

young and healthy

SPRING 2010



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Your child's primary care doctor can discuss medical concerns in detail before your child takes to the sports field.

Play It Safe See Family Physician for Your Child's Sports Physical

Every year, more than 400,000 high school athletes in the Cincinnati area share a required chore: getting a sports physical.

These exams, also known as pre-participation physicals, help determine whether an athlete can safely play a particular sport. Statewide high school athletic associations offer standard forms online that athletes can take to their doctors.



“There is no substitute for a good, annual exam by your child's primary care provider.”

Jon Divine, MD, MS, is medical director of the Sports Medicine Biodynamics Center at Cincinnati Children's.

Some schools arrange for sports physical clinics to be conducted for large groups of athletes. While such services can be adequate for taking care of the paperwork, ideally, athletes should get their physicals from their regular doctor.

“There is no substitute for a good, annual exam by your child's primary care provider,” says Jon Divine, MD, MS medical director of the Sports Medicine Biodynamics Center at Cincinnati Children's.

At busy school clinics, doctors have little time to speak with each student. At the office, however, issues can be discussed in more detail.

For example, your family doctor can address questions about weight training or nutrition or recommend specific exercises to help avoid injuries. For female athletes, doctors also can explain how sports can affect menstrual cycles.

“This is the period of time in life when the body changes more than any other time,” says Vincent Weatherington, MD, a member of Pediatric Associates of Fairfield, whose practice performs more than 2,000 exams a year for young athletes.

“So we view this as more than filling out a form. We see it as an opportunity to offer guidance.”

Even though 80 to 95 percent of athletes pass their physicals, students still benefit from the visits. “If kids weren't required to fill out these forms, many wouldn't come in more than once every three or four years,” Weatherington says. 🏀

Sports medicine services are available at Cincinnati Children's Liberty, Mason and Oak campuses and Children's Outpatient Northern Kentucky.

[TIP] GET IN THE GAME

Community pediatricians say families often wait until the last minute to get sports physicals. To avoid delays, schedule your appointment about six weeks before the start of the season. That will give you and your doctor time to address any problems, should they be detected. It's also a good time to make sure your child is caught up on immunizations.

The forms ask parents to answer a series of medical history questions, such as whether your child has asthma or has ever passed out in the heat. The rest of the form must be completed by a doctor.

Ask the Pediatrician

Q. When my child is admitted to the hospital, who will help us make medical decisions?



Eric Kirkendall, MD, FAAP, is a staff physician in general inpatient services in the Division of General and Community Pediatrics at Cincinnati Children's. He is also president of the Cincinnati Pediatric Society.

A. Admissions to hospitals are often frightening and confusing experiences, especially for families going through it for the first time. Parents keeping tabs on who is seeing and treating their child have to figure out the titles and roles of a team of caregivers. And children may be afraid of being treated by a room full of strangers. It can be overwhelming.

A common question from parents upon admission is whether their child's usual doctor will be caring for them while they are in the hospital. In Cincinnati, like much of the rest of the nation, the trend is toward using specially trained doctors called hospitalists, who are employed by the hospital to care for children when they are hospitalized.

Many doctors' offices elect to use the service of hospitalists for their patients and resume direct care once the patient is sent home. During the hospitalization, hospitalists work closely with the child's regular doctor and the family to make the best medical decisions for the patient and to ensure that everyone is on the same page when it comes time to transition care.

There are advantages with either approach. It is important to discuss the approach your doctor's office (or potential office, if selecting a new practice)

uses when patients are hospitalized, to avoid unwelcome surprises later. A better understanding of who's who can make a big difference in making your stay at Cincinnati Children's easier.

A Few Terms to Know

Primary Medical Doctor (PMD)/ Primary Care Physician (PCP) your usual, office-based doctor; a specialist in outpatient care

Hospitalist – a hospital-based physician who primarily takes care of hospitalized children; usually the attending doctor who specializes in inpatient care

Attending – the doctor "in charge" who leads the medical team making final decisions with families

Resident – doctors who are still in training and work with attendings to care for patients; often the primary teachers for medical students

Medical Student – students training to be doctors

Nurse Practitioner – nurses with advanced training who often work in hybrid roles; can often write prescriptions and work closely with physicians

Nurse – bedside caregivers who work closest with the patients and families to ensure they receive the medical care they need; administer medications and check vital signs, among many other roles

If you have a question for the pediatrician, email us at youngandhealthy@cchmc.org.

We'll Call Him Apollo

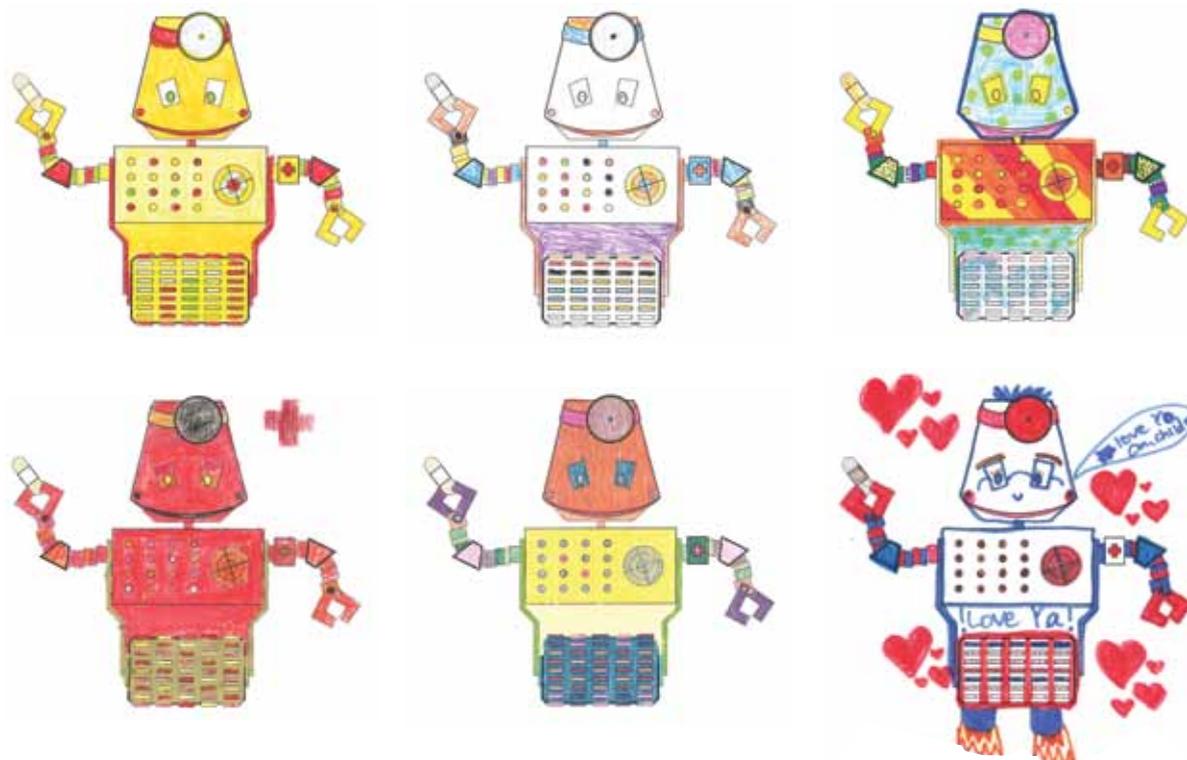
Contest Winner Names Surgical Robot After a Mythical Healer

What should Cincinnati Children's call its da Vinci Surgical Robot, a tool used by the hospital's pediatric urologists? More than 200 kids answered that contest question, coming up with names like B.O.B. (Best Operating Buddy), Pinchie da Vinci, Ana Tomy and Vinny.

Judges in the Division of Pediatric Urology liked **Apollo**, emailed by 10-year-old Audrey Robinson of Anderson Township: "We are learning about Greek gods in school, and Apollo is the Greek god known for healing. It was also the name of a spaceship, and space and robots seem like the future." Congratulations, Audrey, we're going with your idea and giving you a \$100 Toys "R" Us gift certificate.

Second place (and a \$50 gift certificate) goes to 10-year-old Sam Ericksen, who came up with **Brobot**. Third place (and a \$25 gift certificate) goes to 11-year-old Alex Azeez, who named the robot **EMAR (Electronic Medical Assisting Robot)**. Alex and Sam are fifth-graders at Summit Elementary, where their science class, taught by Gena Shields, studied about robots in a unit on electricity.

To the right is a sampling of contest entries.



Worth the Wait

Triplet Mom Counts Her Blessings

Cherelle and Thomas Southerland wanted a baby so badly that they couldn't think of a future without one.

"I always thought when I was growing up that I wanted two children – a boy and a girl," says Cherelle, who grew up as an only child. But things didn't work out that way.

Four ectopic pregnancies ended in miscarriage. She suffered hemorrhages and had to have both fallopian tubes removed. With each loss, she wanted a baby more. So in 1999, the Southerlands decided to try in vitro fertilization (IVF).

"It was a little scary because it was our only hope of getting pregnant," says Cherelle, who works at Cincinnati Children's. "We didn't really have the funds, but God made a way."

"I knew I was taking a risk getting pregnant this way."

Cherelle Southerland, 40, went through in vitro treatments to get pregnant and ended up with triplets.

The Southerlands sold their house, used the money to help pay for the IVF procedures, and moved in with Cherelle's mother while they built the family of their dreams. The IVF worked, and in 1999, she gave birth to Destinée, a healthy baby girl. Three years later, they decided to try for a boy.

"We had three frozen eggs left," Cherelle says. "We always said we had babies on layaway. We didn't think it would happen, but it turned out that all three of them took. That's how we ended up with triplets."

Knowing the Risks

From the beginning, the Southerlands were willing to accept the risks, financial strain and emotional toll that came along with IVF. They tried to pray their worries away.

Cherelle was 33 years old, 5-feet-1 and 115 pounds. She gained 65 pounds with the triplets. She started having contractions at 22 weeks and had to go on bed rest at Good Samaritan Hospital. At almost 31 weeks – nine weeks earlier than a normal pregnancy – Cherelle delivered Trinitée, Elijah and Isaiah via cesarean section.

The baby girl and two boys weighed about 3 pounds each and appeared healthy. But on the second day, doctors discovered Trinitée had a hole in her bowel and needed to see a specialist at Cincinnati Children's Regional Center



Cherelle Southerland, surrounded by her triplets, Trinitée, Isaiah and Elijah, is relieved they are now healthy first-graders.

for Newborn Intensive Care, where she could have the highest level of neonatal treatment available.

"It's almost unheard of to have that kind of bowel perforation in a mature child. It's much more common with a more premature baby," says Jeffrey Whitsett, MD, executive director of the Perinatal Institute at Cincinnati Children's. But he adds that, when diagnosed quickly, it's readily taken care of by surgery with no long-term health complications.

To be with her infant girl, Cherelle and her sons transferred to Cincinnati Children's. The boys were allowed to go home after eight weeks, and Trinitée followed three weeks later.

The Southerlands settled into a chaotic but joyful life. Aside from minor developmental delays, the triplets have been blessed with good health. They are in first grade and will turn 7 in April.

"I knew I was taking a risk getting pregnant this way," Cherelle, now 40, says of their struggle to have a family. "I would have preferred to have them at a younger age. I probably would have had more patience. But that just wasn't God's timing." 🙏



WATCH ONLINE Watch the Southerland family's slideshow and listen to Cherelle's story at www.cincinnatichildrens.org/cherelle-yh.

Know the Health Risks

Jeffrey Whitsett, MD, understands why couples like the Southerlands take risks to start families. Delaying pregnancy is a reality of our society.

But parents should be realistic about the risks. "About a quarter of extreme preterm infants are the result of assisted reproduction," he says, and health problems caused by prematurity can last a lifetime.

"The outcomes of assisted reproduction have been remarkable," he says. "Many families have babies they couldn't have otherwise had. It's brought great joy to many, many people. Realizing that there are risks, we are well-positioned to provide the support that will optimize the outcome."



Jeffrey Whitsett, MD, is the executive director of the Perinatal Institute and chief of Neonatology, Perinatal and Pulmonary Biology at Cincinnati Children's.

LOSING CONTROL

Devan Raven, 13, recovered from a traumatic brain injury after an ATV accident.

ATVs Are Too Dangerous for Kids, Doctor Warns

Devan Rauen didn't think it was a big deal when he took off his helmet when he and his brother were out riding all-terrain vehicles (ATVs) in his grandmother's yard in rural Indiana a little more than a year ago.

That was right before he lost control and hit a tree. The fifth-grader had severe head trauma and had to be airlifted to Cincinnati Children's.

At the time, Devan was looking forward to his 12th birthday and to baseball season. His accident changed everything.

He became one of the 278 children admitted to Cincinnati Children's since 2000 because of ATV injuries. Doctors here see kids about once every other week because of ATV accidents, according to the hospital's Trauma Registry Program, and Devan's injury was one of the worst. He had a severe traumatic brain injury and fractures in his neck.

He would need surgery to save his life.

Life-Saving Surgery

Devan's pediatric neurosurgeon, Francesco T. Mangano, DO, removed half of Devan's skull to allow for brain swelling. The hemispherectomy was the same kind of surgery ABC News reporter Bob Woodruff had in 2006 after he suffered a brain injury from a bomb explosion while reporting in Iraq.

Devan's family was devastated but hopeful.

"They didn't know if he would be paralyzed, blind or even be able to breathe on his own," said his mom, Shannen Myers, who had three other boys at home. "The goal for the first week or so was to keep him calm and comfortable."

Devan spent 39 days in the hospital. His mom gave up one of her two jobs to be at his side. His brothers rallied for his recovery. His classmates at Brookville Middle School filled his room with cards. His therapists encouraged him for months as his vision improved and he regained movement in his right hand. Devan had to wear a helmet for six months to protect his skull until the swelling was gone and doctors could replace his skull in a second surgery.

Safety Advocate

Devan is now 13 and back to full mobility. He's waiting for word from his doctors that he can play baseball again.

He has taken a new interest in school, says his teacher, Clark Sherwood, who has become something of a mentor to him. "He's doing amazingly well," Sherwood says.



"The main responsibility goes back to the parents, to understand that these are not toys."

Francesco T. Mangano, DO, is Devan's pediatric neurosurgeon at Cincinnati Children's.

A self-proclaimed "daredevil," Devan now devotes time to being an advocate for safety.

"Make sure you really know what you're doing," he advises. Now, that includes always wearing a helmet.

'These Are Not Toys'

Tens of thousands of kids who end up hospitalized with serious ATV injuries each year don't wear protective gear or have enough training. That's exactly why adults need to use extra caution, Mangano says.

"The main responsibility goes back to the parents, to understand that these are not toys," he says. "People can get severely injured, or even die, on these machines."

Mangano, who has done extensive research on ATV accidents, says helmets only slightly decrease the risk of injury. He also has seen children get crushed by ATVs in rollover accidents.

"The average weight of a 12-year-old child might be 70 or 80 pounds," he says. "The average weight of these machines is a couple of hundred pounds. Kids get crushed because they're not strong enough to lift them."

Mangano performed a second surgery on Devan last summer to reconstruct his skull. Mangano is glad to see his patient making such a smooth recovery. But he worries other kids will end up with long-term disabilities as the result of a joy ride.

"Devan was lucky enough to be a candidate for an operation and good medical care," Mangano says. "Not everybody is as lucky." 🦏



WATCH AND LISTEN Watch Devan's slideshow and listen to what he wants other kids to learn from his story at www.cincinnatichildrens.org/devan-yh.

Should You Let Your Child Ride an All-Terrain Vehicle?

Before you let your child ride an ATV, here's what doctors at Cincinnati Children's want you to know:

- Helmets and other protective gear should always be worn by ATV riders.
- Even helmets can't protect kids from being crushed in a rollover accident.
- Doctors here say no child younger than 16 should ride an ATV.
- ATVs are not toys; they can weigh hundreds of pounds and tip over easily.
- Taking a safety course is a good idea, but even experienced riders can get hurt.
- At Cincinnati Children's, 39 children were admitted for ATV injuries last year alone, and most of those kids were not wearing a helmet.
- The safest thing is not to let your child ride ATVs at all.





'Safer' Pull Tabs Not That Safe

Even though beverage cans switched from pull-tabs to stay-tabs nearly 35 years ago, doctors say newer tabs still pose hazards.

"Our study suggests that inadvertent ingestion is more common than suspected, that older children ingest them, and that the aluminum tabs are difficult to detect radiographically," says Lane Donnelly, MD, radiologist-in-chief at Cincinnati Children's.

In the cases he studied, tabs found in patients' stomachs rarely showed up on X-rays. While those patients did not require surgery, experts warn that people should not pull tabs off and drop them into the can, because ingestion of foreign bodies with sharp edges can lead to injury.

TO LEARN MORE about the study, go to: www.cincinnatichildrens.org/tabs-yh.

Putting a Cap on Knee Injuries

Girls are more than eight times more likely than boys to suffer sports-related knee injuries. Research at Cincinnati Children's led by Tim Hewett, PhD, director of the Sports Medicine Biodynamics Center, aims to reduce the risks.

Several local high school girls' sports teams are getting high-tech training and follow-up testing as part of the four-year, \$3 million study looking at connections between abdominal core strength and the risk of knee injuries. Participants are fitted with more than 40 reflectors, and cameras track their motions as they perform jumping exercises. Researchers are finding good core strength is the key to absorbing jumping forces and avoiding injuries.

TO LEARN MORE about the sports medicine program, go to www.cincinnatichildrens.org/knee-yh.

Footnotes



The International Adoption Center helped the Pramuks address health concerns when they adopted Henry David and Sophia from Haiti.

Cincinnati Children's Helps with Haiti Adoption

Local pediatrician Laurel Pramuk, MD, and her husband, Chris, were already well into paperwork, had been matched with Haitian orphans and were waiting for final approval when January's earthquake hit. The crisis sped the process, and the Pramuks were able to bring their children, Sophia and Henry David, home to Cincinnati. The International Adoption Center at Cincinnati Children's was able to streamline the process of medical evaluations. "Every day right now is like Christmas at our house," says Laurel Pramuk, who has watched her daughter, almost 7, become fascinated over things like the refrigerator's water dispenser or an automatic car wash. "It just reminds you of how fortunate we are and how much we take for granted." To find out more about the International Adoption Center or hear the Pramuks' story, go to www.cincinnatichildrens.org/haiti-adoption-yh.

On Your Mark, Get Set: Text!

Cincinnati Children's has been selected as one of four hospitals in the nation to benefit from the annual race, Prelude to the Dream. Hosted by NASCAR star Tony Stewart, the event will feature the biggest names in the sport and be broadcast June 9 on HBO pay-per-view. Proceeds will be distributed, in part, based on the results of a text-to-give campaign under way now. **Text: CINCY to 90999** to make a \$5 mobile donation now. Help our team reach the checkered flag as we race to bring hope and healing to kids in our community and around the world. (A one-time donation of \$5 will be added to your mobile phone bill. Standard messaging rates and additional fees may apply.)

Find Special Needs Resources

Join us at our Annual Community Resource Information Fair on Thursday March 25, from 10 am to 3 pm, at Cincinnati Children's Fifth Third Bank Auditorium. Hosted by the Center for Infants and Children with Special Needs and the Special Needs Resource Directory (www.cincinnatichildrens.org/special-needs), the fair is an opportunity to learn about valuable resources for children and adults with special health care needs. Email ava.fried@cchmc.org for more information.

Make Your Voice Heard

Cincinnati Children's is looking for adult patients or family members of patients to serve a two-year term on our Family Advisory Council. "We need people with every kind of experience here, from a one-time visit to the lab or clinic to those who come weekly," says Joy Bennett, parent coordinator and co-chair of the council. Volunteers give the hospital opinions on everything from building design to patient care. The application deadline is June 1. For more information go to www.cincinnatichildrens.org/fac-recruit for details.

Connect With Us Online

Young and Healthy is a Cincinnati Children's publication written with parents in mind. We have more to offer online, from a calendar of hospital events and parent classes to inspirational patient stories and videos featuring our pediatric specialists. Bookmark us at www.cincinnatichildrens.org/yh, or sign up for our e-newsletter at www.cincinnatichildrens.org/subscribe-yh.

At Cincinnati Children's, our involvement in clinical trials is crucial to understanding diseases and developing new ways to prevent or treat health problems in children and adults worldwide. In the past, research here has led to medical developments such as the Sabin oral polio vaccine and the first heart-lung machine. We want to find more cures, and you can help by joining a study.

Diabetes and Depression

Who: If you are a teen or parent of a teen with Type 1 diabetes and symptoms of depression, you may qualify for a study based on group meetings.

What: It will study how meeting with an expert might help families improve communication and help teens cope with their emotions and stick to their treatment.

Pay: Families will be compensated up to \$220.

Details: Contact anthony.vesco@cchmc.org.

Vaccine Study for Healthy Children

What: Researchers also need volunteers for a study evaluating an experimental vaccine (given as nasal droplets) that may prevent Respiratory Syncytial Virus (RSV) and Parainfluenza, two common viruses that frequently cause pneumonia and bronchiolitis.

Who: Healthy infants 1 to 3 months old and 6 months to less than 2 years old may be eligible.

Pay: Families will receive up to \$840 for time and travel.

Details: Contact the Gamble Program for Clinical Studies at 513-636-7699 or gambleprogram@cchmc.org.



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For the Fridge

Your Spring Cleaning Checklist

Do you really need to bleach your kids' plastic toys to kill germs that might be lurking? Rinsing toys in a tub of bleach water or washing them in the top rack of the dishwasher is not a bad idea. Germs can live on household surfaces for up to two days. But pediatricians at Cincinnati Children's say there are other germ culprits to battle — namely the most-touched spots in your house. Put these on your spring cleaning list:

Clean:

- Faucet handles
- Computer mouse
- Video-game controllers
- TV remotes
- Fridge & appliance handles
- Switch plates
- Phones
- Waste containers
- Tubs, showers & toilets
- Brushes & combs
- Inside the fridge
- Stovetop & knobs
- Inside the utensil drawer
- Cupboard handles
- Dish rack
- Kitchen sink

Wash and Vacuum:

- Wash bedding and towels in hot water
- Assign family members their own towels to limit germ spreading
- Vacuum upholstery and heavy drapes
- Machine wash and dry stuffed animals
- Vacuum floors using a HEPA (high efficiency particulate air) filter
- Mop hard floors to keep irritants from getting airborne

Replace:

- Use paper cups in the bathroom instead of sharing a cup
- Toothbrushes (every 3 months)
- Old pillows (every 3 years)
- Sponges (every week)

Be on the Safe Side:

- Use nontoxic cleaning products (such as vinegar and water)
- Get rid of old medications
- Test smoke detector and batteries
- Practice a fire escape plan
- If your home is childproofed, check latches, gates and window locks that are prone to wear and tear to make sure they are working properly

Effective Solution:

- 1 tablespoon of bleach mixed into 1 quart of water is a safe and effective cleaning solution

“Parents should always keep cleaning supplies out of sight and out of reach of children.”

Randy Bond, MD, is medical director of The Drug and Poison Information Center.



Contest: Design a Card

And Spread a Little Cheer



Cincinnati Children's invites kids of all ages to design cover artwork for greeting cards for our patients. **Winning entries will be featured in the eCards section on our web site**, where people can create cards that are printed and hand-delivered to patients. **The top three winners also will receive gift cards to Joseph-Beth Booksellers.**

To enter, design the cover art for a card on an 8½-by-11 piece of paper. There's no need to create a message for inside the card. Submit entries to: Design a Card, c/o Marketing & Communications, Cincinnati Children's Hospital Medical Center, MLC 9012, 3333 Burnet Ave., Cincinnati, OH 45229-3039.

The deadline is May 10, 2010. See details and download an entry form at www.cincinnatichildrens.org/card-yh.



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