

# young and healthy

FALL 2011



*Students practice at Walnut Hills High School's band camp*



**Fifteen and fit**  
a quinceañera story  
*Story on page 4*



**Easing anxiety**  
and depression  
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**Beating anorexia**  
at our Center of HOPE  
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 **Cincinnati Children's**  
change the outcome®



# Reading, writing and anxiety?

*When a new school year brings on more  
than first-day jitters*

Feeling anxious about the first day of school is typical as a child begins a new school year. It's when that anxiety continues past the first few days that parents need to be vigilant. When that happens, some parents might be surprised to learn that their pediatrician is often able to assist with milder forms of anxiety and depression.

"There is a huge shortage of pediatric psychiatrists and millions of kids who need mental health care," says Emanuel Doyne, MD, a pediatrician in Eastgate who is affiliated with Cincinnati Children's.

As a result, the American Academy of Pediatrics has instituted a major push to educate and empower primary care pediatricians to learn to manage a variety of mental health concerns such as ADHD, depression and anxiety.

How does a parent know if it's time to seek help? Sergio Delgado, MD, a child and adolescent psychiatrist at Cincinnati Children's, says parents should be on the

lookout for the following symptoms (particularly if there is a family history of anxiety or depression or if treatment for either has occurred):

## **Anxiety**

- Excessive worry about matters normal to everyday life
- Fear of bad outcomes
- Worry about the well-being of family members

## **Depression**

- Lack of energy
- Sense of hopelessness
- Isolating oneself
- Lack of interest in being with friends
- Feelings of not being loved
- Suicidal thoughts

Symptoms may manifest differently in children as opposed to pre-teens and teens.

"Younger kids usually get angry and irritable when depressed or anxious," Delgado says. Pre-teens and teens, he adds, are more likely to withdraw.

Do depression and anxiety ever appear together? "There is a gray area where you are not sure which it is," Doyne says. "Some of the classic defining features are similar but depression is a much more severe problem where kids may become dysfunctional and start thinking of suicide."

## **What to look for**

How does a parent know if the cause of their child's worry is related to something going on in the classroom? If anxiety is school-related, it will get better on Saturdays and worse on Sunday nights, Delgado says. Bottom line, the earlier mental health issues are treated, the better the long-term outcomes. "It is fairly normal to feel down or depressed after unexpected events," he says. But if it persists beyond three days, seeking help is important. 📞

## **SURVIVING THE TEENS**

The Psychiatric Intake Response Center at Cincinnati Children's is staffed 24/7 by experienced mental health clinicians who can answer questions and assist with mental health referrals. Call 513-636-4124.

We also have a nationally touted suicide prevention program, "Surviving the Teens," that helps high school students overcome depression and thoughts of suicide. A new study published in the September edition of the *Journal of School Health* says students who attend the program, created by the Division of Psychiatry at Cincinnati

Children's, are far less likely to report that they are planning or have attempted to take their lives.

Mental health professionals teach the four-day program, which reaches about 6,000 high school students in Greater Cincinnati each year.



## Ask the Pediatrician

**Q.** I know that too much salt is bad for adults, but can it be bad for kids?

If you have a question for the pediatrician, email him at [youngandhealthy@cchmc.org](mailto:youngandhealthy@cchmc.org)

*Bradley Dixon, MD, is a physician in the Division of Nephrology and Hypertension at Cincinnati Children's. He is president of the Cincinnati Pediatric Society.*

**A.** Sodium intake is linked in adults to high blood pressure, resulting in stroke and heart disease, as well as certain kinds of cancer. A high sodium intake can have negative effects on children, as well. Although high blood pressure in children is often caused by being overweight, lowering sodium intake can reduce the blood pressure to a more healthy level.

The American diet is typically very high in sodium, or salt. This extra sodium

generally is not from the salt shaker, but contained within food. Fast food, soup, boxed rice and pasta dinners and snacks like chips and pretzels often provide more than the daily dietary requirement of sodium.

Eating a diet that is high in salt will make your child more thirsty, which can lead to drinking more soft drinks or juices and increasing the calorie intake, and worsen problems with controlling weight. Too much sodium in the diet

can also cause the kidneys to filter too much calcium into the urine and increase the risk for kidney stones.

Some ways to encourage your child to have a healthy sodium intake:

- Read labels and check restaurant menus and keep track of the daily total of sodium intake for your child.
- Discourage salting food at the table. Taking away the salt shaker can be good for you.
- Make salty snacks and fast food an occasional treat, not an everyday occurrence. The key is moderation.
- Keep healthy snacks handy, such as carrots, celery, lowfat yogurt, raisins or apples instead of high-sodium options.
- Make it a family commitment. The most successful lifestyle changes are ones in which the whole family participates.

## Tell Me a Story

[www.cincinnatichildrens.org/story](http://www.cincinnatichildrens.org/story)



### Making dreams come true

Josh Mack has big dreams. One of them is to become a TV talk show host one day. Here's what happened when 8-year-old Josh, who is battling leukemia, asked to interview Cincinnati Children's President and CEO Michael Fisher. With one wish down, Make-A-Wish is sending Josh on a Disney cruise.

If you have a story to share, email us at [tellmeastory@cchmc.org](mailto:tellmeastory@cchmc.org)



### When life is put on hold

Devon Buesking found out in high school that she had ulcerative colitis, a form of inflammatory bowel disease. The painful condition, similar to Crohn's disease, made her so sick she had to spend months in the hospital. Now that she's better, she's paying it forward, running marathons to raise money to help other kids beat the same disease.

## youngandhealthy

### Volume 24, Issue 3

*Young and Healthy* is published by Cincinnati Children's Hospital Medical Center and The Cincinnati Pediatric Society as a guide to your child's good health, incorporating advice from pediatricians who are specially trained in the prevention and treatment of illness in children. Produced by the Department of Marketing and Communications, Cincinnati Children's Hospital Medical Center, MLC 9012, 3333 Burnet Avenue, Cincinnati, OH 45229-3026, 513-636-4420.

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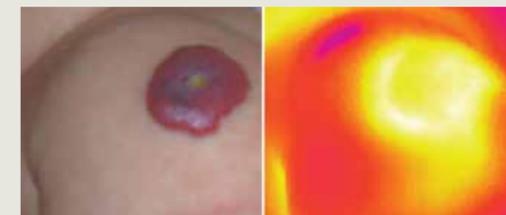
## ScienceSnapshots

### Zeroing in on inner-city asthma

Researchers here have joined a national effort to shed new light on the growing problem of asthma in our inner cities. Cincinnati Children's will receive about \$2.8 million over four years to participate in the Inner City Asthma Consortium. It will allow our researchers to participate in the large-scale clinical studies needed to develop better ways to diagnose, treat and manage the disease. "It's a huge step for Cincinnati Children's to be involved in a network like this," says Gurjit "Neeru" Khurana Hershey, director of the Division of Asthma Research. "We really have an opportunity to impact the way we manage asthma on a national scale."

### Thermal camera to spot infant tumors

Cincinnati Children's is using a thermal imaging camera that the Procter & Gamble Co. used in development of a recent Pampers diaper innovation to help evaluate infant tumors. While the camera has many potential applications, including monitoring wound healing and the early detection and prevention of pressure ulcers, Cincinnati Children's is using it initially in our Hemangioma and Vascular Malformation Program. The camera will be used to look at hemangiomas – the most common tumors of infancy – and their response to treatment. Families bring their children to the Hemangioma and Vascular Malformation Program from all over the country. The program is one of only three facilities in the United States that is considered a national referral center for children with rare tumors.



*Thermal imaging gives doctors a better look at temperature changes in hemangiomas and how they respond to treatment.*

## NewsBriefs



department or division at Cincinnati Children's or used where it is needed most. Visit [www.cincinnatichildrens.org/walk](http://www.cincinnatichildrens.org/walk) for more information and to register.

### New location to open in 2013

Cincinnati Children's continues to improve access for local families seeking our specialty care. We recently purchased land for an outpatient location in western Cincinnati. Cincinnati Children's Green Township will be on Harrison Avenue, 2 miles south of I-74 (Exit 11 Harrison-Rybolt Road). This new neighborhood location is scheduled to open in early 2013. It will offer urgent care, laboratory and radiology services as well as other pediatric specialty clinics.

### It's time to think about flu vaccination

Flu season is quickly approaching, and fall checkups are a great time to talk to your primary care provider about flu vaccines. Each flu season, different strains of the flu affect people differently based on their body's ability to fight infection. Even if you're healthy, the flu can be serious. Everyone in a child's "family circle" should be vaccinated every year – this includes kids, parents, grandparents and caregivers. Getting a flu vaccine also protects vulnerable populations, such as newborns who are too young to be vaccinated. Our clinicians at Cincinnati Children's advise getting vaccinated as early in the season as possible.

### Cincinnati Walks for Kids is set for Oct. 15

Join the patients, families, staff and friends of Cincinnati Children's at this year's Cincinnati Walks for Kids on Saturday, Oct. 15, at Coney Island. The annual fundraising walk for the medical center offers a great day of family fun that includes a stroller and wheelchair accessible walk route, a kids' carnival, rides, lunch and more. Participation in the walk is free. Each walker is simply asked to raise at least \$25 to benefit the medical center. Your support can be designated for a specific

### Our medical center among the 'most wired'

*Hospitals & Health Networks* magazine recently named our medical center one of "Health Care's Most Wired in 2011." The award is a result of a survey of hospitals nationwide that are using high-tech systems to improve the quality and safety of patient care and to become more efficient. "This award validates the hard work our team does each day to help change the outcome for patients and families," says Marianne James, senior vice president and chief information officer, Department of Information Services, at Cincinnati Children's.

### Join a Research Study

Learn about how you and your child can join a research study at Cincinnati Children's and become part of medical advancements our researchers are making.

### Researchers want to learn more about eating disorders

**What:** This research will look at unhealthy eating behaviors and how they affect the physical and mental health of teen girls and young women.

**Who:** While the study will focus on finding out more about eating disorders,

researchers need a control group – those who do not have eating disorders – for comparison purposes. Naturally thin girls and young women, ages 14 to 20, who are healthy but have a low weight for their height and age, may be eligible. Please call to be screened for this study.  
**Pay:** Participants will receive up to \$135 for their time and effort.  
**Contact:** Email [iheart@cchmc.org](mailto:iheart@cchmc.org) or call 513-636-1169

### Join an ADD medication study

**What:** Researchers at Cincinnati Children's are studying response to medication in children who have attention deficit disorder (ADD). The study needs families willing to participate and help advance what we know about ADD medication so that we can have a hand in improving treatment. During the study, children undergo a full diagnostic evaluation for ADD.  
**Who:** Children ages 7 to 11 may be eligible to participate if they have had ADD symptoms or have been diagnosed with ADD and have not taken medications for it. Symptoms include short attention span for age, difficulty listening to others and/or being easily distracted.  
**Pay:** Participants will be paid for their time and travel.  
**Contact:** Heather Matheson at 513-636-6632.



# *Fifteen* AND *Fit*

A MOTIVATIONAL QUINCEAÑERA STORY



*'I want to be like a Pepsi bottle – not the 2 liter.'*

## A RITE OF PASSAGE INSPIRES A TEENAGER TO CHOOSE HEALTH

Karina Montes stands in a dress shop in a suburban Cincinnati strip mall and smiles in the mirror as her mother adjusts the laces up the back of a white-and-gold ball gown.

For nearly three years, Karina, who is about to turn 15, has imagined what she would look like when it came time for her quinceañera. The Latin celebration symbolizes a girl's passage into womanhood.

For Karina, coming of age has meant transforming from an overweight child to a healthy teenager. Her mom brought her to Cincinnati Children's when she was 12 to join HealthWorks!, a program that encourages families to make healthy lifestyle changes.

"My mom has motivated me a lot," Karina says, "My family, my quinceañera, my dress."

As the family began planning her party, they also decided to take walks, ride bikes, cut down on portion sizes and shop for more vegetables, whole-wheat bread and low-fat milk.

"I see everybody in the family who has diabetes, and I don't

want that for Karina," says her mom, Julia Ayala, who has lost 20 pounds since her daughter joined HealthWorks!

Barb Lattin, a registered dietitian with the program, says it takes that kind of family involvement for the program to be successful.

"We try to get families to think about eating healthy in a way that's good for everybody, not just the people who need to lose weight," Lattin says. "We all need to eat healthy."

The program is part of the way Cincinnati Children's is tackling the obesity epidemic.

"We're on track to see 600 new patients a year," says Shelley Kirk, PhD, RD, LD, HealthWorks! director and lead clinical dietitian. "There's a tremendous need for effective weight management services. Families struggle because we're in an environment where there's access to food and drink all the time. If you couple that with watching hours of TV, using the computer and playing video games, that's a prescription for gaining too much weight at an early age."

Now that Karina sees the benefits of diet and exercise, like a defined waistline, she says she's grateful that she had so much encouragement to get fit.

"I'm going to have a healthier lifestyle than most people," she says. "I'm happy that I have this opportunity."

Like any teenager, she still thinks a lot about the way she looks. Making good choices about diet and exercise make her feel better every time she tries on a quinceañera gown.

"I want to be like a Pepsi bottle," she says. "Not the 2-liter."



**WATCH ONLINE** as Karina Montes talks about her family and her quinceañera giving her inspiration to get fit, at [www.cincinnatichildrens.org/story](http://www.cincinnatichildrens.org/story)



*Karina Montes (shown at the HealthWorks! summer camp) has spent much of the year focusing on transition. She has gone from pudgy to fit, from flats to high heels and from girl to young woman.*

**HealthWorks!** helps families get fit  
HealthWorks!, part of the Center for Better Health and Nutrition at Cincinnati Children's, is designed for overweight kids ages 5 to 19. The program encourages families to improve eating habits and become more physically active. Most participants have a referral from a pediatrician. For information, call 513-636-4305.

Classic symptoms of eating disorders include weight loss, missed menstrual periods, dizziness, hair loss, behavioral changes, bingeing and purging, eating or food rituals and obsessive focus on exercise. Classic symptoms of eating disorders include weight loss, missed menstrual periods, dizziness, hair loss, behavioral changes, bingeing and purging, eating or food rituals and obsessive focus on exercise.

# Beating eating disorders

*Expanded program offers intensive treatment for teens*

Identical twins Kacy and Stacy Cluxton can distinctly remember being freshmen in high school and watching the Britney Spears' "Crazy" video on television as they ate cereal for breakfast.

The twins, who did everything together, wanted to look just like the pop star. They thought they needed to lose weight, and they began obsessing about food. They would eat only an apple and milk for breakfast, pick at lunch and have maybe a Pop Tart for dinner or poke at whatever their mom made.

They were athletes who played basketball and ran cross country and track, and they became dangerously thin and stopped having menstrual periods. They were frequently tired and cold. By their sophomore year, the 5-foot-1 sisters had lost 23 pounds each and dropped to 89 pounds.

"It just got out of control," says Kacy, now 26. "Now we can laugh and be like, 'What were we thinking?'"

Back then, it wasn't funny.

### FINDING HELP

The twins were diagnosed with anorexia nervosa, and a team of specialists at Cincinnati Children's helped them begin the process of recovery.

It took years of treatment, but Kacy and Stacy dealt with their problems and have gone on to become professional dietitians themselves.

"Now we can finally say we have a good relationship with food," Kacy says.

More than a decade since the twin's ordeal began, eating disorders continue to be a big problem for teenagers. Eating disorders rank as the third most common chronic illness in adolescent girls, with an incidence of as much as 5 percent among teens, according to the Society for Adolescent Health and Medicine.

The Cluxton twins want to work with schools and help kids who are fixated on food.

"I think it's really important for coaches, teachers, parents to know the warning signs and symptoms of eating disorders and catch it early," Stacy says. "That way, they don't have to go through the struggles that we went through."

### NEW CENTER OF HOPE

That's why the twins are helping to promote the eating disorder program at Cincinnati Children's and our new inpatient psychiatric unit at the Lindner Center of HOPE in Mason. It will focus on treating teens with eating disorders and address other mental health needs.

The new psychiatric unit will help patients whose illness requires hospitalization, with care provided by the Harold C. Schott Foundation eating disorders treatment team.

"Eating disorders are mental health illnesses, and they won't

go away without treatment," says Laurie Mitan, MD, director of the eating disorder program at Cincinnati Children's.

Patients do not need a referral for treatment. If you think your child has an eating disorder, you can arrange an initial evaluation by calling the Division of Adolescent Medicine at Cincinnati Children's at 513-636-9657.

"Successful health outcomes begin with early diagnosis, so I encourage parents to trust their instincts," Mitan says. "If you think your child is over-exercising, losing too much weight or otherwise struggling, don't hesitate to seek a consultation."

**WATCH ONLINE** as Kacy and Stacy Cluxton talk about their struggle with anorexia at [www.cincinnatichildrens.org/story](http://www.cincinnatichildrens.org/story)

**FOR TREATMENT**

To arrange an initial evaluation for our eating disorder program, parents can call the Division of Adolescent Medicine at Cincinnati Children's at 513-636-9657.



*Kacy and Stacy Cluxton, 26-year-old twins, spent their high school years struggling with anorexia.*

# Let's talk about healthy eating

*Join the conversation on Facebook*



With the national spotlight on childhood obesity, we'd like to know what you're doing at home to head off the problem. What are you packing in your kids' lunches? What do you do to encourage your family to eat healthy? What's your favorite fruit or vegetable recipe? Why do you and your kids like it? Tell us about how you pick ingredients and the best place to buy them.

Join the conversation on our Cincinnati Children's Facebook page at [www.facebook.com/cincinnatichildrensfans](https://www.facebook.com/cincinnatichildrensfans)

Local retailers are offering coupons, gift certificates and discounts to readers who weigh in on the topic. Look for details on the Cincinnati Children's Facebook page to find out how you can get deals from **Findlay Market** (Cincinnati's historic open-air market), **Clifton Natural Foods** (a family owned store close to Cincinnati Children's Burnet Campus) and **Whole Foods Market** (a chain of organic markets with a store in Hyde Park's Rookwood Commons).



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