The Benefits of Yoga

Eating Disorders in Children: What You Need to Know

Healthy Holiday Guide
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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.
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.

Here are some seasonal and year-round skin care tips for keeping your family protected:

**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.”
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 Blackbourn, 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.
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.”

**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](http://cdc.gov/family/holiday) for more help on planning healthier holidays.
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.”
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.”

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.
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.
Sleep Disorders in Children
It’s not unusual for children to have trouble sleeping, but when should you be concerned? “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,” 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.

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.
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.

“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.

“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 ‘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.
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

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KEY PHONE NUMBERS

ADMISSIONS
973-971-6718

EMERGENCY ROOM
973-971-6102

LABORATORY
973-971-7805

RADIology
973-971-4163

EEG
973-971-5124

atlantichealth.org 15
For a referral to a Goryeb Children’s Hospital doctor, call 1-800-247-9580 or visit atlantichealth.org.