



BUG BITE OR *bed bug* BITE?

How do you know whether your child has a bug bite or a bed bug bite?



5 times actual size

Bed bug bites often occur in groups of three (or more) and may be more noticeable after sleep. These types of bites are likely to occur around the face, head and neck, because bed bugs are attracted to exhaled carbon dioxide. Some children react strongly to any insect bite, so there may be big red areas. Other kids may show minimal evidence of a bite.

If you think it could be a bed bug bite, it is important to inspect the seams of mattresses, box springs and dust ruffles for darkened areas, which bed bugs leave behind, or the bugs themselves. Mattresses don't need to be discarded. Instead, place a zippered bed bug cover on them for continued use, says community pediatrician Eva Komoroski, MD.

When traveling, you can help prevent bringing the bed bugs home by placing luggage on luggage racks rather than on beds or upholstered chairs, and hanging clothes in closets rather than keeping it in a suitcase on the beds or the floor.

Global travel has definitely played a part in the increase of bed bug infestations. When you return home, leave your luggage in a hot car for 1 to 2 hours, which will kill the bugs and larvae.



EVA KOMOROSKI, MD

Practices at Northside Health Center, a Cincinnati Health Department clinic and is a community pediatrician also affiliated with Cincinnati Children's.

young
and
healthy

A guide to your child's good health

AUTUMN 2012
VOL25 ISSUE3





ASK THE

pediatrician



SARAH SELICKMAN HEIDT, MD

Community pediatrician affiliated with Cincinnati Children's, practices at Pediatric Associates of Mt. Carmel, and president of the Cincinnati Pediatric Society.



advocate

FOR YOUR
CHILD'S HEALTH

**THE FAMILY
RESOURCE
CENTER**

The center helps families, community providers and agencies find health information, community resources and support. Call **513-636-7606** for assistance.

**SPECIAL NEEDS
RESOURCE
DIRECTORY**

Use this directory to find information, resources and advocacy strategies at www.cincinnatichildrens.org/special-needs.

**JOIN SPECIAL
CONNECTIONS**

Our new online community connects with others parenting a child with special healthcare needs: www.cincinnatichildrens.inspire.com.

Q

My daughter has had a hard time falling asleep and maintaining a good sleep schedule this school year. What can I do?



“Every child is unique, and sleep needs can vary among children.”

SARAH SELICKMAN HEIDT, MD

CONCUSSION *injuries*

I keep hearing about kids getting concussion injuries. What do I need to know about concussions?



■ **SYMPTOMS**

Common ones include headaches, confusion, memory difficulties, dizziness, nausea, vomiting, irritability and vision problems.

■ **WHAT TO DO**

If you think your child has a concussion, follow the rule of thumb: “When in doubt, sit them out” from activities and sports. Children should never return to play on the same day the injury occurred.

Treatment involves monitoring and rest. In these initial days after injury, children commonly require more sleep than usual.

If your child's symptoms severely worsen (such as severe headaches, increasing con-



GET THE FACTS

A concussion is a head injury that causes a temporary loss of brain function. It can occur without blacking out or losing consciousness.

fusion and repeated episodes of vomiting) in the hours following the injury, go to the emergency department for evaluation.

■ **RETURN TO SPORTS**

It is safe to gradually return to sports when symptoms go away, your child is acting back to normal and you have a qualified health care provider monitoring your child's activity.



JOIN A || RESEARCH STUDY

Join a research study to help our scientists make discoveries that could lead to better treatments and even cures for childhood illnesses and diseases.

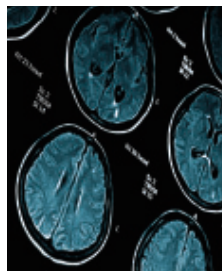
Sleep problems are common throughout childhood, but we tend to notice them more at transitions such as back-to-school time. For many children, it's hard to adjust after a summer of late nights and sleeping in. Kids are also facing a change in daytime routine, and they may be anxious about the new school year.

Sleep needs vary among children. A good goal is 10 to 11 hours per night for grade-school children and 8 to 9 hours for teenagers. If your child is having trouble sleeping, here are some simple things you can do.

- **Keep sleep rituals consistent throughout the week.** It's important that bedtime and waking time are similar on weekdays and over the weekend. If your child spends time in different households, discuss this with other caretakers.
- **Good sleep habits start early in the day.** Make sure your child eats nutritious foods and has a balanced diet. Avoid sodas and coffee drinks. Encourage at least an hour of exercise (such as riding a bike) each day. Ask about and discuss any problems at school. Limit computer and TV time and exposure to violent shows and video games.
- **Establish a ritual of quiet, soothing activities an hour before bedtime.** Turn the TV off and keep lights and noises low. This is a good time for a warm bath or shower or reading before bed.
- **Make sure your child's bedroom is an optimal environment for sleep.** It should be cool and dark. Take out any distractions. No TVs! With older children, agree on a time to stop using cell phones and texting.

If you've done all these things and you're still having trouble, make an appointment with your child's doctor. That way you can find out if there is an underlying medical problem, such as depression or anxiety, and if any medication or a workup may be necessary.

MRI STUDY



What: This study will compare the MRI (magnetic resonance imaging) brain images of healthy children with those of children with a specific medical condition. There is no radiation associated with the MRIs.

Who: Healthy children up to 3 years old may be eligible to participate.

Pay: Families will receive up to \$150 for time and travel.

Details: Contact Sarah Simpson at sarah.simpson@cchmc.org or 513-803-0135.

MOTION ANALYSIS



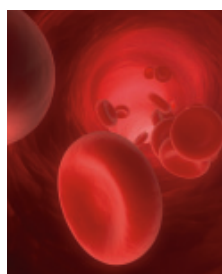
What: Researchers will collect data from healthy children about how they perform everyday motions such as sitting, standing, walking and running.

Who: Healthy children ages 4 to 17 may be eligible to participate.

Pay: Families will receive a \$25 Target gift card for this one-visit study.

Details: Contact Cailee Caldwell at cailee.caldwell@cchmc.org or 513-803-2166.

SAMPLE TESTING



What: This project will ensure researchers have access to samples (such as blood and tissue) they need to find new ways to identify, treat and prevent childhood diseases and conditions.

Who: Parents of patients who have had samples collected during an appointment can choose to donate their child's "leftover" samples. No additional samples will be taken for this project, and donors will remain anonymous.

Details: Contact betteroutcomesforchildren@cchmc.org or call 513-636-6895.



BRAD KUROWSKI, MD, MS

Director of the Outpatient Head Injury Clinic in the Comprehensive Children's Injury Center in the Division of Physical Medicine and Rehabilitation at Cincinnati Children's

READ MORE about how Cincinnati Children's treats concussions. **See Page 6.**



ABOUT THIS ISSUE

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online

ZOEY'S STORY

Zoey Briesacher's story is one of about 100 audio slideshows posted in our Tell Me a Story series. The storytelling project records families talking, in their own words, about how Cincinnati Children's has touched their lives. Go to www.cincinnatichildrens.org/story to find out what Cincinnati Children's has meant to Zoey's family and why butterflies are so special.

FETAL CARE

The Fetal Care Center of Cincinnati offers expert care for families facing high-risk pregnancies. The team includes specialists from Cincinnati Children's, Good Samaritan and University Hospital. Learn more at www.cincinnatichildrens.org/fetal or call 1-888-FETAL59.

LEARN MORE

Kelly Briesacher learned while she was pregnant that her babies had twin-to-twin transfusion syndrome, a rare condition that happens when identical twins share a single placenta and one twin receives more blood and nutrients than the other. Read about other families' experiences at www.fetalcarecenter.org/ttts-triplets



■ ZOEY BRIESACHER

Twin-to-twin transfusion syndrome
Required fetal surgery

OF LOSS, *life* AND LOVE

Molly and Zoey Briesacher were to be the first grandchildren on both sides of the family.

The doctor labeled them right there on the ultrasound pictures: "The first grandbaby," she wrote on one picture. "The second grandbaby," she wrote on another. That was the way Kelly and Andrew Briesacher told their parents they were expecting. It brought everyone a lot of joy.

But there were worries, as well.

"We were told that having identical twins comes with a set of risks," Kelly says, "including something called twin-to-twin transfusion syndrome."

The rare condition can happen when identical twins share a placenta and one gets more blood and nutrients than the other. The doctor said she would keep a close watch as the pregnancy progressed.

By week 19, an ultrasound showed that one twin measured much smaller than the other. And neither the ultrasound technicians nor the doctors could find the smaller twin's bladder.

The Briesachers' doctors in St. Louis referred them to The Fetal Care Center of Cincinnati. The Briesachers threw their clothes in a suitcase and took off for the scariest trip of their lives.

They arrived in Cincinnati for a whirlwind of tests and meetings with doctors and social workers on the Fetal Care team. The team told the Briesachers that one twin, Molly, was already showing evidence of brain injury from the disease. Her heart was already slowing because of the small fraction she had of the shared placenta. But there was a chance of saving Zoey, the other twin, if surgeons acted quickly.

The Briesachers were at once hopeful, excited, sad and angry. When the surgery was over, only one twin would survive in the womb.

A nurse suggested that the Briesachers visit Cincinnati's Krohn Conservatory to get a break from the hospital. When they walked into the butterfly exhibit, Kelly felt a strong connection with the daughter she lost.

"I thought, 'Every time I see a butterfly from here on out, I'm going to think of my precious baby Molly.'"

Zoey Elizabeth Briesacher was born on Aug. 30, 2011, weighing in at 3 pounds, 10 ounces. Her parents credit doctors at Cincinnati Children's for saving her life. At 1 year old, she is reaching every milestone.

When the time comes, Kelly will tell Zoey the story of her sister — and the butterflies.

"We'll never forget the day we found out that we were having twins. We'll never forget the day we were told that we weren't."

KELLY BRIESACHER, ZOEY'S MOTHER





■ JACOB SOUDERS
*Patient in therapeutic
recreation program*

 **online**

JACOB'S STORY

The simple task of brushing a horse helped 12-year-old Jacob Sounders learn to calm down and deal with problems that had bothered him for years. Watch his story at www.cincinnatichildrens.org/story.

THERAPEUTIC RECREATION

Cincinnati Children's College Hill campus offers help for kids with chronic mental health problems. Therapeutic recreation offers several programs ranging from equine therapy to horticulture or community service. To find out more, go to www.cincinnatichildrens.org/therapeutic-rec.

LEARN MORE

Nearly 20 percent of children in the United States are believed to have a diagnosable mental illness in any given year. As the one of the few residential treatment facilities in Ohio for children and teens, we're here to help those kids learn how to live healthy and productive lives. For more information, call **513-636-4124** or email psychiatryresponse@cchmc.org.

HORSES *spur* HEALING

Last school year, Jacob Sounders was a 12-year-old sixth-grader whose mother didn't know how to keep him under control.

He was always getting in trouble, acting out and trying to beat people up. He was diagnosed with a mental health disorder and needed behavioral help.

Jacob entered the residential program offered by Cincinnati Children's Division of Child and Adolescent Psychiatry, where a recreational therapy program has helped turn him around.

Actually, a horse named Sky deserves part of the credit.

Brushing Sky, cleaning her hooves and learning to walk and ride her taught Jacob a little about horses and a lot about himself.

He says the time he spent with Sky helped him figure out that he had been acting out because his dad abandoned the family when he was just a baby. He says his therapists — and the horse — taught him how to manage his emotions.

"When I get to brush her, it helps me calm down," he says. "I'm a lot more patient. I'm a lot less angry."

Cincinnati Children's offers the equine program to help improve self-esteem for kids ages 8 to 18 who have a mental health diagnosis and are in residential treatment at the College Hill campus. Therapeutic programs range from horticulture to cooking classes. In the equine program, a handful of kids travel to a



local farm twice a week for six weeks to bond with the horses.

"Our goal is never about riding," says Kristi Burger, Jacob's recreation therapist. "It's about the relationship and learning about themselves and the struggles that they're having and the reasons that they're in treatment in the first place."

Especially for kids who don't have a healthy relationship with anyone in their lives, bonding comes naturally with a horse, she says.

"Horses are good mirrors for behaviors or emotions," Burger says. "And kids can't really fake what they're feeling around a horse. It's a good opportunity for them to be real with themselves."



*"Horses are good mirrors
for behaviors or emotions.
And kids can't really fake
what they're feeling around
a horse."*

KRISTI BURGER, RECREATIONAL
THERAPIST AT CINCINNATI CHILDREN'S
COLLEGE HILL CAMPUS



SPORTS

What's sidelining young athletes?

medicine

STAY IN THE *game*

Most of the injuries that sideline young athletes are preventable, says Teri McCambridge, MD, director of the Division of Sports Medicine at Cincinnati Children's. Her team works closely with families to make sure kids are healthy and can get back to activities they enjoy.



TERI MCCAMBRIDGE, MD

Director of the Division of Sports Medicine
at Cincinnati Children's

WHY CHOOSE
CINCINNATI
CHILDREN'S?

"We have doctors, nurses and physical therapists who only treat children. We understand children are not just small adults. We have child-friendly waiting rooms, specialized pediatric equipment and top-notch doctors and researchers who will make sure your child gets specialized care."

3THINGS

YOU MUST KNOW
GOING INTO FALL SPORTS
TO KEEP PLAYING
your best



■ PACE YOURSELF ■

To prevent overuse injuries in running, start with a solid base of miles. Increase your mileage by no more than 10 percent a week, and replace your running shoes at least every 500 miles.



■ SEEK CARE FOR A CONCUSSION ■

A concussion is an alteration in mental function after a traumatic event. It does not require an athlete to "black out." If your child has an obvious head injury and seems different than normal, do not allow your child to return to play until a medical professional gives an evaluation.



■ STAY HYDRATED ■

Dehydration can cause serious life-threatening complications. Encourage your child to drink fluids before, during and after practice. To gauge hydration, check urine color (dark urine is a sign of dehydration) or pre- and post- workout weights. Encourage your child to drink 16 ounces (480 ml) for every pound lost.

INJURED runners

The Runner's Clinic at Cincinnati Children's offers a complete runner-specific biomechanical exam that can help diagnose and correct issues that contribute to pain. Runners receive a video analysis of their running form and a treatment plan specific to their needs.



CONCUSSION care

>> During the peak season of fall football and soccer, the Head Injury Clinic at Cincinnati Children's treats 150 to 200 patients. Most athletes just want to get back in the game. The goal is to get them there safely, says Jason Hugentobler, a physical therapist who specializes in concussion rehabilitation. The Sports Medicine team does a physical exam, neurocognitive testing to measure brain injury, symptom scales, balance and posture assessments and specific exercises to help kids recover. "We don't want to send a child back to sport prematurely and risk further injury," Hugentobler says. "It's important to get it managed early on, because if you allow it to persist, symptoms can linger."

FIND OUT MORE about concussions from a pediatrician who specializes in head injuries. See Page 2. Or call the Head Injury Clinic at 513-803-HEAD (4323).

<< KELCEY CLINEBELL

Sports Medicine patient

Kelcey Clinebell, 19, was a high-school track and cross-country athlete who came to Cincinnati Children's for hip pain. "It started out as pain I realized I just couldn't run through," she says. The team at Cincinnati Children's helped her get back on track through surgery, core strengthening, jumping exercises and slow-motion video analysis of her running form.



"We take a holistic approach and try to look at every factor that can contribute to an injury. We address each of those

factors to take someone back not just to the level they were before but to enhance their performance even to a higher level."

JEFF TAYLOR-HAAS, PHYSICAL THERAPIST



online

INJURY PREVENTION

Learn more ways to avoid running injuries by watching tips in our running video series at www.cincinnatichildrens.org/running-tips.



SPORTS INJURY hotline

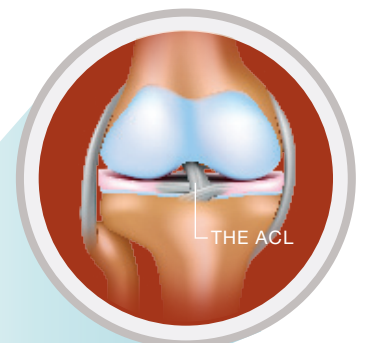
Our Sports Medicine team offers an injury hotline during weekday business hours at 513-803-HURT (4878) for easy scheduling for new patients. For general questions, call 513-636-4366 or email sportsmed@cchmc.org.

WEAK IN THE knees?

<< So many girls have been coming to Cincinnati Children's with severe knee injuries that preventing ACL injuries has become a common theme in athletic training. Jump training is one way therapists at Cincinnati Children's help athletes learn to reduce the risk. Neuromuscular training — or learning to land properly — can reduce ACL injuries.

WHAT IS THE ACL?

An Anterior Cruciate Ligament (ACL) tear happens because of a sudden, abrupt change in force to the knee. Girls have a higher risk of ACL injury because of a combination of factors, including the fact that the inward-facing angle from their pelvis to knee puts more stress on the joint.





>> *Deck OUR Halls*

AND HAVE A CHANCE TO WIN BENGALS TICKETS

Whether you have seen the construction going on at our main campus or at our neighborhood location in Green Township, it is easy to see the ways Cincinnati Children's is growing.

We want the inside of our buildings to reflect what's going on in the neighborhoods we serve. So we are asking kids to submit artwork meant to inspire people who walk down our hallways.

We are asking kids to draw pictures of their neighborhoods. Winners could receive a family four-pack of tickets to a Cincinnati Bengals game. We will be framing selected entries and hanging them up at the medical center and our neighborhood locations.

HOW TO ENTER

Send your child's artwork to: Young and Healthy, Marketing & Communications, Cincinnati Children's Hospital Medical Center, MLC 9012, 3333 Burnet Ave., Cincinnati, OH 45229. Or email it to youngandhealthy@cchmc.org. Please include your child's name, age, community, school, grade and contact information. **DEADLINE: OCTOBER 24, 2012**



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inside
THIS ISSUE



EQUINE THERAPY

Horses spur healing for kids dealing with chronic mental health problems.



INJURY PREVENTION

Sports medicine focuses on making sure kids are healthy and can get back to activities they enjoy.

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cover story A family shares how small miracles helped provide healing, hope and special connections.