milk intake and make sure their child is getting enough iron in the diet either through meat or green vegetables. Parents may also want to discuss an iron supplement with their pediatrician.

Dr. Halpern says adolescent girls with anemia due to blood loss from their menstrual periods may be given an iron supplement. They will also be referred to a gynecologist who can regulate their periods with an oral contraceptive.

Patients who have a gastrointestinal disease will be referred to a gastroenterologist for appropriate testing. “A very common disease now is celiac disease, which is wheat intolerance,” says Dr. Halpern. “One of the reasons these people may present with iron deficiency is because they do not absorb iron well.”

According to Dr. Halpern, healthy children do not need to take iron supplements. “They get enough iron in a good diet. You get iron in green vegetables like spinach, red meat or chicken. A child who eats a healthy diet without excess milk should get more than enough iron.”

For a referral/appointment to a pediatric hematologist, please call 973-971-6720.
Growing Trend: Fatty Liver Disease in Kids

A disease that used to only affect adult alcoholics is now afflicting children and adolescents.

When 13-year-old Giovanni Lujano’s routine blood work revealed his liver enzymes were high, his pediatrician recommended he see a gastroenterologist. “His doctor thought it might be from his medication,” says Giovanni’s mother, Sharon Ford. “I get his blood checked every couple of months just to make sure everything is OK with him because of the medications he’s on.”

After an initial workup and high suspicion for nonalcoholic fatty liver disease (NAFLD), the gastroenterologist referred Giovanni to Goryeb Children’s Hospital’s pediatric hepatologist Nadia Ovchinsky, MD, MBA, a physician specializing in diagnosing and managing diseases that affect the liver.

“Dr. Ovchinsky wanted to look further to see what could be causing it, so she recommended a liver biopsy,” says Ford.

The Hard-Working Liver

The liver, the second largest organ in the body, is one of the body’s hardest-working organs. Everything you eat or drink, including medicine, passes through your liver. It works to clear waste products and toxins your body produces or takes in.

Some medicines can affect your liver, but damage can also happen as a result of unhealthy eating habits leading to overweight or obesity. Other risk factors include having diabetes, insulin resistance, and high levels of cholesterol or triglycerides (fat) in the blood. This damage can result in a condition called fatty liver disease, where fat cells build up in the liver.

“There’s a lot more awareness about issues that have to do with obesity in children,” says Dr. Ovchinsky. “Pediatricians who have a higher degree of suspicion are picking this up much more frequently. As most children with this disease do not have symptoms, NAFLD is often suspected incidentally on physical examination (revealing enlarged liver), imaging (such as an ultrasound), or increased levels of liver enzymes in the blood noted on routine laboratory testing.”

According to Dr. Ovchinsky, one out of 10 children may have fatty liver disease. In some children, the extra fat in the liver becomes a more severe problem, causing swelling, inflammation and scar tissue; this is called NASH, or nonalcoholic steatohepatitis. A liver biopsy may be necessary to see the extent of fat buildup, rule out other diseases and assess the liver for signs of inflammation and scarring.

A Team Approach

Dr. Ovchinsky says fatty liver disease is preventable and reversible. “My general approach is to do lifestyle modifications first, such as weight loss, healthy eating and increased physical activity. This can reduce inflammation and even reverse scar tissue.”

The pediatric gastroenterology division at Goryeb Children’s Hospital uses a team approach when treating patients with NAFLD or NASH. “Our nurse practitioner, Stephanie Schuckalo, works intensely with these patients,” says Dr. Ovchinsky. “Nutrition support is an integral part of the program and is provided by Diane Duelfer. We look forward to our collaboration with the Kid-FIT™ Program and their innovative strategies to achieve healthier lifestyle choices. The identification of appropriate treatments for children with NAFLD is a significant priority worldwide,” Dr. Ovchinsky adds.

A Healthier Life for Giovanni

After performing the liver biopsy, Dr. Ovchinsky confirmed Giovanni has NASH in addition to other features of metabolic syndrome, a condition characterized by obesity, high cholesterol and insulin resistance.

Giovanni’s mother talked to him and told him he has liver disease. “He’s a little scared,” she says. “But he said he needs to eat healthier and that he wants to exercise more. I told him we can work on it together. We work on everything together.”

For more information or to make an appointment, please call 973-971-5676.
Your liver is a workhorse. It’s about the size of a football and sits under your lower rib cage on the right side. It filters chemicals, such as drugs and alcohol, from the blood; regulates your hormones and blood sugar levels; stores energy from the nutrients you take in; and makes proteins that help with blood clotting, bile and other enzymes the body needs.

And when it comes to food, keeping your liver in shape all boils down to keeping it pure. “The more processed the food is, the more the liver has to work to purify it or break it down to get rid of the excess toxins,” says Diane Duelfer, MS, a registered dietitian for Goryeb Children’s Hospital. “You want foods in their most natural form, whole foods, whole grains, as opposed to processed foods.”

But how do you tell a 14-year-old – no more chips? “It’s got to be a give and a take,” says Duelfer. “You’re not going to tell a child never to have junk food again. If you buy one bag of chips a week, you make it known that when that bag is gone, that’s it for the week. The child has the choice – take the whole bag the first day or split it out throughout the week.”

Duelfer abides by four primary nutrition goals to promote liver health. First is to achieve and maintain a desirable body weight. Second, try to eat...
To eat a balanced diet, Duelfer suggests following the guidelines at choosemyplate.gov. “This is a great resource to learn how a healthy plate should look. It provides a great visual, and it’s a good way to think about presenting your food at each meal.”

For healthy snacking, Duelfer recommends pairing a grain, fruit or vegetable with a protein or something from the milk or yogurt group. This could include yogurt with fresh fruit, vegetables dipped in hummus, or a banana with peanut butter.

“You have to look at the big picture when negotiating with a child. I would allow milk or yogurt and a cookie because it’s part of the give-and-take,” says Duelfer. “You’re going to give me yogurt, and I’m going to let you have the cookie. Or allow two foods from the junk food category that are their favorites, but you determine the serving size. Maybe one a day in conjunction with protein/the meal.” Ideally not solo as the snack.

Duelfer says you can set yourself up for success. “We always want what we can’t have so if we don’t totally take it all away, then it relaxes us a little more.”

Natural Foods
“There are tons of processed foods in our grocery stores,” says Duelfer, “but if you try to purchase your foods in their most natural form, you’re avoiding a lot of the miscellaneous things we have concerns about.” Remember to shop the perimeter of your grocery store, where fresh whole foods are traditionally found.

One-Third Sugar Rule
Always read food labels and avoid words ending in “-ose.” “Fructose, high fructose corn syrup, sucrose and dextrose are trigger words that let you know it has added sugar.” Duelfer advises keeping sugar grams to one-third or less of the total carbohydrates in a food. For instance, for a food serving with 54 grams of carbohydrates you should look for 18 grams of sugar or less.

Fluid Intake
Duelfer says to avoid processed drinks like fruit juice, which is essentially sugar water, and stick to plain water. “If you’re drinking adequate water, the color of your urine should be pale to clear. You can do this by drinking more than half your body weight. So if you weigh 120 pounds, you would want 60 ounces of water minimally a day.”

“The more processed the food is, the more the liver has to work to purify it or break it down to get rid of the excess toxins.”

Liver Happy
According to Duelfer, body weight is not a specific number per se, but consists of a range. “Find what works for you in relation to body mass index (BMI) as well as body build. But strive to be within 25-75th percentile range.”

Natural foods in their most natural form. Another rule to consider is the one-third sugar rule (see below). The final piece of the puzzle is fluid intake.

Body Weight
According to Duelfer, body weight is not a specific number per se, but consists of a range. “Find what works for you in relation to body mass index (BMI) as well as body build. But strive to be within 25-75th percentile range.”

Eating Healthy Is a Balancing Act

T

a t l a n t i c h e a l t h . o r g

13
Parents, Unborn Babies and Children

Gene studies unlock health conditions – and treatment

Researchers worldwide have made great strides in understanding exact connections between specific genes and illnesses. And the genetics experts at Goryeb Children’s Hospital are now applying that information to diagnose and treat children in our region.

“Often, a family of a child with a set of health or development symptoms winds up visiting several specialists, but never discovers the root cause,” says Darius Adams, MD, a specialist in genetics for Goryeb Children’s Hospital. “In some cases, there might be an underlying genetic cause for a particular set of symptoms.”

Targeting Specific Genes
Inside each cell of the body are genes that hold critical information for building tissue and maintaining overall health. When a part of those genes is not quite right – is missing or does not function properly, for example – disease and illness can result. Two examples are hemophilia, a rare condition where the blood does not clot properly, and muscular dystrophy, which seriously weakens muscles.

“Our understanding of genetics and health is moving quickly, and we’re better able to piece together what genes might be at play with any health issues,” says Dr. Adams. “At Goryeb’s Child Development Center, we’re making great progress in identifying a child’s genetic susceptibility to autism, for example.”

The Goryeb Child Development Center serves infants and children with a variety of challenges, such as ADHD, autism, communication, cognitive and social difficulties, fine and gross motor delays, and sensory concerns.

The Genetics Team
At Goryeb Children’s Hospital, two types of professionals work with children and their families to explore potential genetic ties to a child’s disease or condition. One is a geneticist like Dr. Adams, who does testing and exams to look for specific, sometimes subtle clues. The second is a genetic counselor, who has a master’s degree and experience working with families by providing information and support.

“Though we can’t treat every condition based on what we find, just having a clear diagnosis opens doors to the proper care and the right health care resources for the children we see,” says Dr. Adams.

Would You or Your Child Benefit From Meeting With Genetics Experts?

“Understanding health conditions that run in your family gives you options for your child – or future child’s – care,” says Darius Adams, MD, a specialist in genetics for Goryeb Children’s Hospital.

You might benefit from learning more about your family’s or child’s genes if:
- You’ve visited several specialists for health symptoms but have no clear diagnosis.
- You have a family member with a genetic condition such as a birth defect or inherited cancer.
- You’re a woman who has had two or more pregnancy losses (miscarriages), a stillbirth or a baby who died.
- You want to discuss specific genetic tests you’re thinking about getting.

For an appointment or more information, please call 973-524-1898.
EASING VISITS TO HOSPITAL FOR CHILDREN

More than 3.5 million children ages 14 and younger suffer sports-related injuries each year according to the American Academy of Pediatrics. While sprains and strains are most common, many youngsters find themselves with more serious fractures, concussions and internal injuries, generally arriving at our hospitals through the emergency department doors.

Our staffs take exceptional care to ensure that our pediatric patients receive the type of high-tech, high-touch treatment that will help them heal with the least possible amount of stress.

At Goryeb Children’s Hospital, the Gagnon Children’s Emergency Department provides access to expert pediatric specialized care. Any of these patients, or those in the Pediatric Emergency Department at Goryeb Children’s Hospital at Overlook Medical Center, who are admitted to the hospital will find child life specialists on their floor who provide playroom and bedside activities to help calm and soothe.

Newton Medical Center’s new Advanced Care Unit provides private family-friendly accommodations for children who need extended evaluation and treatment, but whose condition does not warrant a hospital stay.

Chilton’s Pediatric Emergency Department is equipped to handle all kinds of emergencies with a family-friendly waiting area with kid activities. Rooms feature murals and cartoons.

A gift to one of our pediatric programs is the perfect answer to that tug on your heartstrings.

Our medical center foundations’ contact information:

- **Morristown Medical Center**
  Visit f4mmc.org or call 973-593-2400.

- **Overlook Medical Center**
  Visit overlookfoundation.org or call 908-522-2850.

- **Newton Medical Center**
  Visit newtonmedicalcenterfoundation.org or call 973-579-8309.

- **Chilton Medical Center Foundation**
  Visit chiltonhealth.org/chilton-hospital-foundation or call 973-831-5165.

---

Specialty Referral Info

**GORYEB CHILDREN’S HOSPITAL**

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

---

**KEY PHONE NUMBERS**

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Admissions</td>
<td>973-971-6718</td>
</tr>
<tr>
<td>Emergency Room</td>
<td>973-971-6102</td>
</tr>
<tr>
<td>Laboratory</td>
<td>973-971-7805</td>
</tr>
<tr>
<td>Radiology</td>
<td>973-971-4163</td>
</tr>
<tr>
<td>EEG</td>
<td>973-971-5124</td>
</tr>
</tbody>
</table>
For a referral to a Goryeb Children’s Hospital doctor, call 1-800-247-9580 or visit atlantichealth.org.

Like us on Facebook /GoryebChildrensHospitalNJ
Follow us on Twitter @WellAwareNJ

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.