

young and healthy

FALL 2010



I've Got Your Back

Nurse and Teen Bond
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Long Road Home

Transplant Journey
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One in a Million

Brighter Days Ahead
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 **Cincinnati
Children's**
change the outcome®



Ashtyn Carrier, now 8, moved here with her family from Minnesota for her treatment for a rare immune-system disorder.

Making Kids Feel at Home

Patients Come a Long Way for Treatment Here

Ashtyn Carrier was 7 when she came down with worrisome flu-like symptoms that wouldn't go away. Over the next two months, Matt and Kelly Carrier took her to their local clinic in Minnesota, to a hospital in Fargo, N.D., on a life flight to the Mayo Clinic in Rochester, Minn., and finally to Cincinnati Children's to figure out exactly what was wrong and come up with a treatment plan.

The family of six piled in their car and relocated immediately so Ashtyn could receive expert care for an extremely rare and almost unpronounceable immune system disorder known as Hemophagocytic Lymphohistiocytosis, or HLH. They hope a bone marrow transplant will save Ashtyn's life.

A journal the family has kept during the wait for a transplant gives a glimpse of the small joys and setbacks they have experienced along the way.

APRIL: Yesterday the doctors told us she is literally "one in a million." Her disease is so rare that less than 1 in 1,000,000 people are diagnosed with it. To us, our little Ashtyn is more like "one of a kind."

MAY: Today in the hospital, Daddy and Ashtyn played games, painted, colored and made a birdhouse. Daddy

has never beaten Ashtyn at the Memory game — he loses on average 26 matches to 10.

JUNE: So many of you have asked what you can do to help. Please consider joining the bone marrow registry at www.bethematch.org. You may save someone's life in the process. Be someone's hero! And DONATE BLOOD! Ashtyn has received several blood transfusions already and this has been essential in her diagnosis and treatment.

JULY: Today Ashtyn was admitted into the Bone Marrow Transplant Unit. Her marrow donor was officially approved! The donor is a very special and generous 25-year-old male somewhere in the world. This is all we know. Oh yeah, we also know this person is a gift from God and is a true hero.

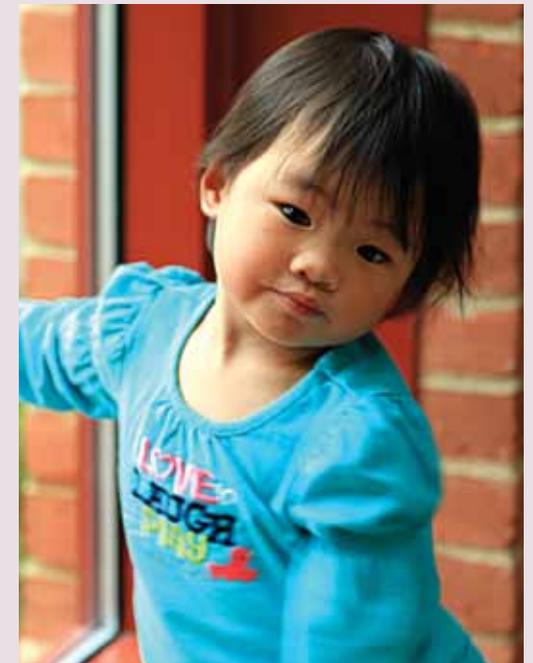
AUGUST: (10 days post-transplant): We got cells! Ashtyn is showing signs of the beginning of her recovery. We know we have a long way to go and there will be a few dark days ahead, but we feel the brighter days will be here soon! 🙌



WATCH ONLINE as Matt and Ashtyn Carrier talk about what it has been like to fight this disease at www.cincinnatichildrens.org/ashtyn-yh.

Families Come Here From All Over the World

- Cincinnati Children's treats patients from more than 75 countries and all 50 states.
- Kids come here to be treated by some of the nation's finest doctors and nurses. We are ranked in the top 10 for all pediatric specialties scored in *U.S. News and World Report's* 2010 Best Children's Hospitals issue.
- Our doctors have partnerships with hospitals in China, Israel and Nigeria. And our scientists, who were awarded more than \$137.4 million last year for pediatric research, work with colleagues in places as far-flung as Bosnia, England, India, Saudi Arabia, Central and South America.
- Hospital leaders from China, the Netherlands, Australia, the United Kingdom, India, Ghana, Nigeria, Qatar, Israel and Saudi Arabia all came here last year to find out more about our pursuit to be the leader in improving child health.



Two-year-old Audrey Hamel is among our international patients.



WATCH ONLINE See a video about kids who come here from all over the world at www.cincinnatichildrens.org/international-yh

Ask the Pediatrician



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 president of the Cincinnati Pediatric Society.

If you have a question for Dr. Kirkendall, email him at youngandhealthy@cchmc.org

Q. Does scheduling a C-section too early affect my baby's health?

A. Expectant mothers often ask when it is considered safe to schedule a cesarean section. The question tends to come up when minor pregnancy problems make C-sections an option or in discussions about what would happen in a medical emergency. Often, a mother requests a certain time so she can deliver with her obstetrician present instead of another doctor who is covering.

Determining the right time to have a C-section is a decision best made by well-informed families in collaboration with their doctors.

Medical experts have lobbied that C-sections not be scheduled before to the baby reaches 39 weeks of development, even though most major organ systems have developed by 37 weeks. The exception is when other medical problems make an early C-section a necessity.

C-section rates in the United States are already high when compared with other countries, accounting for 30 to 35 percent of all deliveries. Local efforts in the Ohio Perinatal Quality Collaborative have reduced the number of unnecessary planned early deliveries.

Medical experts who strongly recommend against early, elective C-sections cite medical reasons such as a January 2009 *New England Journal of Medicine* paper on the topic, which says early, elective C-sections can result in:

- **Higher rates of breathing complications:** Babies born too soon are more than twice as likely to have breathing problems as babies born full-term. About 8.2 percent of babies born at 37 weeks have breathing problems, compared with 3.4 percent at 39 weeks.
- **Infections:** Babies born in early C-sections also have more serious widespread infections – 7 percent are born with serious infections at 37 weeks, while only 2.5 percent have infections at 39 weeks.
- **CPR in first 24 hours of life:** Babies born early have higher rates of cardiopulmonary resuscitation. About 1.9 percent of babies born at 37 weeks need CPR, whereas only 0.4 percent of full-term babies do.
- **Hospitalization length:** Premature babies need longer hospital stays. About 9.1 percent of babies born at 37 weeks need a five-day hospital stay, versus 3.6 percent for full-term babies.

As is the case in almost any aspect of medicine, there are exceptions to the rule and many complex factors to consider in making healthy decisions. The timing of planned deliveries is no different and should be openly discussed at prenatal visits if an elective C-section is in the future.

Pack a Lunch Nutrition Strategies for Back-to-School Success



Does your child have a favorite healthy recipe? Share it with us at youngandhealthy@cchmc.org.

Along with planning shopping trips for new school clothes and classroom supplies, plan a strategy this school year for healthy back-to-school breakfasts and lunches.

Gina Gilchrist, a registered dietitian at Cincinnati Children's, says that low-quality foods full of sugar and fat can have a drastic effect on a child's ability to perform in school.

"Kids can be very sleepy after meals," she says. "It'll impact their learning process. They'll be a little slower."

Many studies have shown that children who eat healthy, balanced breakfasts and lunches aren't just more alert throughout the day; they also do better on tests, earn higher grades and miss fewer days than children who skip breakfast.

Between the constant rush of school and after-school activities, it can be difficult to regularly plan healthy

school meals. The following suggestions can help parents shop for health choices:

Use the Food Guide Pyramid. Include at least two servings from the bread group and one serving from each of the other food groups for a balanced meal. Remember to go easy on fats and sweets.

Change is good. Beat boredom with different nutrients. Try making sandwiches using pitas, bagels, English muffins, crackers or tortillas.

Make it easy. Pack easy-to-eat fruit, such as grapes, apple wedges or chunks of melon. Include a toothpick and yogurt or peanut butter for dipping.

Watch the drinks. A can of soda can contain nearly 40 grams of sugar, about as much sugar as your child should have all day. Even 100 percent juice is loaded with sugar. Encourage your child to drink low-fat white milk, or plain or sugar-free flavored water.



Angela Strader, a nurse in the spine center, had a heartfelt connection with her patient, Mallory Hopper.

Twists and Turns of Fate

Nurse and Spine Surgery Patient Make a Lasting Connection

They are two decades apart in age but forever connected by chance.

Seventeen-year-old Mallory Hopper found out as a child that she had scoliosis. Her spine was so twisted, doctors told her she needed surgery.

Angela Strader, now 38, had the same problem at the same age. She even had the same surgeon, Dr. Alvin Crawford, a spine specialist at Cincinnati Children's.

Strader's experience going through back surgery led her to become a nurse here. She met Mallory while teaching a class for kids who are about to have spine surgery.

The nurse and patient bonded over talk of scars, being able to wear strapless dresses, working at the same summer camp and building a future based on what they've been through.

They shared a story about what might have been

coincidence, or what might be a connection that was meant to be.

Life-Changing Experience

It doesn't seem so long ago when Strader remembers being a junior in high school and being told she needed spine surgery to correct her scoliosis.

She was scared. Her spine was curved like an S. But her family worried what straightening it out would mean for her future. Strader worried about how her body would look, what the boys would think, if she could ever wear a strapless dress and if she could play volleyball again.

Her mom was more concerned about her daughter's future, her self-esteem and whether she would ever be able to carry children.

Strader, now a mother of two who runs marathons, can still relate to the fears of teens like Mallory because they remind her of herself.

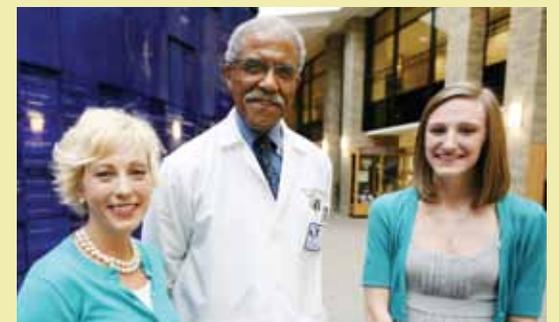
Crawford Spine Center

The Division of Orthopaedics at Cincinnati Children's has named the Crawford Spine Center in honor of Angela Strader and Mallory Hopper's spine surgeon, Alvin Crawford, MD, FACS. Crawford, who joined Cincinnati Children's in 1977, is one of the nation's foremost authorities on video-assisted thoracoscopic surgery and neurofibromatosis. He was instrumental in the development of techniques still used today and has mentored many orthopaedic surgeons worldwide. The naming establishes a permanent recognition of his contribution.

Cincinnati Children's considers Crawford's expertise one of the reasons U.S. News and World Report ranks us the No. 5 hospital in the country for orthopaedic surgery.



WATCH ONLINE Listen to Eric Wall, MD, director of the Division of Orthopaedics, talk about why parents choose Cincinnati Children's. Go to www.cincinnatichildrens.org/orthopaedics-yh.



Alvin Crawford, MD, with his patients.

And Mallory, now a high school senior recovering from last spring's surgery, is considering becoming a nurse, just like her mentor.

"That's another coincidence," Mallory says, "and it just makes me feel like it was meant to be that I went to that spine education class."

Strader considers it a turn of fate.

"When you go through something like that, I think you figure out that either this is something I want to do and help people and share with people, or you figure out it's not for you at all," she says. "I am still close with the woman who was my nurse." 🐱



WATCH ONLINE Listen to Angela Strader and Mallory Hopper talk about their powerful connection and see more pictures at www.cincinnatichildrens.org/mallory-yh.

HOME

Is Where We Are All Together'



Transplant Patient's Wait Is Over

Taylor Brown let out a joyful scream when she found out she was getting a new kidney. She had never been so excited. It meant her journey to a new healthy life would soon be complete.

If you ask the 13-year-old girl from the outskirts of Columbus, Ohio, why she has spent so much time at Cincinnati Children's and away from her family and friends, she'll say it's because she has a tummy ache. But her caregivers say it is because she is a survivor of rare and complex medical issues.

Taylor has had health problems since she was a preemie, born three and a half months early. By the time she turned 7, she started having bowel issues. Within a year, her organs began shutting down. When her liver failed, she had to be listed for multiple organ transplants to replace her small bowel, pancreas, colon and liver. After her multiple organ transplants, her kidneys failed, and her name went on the waiting list for a kidney transplant.

Her family relocated to the Ronald McDonald House of Greater Cincinnati three years ago while they waited for Taylor to recover and to be matched with a new kidney. The Ronald McDonald House is part of a charity that provides a "home away from home" for families of kids receiving medical treatment at Cincinnati Children's who can't afford other accommodations. But families rarely stay as long as Taylor has.

"She is absolutely inspirational."

"She had such complex medical needs that she couldn't go far from Cincinnati Children's," says one of her doctors, Nada Yazigi, MD, a pediatric gastroenterologist at Cincinnati Children's. "These are the patients we need to stay in town for six months, a year or even longer."

Since her kidney transplant in April, Taylor has been on the mend. Yazigi calls her a "bright and zesty character" who has pushed through challenges most adults will never have to face.

"She is absolutely inspirational," Yazigi says, "particularly when she is feeling good."

Taylor is an eighth-grader who loves American Girl dolls and dreams of having her own puppy. And she has been feeling more like her giggly self lately because she is getting better. Staffers have nicknamed her “Speed Racer” because of the way she can get around on her motorized wheelchair. Taylor says her biggest wish is to wheel that chair through her own front door.

“One of these days, we’ll all be back home,” her mom says. “But I always tell Taylor: ‘Home is where we all are together.’” 🐾



WATCH ONLINE as Taylor Brown and her mother tell their story in an audio slideshow at www.cincinnatichildrens.org/Taylor-yh



Beverly Brown and her daughter, Taylor, have found a home away from home here.

Transplant Milestones

- Cincinnati Children’s is a leading transplant center, performing heart, liver, intestine and kidney transplants. We are one of a handful of pediatric centers that perform intestinal transplants.
- The liver transplant program at Cincinnati Children’s recently surpassed its 500th transplant since the program’s inception nearly 25 years ago.
- The kidney transplant program performed the first pediatric kidney transplant in Ohio more than 45 years ago and has performed more than 495 since then.



Are You an Organ Donor?

One misconception about organ donation is that there are many organs available. The truth is, the wait list is longer than the number of organs available.

Nationwide, more than 107,000 adults and kids are waiting for a life-saving transplant. Greater Cincinnati alone has more than 500 people on the local transplant waiting lists, according to LifeCenter, the Cincinnati organization that coordinates organ and tissue donation for the Tri-state. Sadly, each day in the United States, 18 people die waiting for a life-saving transplant.

“Better organ availability would make a big difference in improving our outcomes,” says Nada Yazigi, MD, a pediatric gastroenterologist at Cincinnati Children’s.

Register to be organ and tissue donor when renewing or obtaining your driver’s license or state identification card and talk to your families about your donation wishes.



TO LEARN MORE about becoming an organ and tissue donor and to learn more about LifeCenter, go to www.cincinnatichildrens.org/organ-donation-yh.



Researchers look into timing of puberty.

Timing of Boys' Puberty May Trigger Aggression

Boys who reach puberty earlier or later than their peers may be more at risk for antisocial behavior, according to a study co-authored by Lorah Dorn, PhD, in the Division of Adolescent Medicine at Cincinnati Children's. Research indicates that boys who matured early had abnormally low levels of a stress-produced hormone in their saliva and showed more aggression, rule breaking and disorderly conduct than their peers. Boys who matured late had higher levels of cortisol – a stress hormone – and were more likely to show antisocial behavior.

TO LEARN MORE, visit www.cincinnatichildrens.org/puberty-yh

Secondhand Smoke Hurts Asthmatic Kids' Sleep

Add another finding to the list of reasons why parents shouldn't smoke. A study in the February issue of the *Journal of Pediatrics* indicates secondhand smoke can cause sleep problems for children with asthma. "The consequences of inadequate sleep in children are not trivial," says Kimberly Yolton, PhD, the study's author and a developmental psychologist in the Division of General and Community Pediatrics at Cincinnati Children's. Behavior problems, mental health issues and poor school performance can all be linked to sleep problems, she says.

TO LEARN MORE, visit www.cincinnatichildrens.org/secondhand-yh

Recession Hurting Kids' Access to Healthcare

The 15.3 million Americans unemployed during the economic recession are not its only victims. A report published in the July issue of *Health Affairs* suggests that for every 1,000 jobs lost, 311 privately insured children lose healthcare coverage. This can have a negative effect on their health, says study co-author Gerry Fairbrother, PhD, associate director of the Child Policy Research Center at Cincinnati Children's. Uninsured children are less likely to receive routine medical care, have more emergency room visits and have more unmet medical needs than insured children, Fairbrother says.

TO LEARN MORE, visit www.cincinnatichildrens.org/recession-yh

Footnotes



Gear up for Cincinnati Walks for Kids.

Cincinnati Walks for Kids is Oct. 16

Cincinnati Walks for Kids, the annual fundraising walk benefiting Cincinnati Children's, has raised more than \$2 million for the children and families cared for by the medical center. This year's event, presented by Cincinnati-Northern Kentucky Honda Dealers, is Saturday, Oct. 16 at Coney Island and will feature face-painting, crafts, four classic Coney Island rides and refreshments for the whole family. There is no fee to register. Participants are simply asked to raise at least \$25 by walk day, which can be designated to the hospital program or service you are most passionate about. For more information, visit www.cincinnatichildrens.org/walks-yh.

Cincinnati Children's One of the Best

Cincinnati Children's is one of only eight pediatric hospitals in the United States — and the only hospital in Ohio — to be included in the Honor Roll in *U.S. News and World Report's* 2010 Best Children's Hospitals issue. Cincinnati Children's earned top-10 rankings for all 10 pediatric specialties tracked by the report, and earned top-five rankings in eight of the 10 categories. The magazine ranked hospitals based on three areas: reputation among pediatric specialists, medical outcomes (such as cancer survival), and 43 care-related indicators of quality, such as nurse-patient ratio. To learn more about Cincinnati Children's ranking, visit www.cincinnatichildrens.org/rankings-yh.

Get Connected to Special Needs Resources

Parents of children with special needs often face a constant search for new information, resources and support services. Cincinnati Children's can make it easier with our Special Needs Resource Directory. The directory is a comprehensive collection of resources for the Greater Cincinnati area. Topics cover a wide range of resources, from assistive technology to travel assistance. For more information, visit www.cincinnatichildrens.org/special-needs-yh and click the link to sign up for the online newsletter: Get Connected.

Deepening Ties with Tuzla Hospital

A delegation of officials from Bosnia recently visited Cincinnati Children's to deepen a connection between the hospital and that nation. Richard Azizkhan, MD, surgeon-in-chief at Cincinnati Children's, began working with the University Clinical Center in Tuzla, Bosnia, in the 1990s, after it was "bombed back into the 1930s" during the war that broke up Yugoslavia. The enduring partnership helped rebuild the hospital into a modern, 1,200-bed center that was able to send its own teams abroad in response to the 2005 earthquake in the Pakistan-administered Kashmir region. This year's delegation, which included three top administrators from Tuzla and the deputy ambassador of Bosnia-Herzegovina, toured the radiology and oncology departments at Cincinnati Children's, then signed a five-year memorandum of understanding for continued collaboration.

Our researchers conduct hundreds of studies each year to better understand why people get sick. Learning more about how the body works is part of the process of developing ways to prevent and treat diseases. We want kids and parents to know that you can help by joining a research study. Kids can even get community service credit for participating. Here's what we're recruiting volunteers for now.

Researching Developmental Delays

What: The study compares characteristics and behaviors of children diagnosed with language delays or other developmental delays with those of children with autism spectrum disorders.

Who: Kids from age 2 to 12 who have been diagnosed with a language delay or other developmental delay may be eligible to participate. Children with known genetic syndromes are not eligible.

Pay: Families will receive a \$100 gift card and a brief report of their child's test results.

Contact: Jack Williams at jack.williams@cchmc.org or 513-803-1857.



Healthy Heart Study

What: Researchers are trying to better understand how high-fat meals and exercise affect the heart.

Who: Volunteers ages 8 to 19 who have no major medical problems and consider themselves "about the right weight" or overweight may be eligible.

Pay: Participants will be compensated up to \$300. All study-related food and testing will be provided.

Contact: Crystal McWhorter or another available study coordinator at healthyheart@cchmc.org or 513-636-3904.

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 45229-3039, 513-636-4420.

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Cincinnati Children's is a teaching affiliate of the University of Cincinnati College of Medicine.

www.cincinnatichildrens.org/youngandhealthy

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For the Fridge

Plastic Containers

Making Sense of Chemical Risks

It's been all over the news: Chemicals in some plastic containers can leach into food, exposing children to chemicals that might disrupt hormone levels and affect brain function.

But which plastics contain the chemicals, such as Bisphenol A and phthalates, that cause harm? And how much exposure is too much?

"This is a very complex issue and there currently is no dogmatic answer," says Scott Belcher, PhD, associate professor of pharmacology and cell biophysics at the University of Cincinnati.

Frank Biro, MD, director of the Division of Adolescent Medicine at Cincinnati Children's, says while it is wise to never use plastic wrap or any type of plastic container in the microwave, throwing out all the plastic containers in your house would be overkill.

Bisphenol A (more commonly called BPA) and phthalates are found only in certain types of plastic. The recycling numbers, usually found on the bottom of plastic containers, can guide you toward plastics that are safer for food storage.

WHAT TO KEEP

Look for recycling numbers on the bottom of containers to find out what is safe.

Safer Plastics:

(no BPA or phthalates)

1, 2, 4, 5

WHAT TO PITCH

Avoid these Plastics:

(not all contain BPA or phthalates, but could release harmful chemicals into food or drink)

3, 6, 7

Sources: Cincinnati Children's: Frank Biro, MD and community pediatrician Nick Newman, MD.
University of Cincinnati: Scott Belcher, PhD. Table information courtesy of the Pediatric Environmental Health Specialty Units

Dish it Out

Submit Your Favorite Healthy Recipes



Want to get on board with First Lady Michelle Obama's campaign to fight childhood obesity? At Cincinnati Children's, our health specialists are behind the effort to get kids moving and eating better.

We want kids to send us recipes and drawings of their favorite healthy dishes. Recipes should be simple enough for kids to make, with some parental oversight. We encourage kids to submit artwork along with their recipes. Teachers are welcome to submit entries from their classes. We'll compile a downloadable cookbook for our readers.

Submit entries to: youngandhealthy@cchmc.org or mail to Healthy Recipes for Kids, c/o Marketing & Communications, Cincinnati Children's Hospital Medical Center, MLC 9012, 3333 Burnet Ave., Cincinnati, OH 45229-3039.

Please include your name, age, parents' name, home address, phone number and email address with your entry.

The deadline is Oct. 15, 2010.

Sign up for our e-newsletter at
www.cincinnatichildrens.org/subscribe-yh



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