

under the Rainbow

Fall 2019

For every question, every kid, there's only one Rainbow.

LIVING HER BEST LIFE

UH Rainbow's Adult Cystic Fibrosis
Program helps Jennifer thrive.

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University Hospitals



Rainbow Babies & Children's



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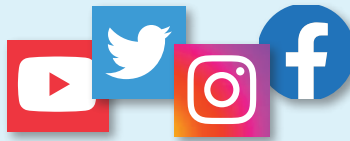


Under the Rainbow is published by UH Rainbow Babies & Children's Hospital. Articles in this publication are written by professional journalists or physicians who strive to present reliable, up-to-date information. But no publication can replace the care and advice of medical professionals, and readers are cautioned to seek such help for personal problems. (FA19)



Ranked one of America's Best Children's Hospitals in seven pediatric specialties by U.S. News & World Report, including neonatology, orthopedics, pulmonology, diabetes and cancer.

Learn more at UHRainbow.org/USNews.



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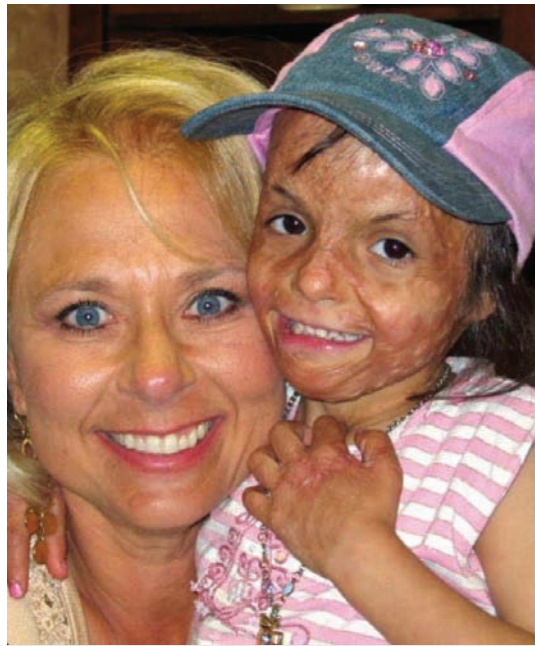


STORIES FROM OUR FACEBOOK COMMUNITY **A brave face**

When Barbara Marlowe saw a Plain Dealer article about Teeba, an Iraqi child who sustained severe burns to her head, face and hands when a taxi she was riding in was struck by an IED, she sprung into action.

One year and hundreds of phone calls and emails later, Barbara was able to bring Teeba to the U.S. to receive treatment at UH Rainbow Babies & Children's Hospital. Through more than 19 surgeries to support tissue expansion, Teeba has been able to grow her own skin to replace the burned skin on her face.

To read more, visit <http://bit.ly/TeebaStory>.



Would you like to receive Under the Rainbow via email?

Go to UHRainbow.org/UTR to fill out the request form and you will be added to our list to receive the digital version of our popular children's newsletter, which will arrive on a quarterly basis direct to your inbox.

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Follow us on Instagram @[uhrainbow](https://www.instagram.com/uhrainbow) where we share the faces and stories of our inspirational patients and dedicated caregivers. #ThisIsRainbow

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Download the UH Now app (available for iPhone and Android) for easy access to finding a doctor, scheduling appointments and viewing your personal health record.

BY THE NUMBERS:
YOUR CHILD'S
digital
life

These days, screens are everywhere – from smartphones to tablets and from laptops to televisions. It's hard for parents to know how much screen time is OK for their children. Test your knowledge of guidelines from the American Academy of Pediatrics (AAP) on children's media use.

18 to 24 months	5 years
18 months	2 to 5 years

- 1 According to the AAP, children age ____ and older should have consistent limits for their use of digital media. Parents should supervise the types of media kids use. It's important that screen time does not interfere with children getting adequate sleep and physical activity.
- 2 Parents of children younger than ____ are encouraged to avoid allowing their kids to use screen media, except video chatting.
- 3 Children ages ____ should not have more than one hour of screen use per day. They should only watch high-quality programs, and they should watch them with their parents.
- 4 The AAP recommends that parents of children ages ____ who want to introduce screen time should find high-quality programming and watch it alongside their child to help them understand what they are watching.

Answers:

1. 5 years
2. 18 months
3. 2 to 5 years
4. 18 to 24 months



A safety checklist for kids' backpacks

Carrying heavy backpacks or wearing them incorrectly can lead to posture problems and back, shoulder, and neck pain. Here's how to lighten your kids' loads:

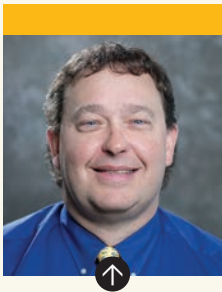
- ✓ **Pack it smart.** Experts advise not letting children carry more than 10 to 20 percent of their body weight in their backpacks. Put the heaviest items closest to the center of your child's back.
- ✓ **Buy a backpack with a waist strap** and make sure your child uses it for heavy loads.
- ✓ **Tell your kids to bend with both knees** – rather than bending at the waist – when picking up or wearing a heavy pack.
- ✓ **Make sure the straps of the backpack are wide** and padded for comfort.
- ✓ **Tell your kids it's important to use both shoulder straps.** Wearing a backpack only on one shoulder could increase curvature of the spine and strain muscles.

We've been honored once again as an annual Best Children's Hospital!

University Hospitals Rainbow Babies & Children's Hospital once again earned high recognition in U.S. News & World Report's Best Children's Hospitals annual rankings. UH Rainbow is ranked No. 7 in neonatology, and among the nation's 25 best children's hospitals in orthopedics, cancer, diabetes and endocrinology, pulmonology and urology.



5 tips for a healthy school year



MEET OUR DOC
ANDREW GARNER,
MD, PHD, FAAP
General Pediatrician,
UH Rainbow Partners
in Pediatrics
Clinical Professor, Case
Western Reserve University
School of Medicine

As your family adjusts to back-to-school schedules, what should be on your back-to-school health checklist?

Andrew Garner, MD, PhD, FAAP, a general pediatrician with UH Rainbow Partners in Pediatrics, suggests making time for these important health activities during the fall back-to-school season.



See the doc

Make sure a yearly checkup with the pediatrician is on the calendar to monitor and address your child's overall health and development. If your kid plans to participate in sports, you can likely get any required release forms signed at the same time. And don't forget about dental health. It's recommended that kids get a dental checkup every six months to help prevent cavities.



Get vaccines and a flu shot

"At a well-child visit, your pediatrician should check that your child is up to date on all required childhood immunizations," says Dr. Garner. "If they have missed any, it's important to play catch-up to avoid illness. This includes getting a yearly flu vaccine. School-age children have some of the highest rates of flu. Getting the flu shot is the best way to help your young one keep clear of the illness."



Plan power meals

Start the day with a healthy breakfast, which is proven to help kids concentrate, do better in school and have more energy.

And when packing lunches, aim for something nutritious and fun. Think healthy, kid-friendly pizza made with whole-grain crust and loaded with veggies.



Set a schedule

Getting enough sleep is vital to your child's ability to focus and learn. Remove devices from bedrooms to promote healthy sleep habits. And set a consistent bedtime before the school year starts to make sure you're in a routine before the first day. Dr. Garner says, "Younger kids should get about 10 to 12 hours a night while adolescents (ages 13 to 18) should get at least eight to 10 hours."

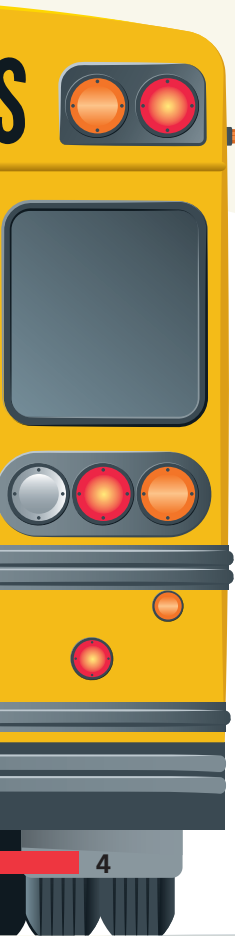


Address their stress ... without screens

School pressures and academic expectations can take a mental toll. Encourage your child to manage stress with healthy distractions, like exercise. Experts report that exercise can reduce tension, elevate mood, improve sleep and boost self-esteem. For kids that might dislike competition, try other distractions that build skills – like drawing, reading, making music, cooking and solving puzzles – and minimize screen time. •

» Need a pediatrician?

To schedule an appointment today with a UH Rainbow pediatrician, visit UHRainbow.org/Pediatrics.



Why you should **SKIP** COLD MEDICINE for kids



Cough. Sniffle. Sneeze. If you have young kids, this is likely the symphony you'll hear throughout the season. Fact is, children catch as many as six to eight colds per year. But before you reach for the cold medicines, consider this: There's no evidence that they actually help kids younger than age 6, and there are potential risks.

Cold medicines have risks and no clear benefit

For a study published in the BMJ, researchers reviewed previous studies that looked at the effectiveness of different cold remedies. What they found was that over-the-counter cold medicines, such as decongestants and products containing antihistamines, don't actually improve symptoms. What's more, they carry potential side effects, such as drowsiness and upset stomach, as well as more serious ones, like rapid heart rate, convulsions and even death.

What you can do

So what's a parent with a coughing kid to do? For starters, know that cold symptoms typically clear up within seven to 10 days. In the study, researchers found that saline nose drops and vapor rub are safe and can help with congestion (though the rub can cause a rash). Neha Sheth, MD, with UH Rainbow Northeast Pediatrics, says, "For babies and young children, bulb suction used along with saline nose drops can help clear mucus. A cool mist humidifier or vaporizer placed in a child's room may also provide comfort."

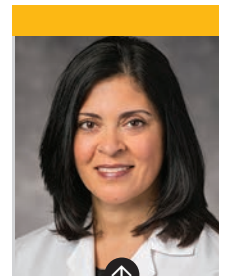
Dr. Sheth adds, "For children older than age 1, natural remedies, such as honey, are soothing and help with a cough. If a medicine

such as acetaminophen or ibuprofen is needed to treat your child's fever, be sure to give it at appropriate intervals and check to see whether the fever is coming down on its own before redosing a medication. Most children won't need to see a health care provider unless their symptoms become serious."

Dr. Sheth advises to contact your pediatrician if your child:

- Has trouble breathing
- Complains of ear pain
- Is sleeping much more than usual
- Has a cough that doesn't improve after one week
- Has a fever lasting more than three days

Dr. Sheth adds, "Remember that colds are caused by viruses, so antibiotics are not an effective method of treatment as they only fight bacterial infections. Plus, taking antibiotics for a cold may make it harder for your child to fight bacterial infections in the future." •



MEET OUR DOC

NEHA SHETH, MD

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» Have questions? Our health library has answers!

Browse our online symptom checker or view vaccine guidelines and milestones for all ages. Visit UHRainbow.org/HealthInformation.



MORE REASONS TO MAKE TIME FOR **well-child visits**

You know it's important to take your kids to well-child visits to keep them updated on immunizations, but those are far from the only benefits. There's plenty more to learn, plus a chance to ask about what's on your mind.



Ages 0 to 11 months

A **checkup on developmental milestones:**

When should your little one make cooing sounds, recognize faces, sit without support and understand the word "no"? Your baby's doctor can pinpoint any problems early and suggest strategies to help.



+ PLUS, GET ADVICE ON: How to help your baby sleep through the night



Ages 1 to 4

A checkup on social skills: Identify any social issues, such as trouble with following directions or sharing with others, as your child gets ready for school. Developmental screenings can also discover potential learning disabilities.

+ PLUS, GET ADVICE ON: Toilet training best practices for toddlers

Ages 5 to 10

A checkup on safety: Young students can practice reciting their address, phone number and full names of their parents in case of an emergency to a trusted adult at a well-child visit. The doctor can also address using helmets, crossing the street and wearing sunscreen.

+ PLUS, GET ADVICE ON: How to encourage healthy eating and exercise



Ages 11 to 14

A checkup on serious issues: This is a time of changing bodies and fluctuating hormones, so young teens may be at risk for things like depression and eating disorders. A doctor can distinguish moodiness from something more serious.

+ PLUS, GET ADVICE ON: Anything puberty-related



Ages 15 to 17

A checkup on self-sufficiency: Encourage your children to develop their own relationship with their doctor – they should be able to ask questions they might feel uncomfortable asking you. Try having them schedule the appointment themselves.

+ PLUS, GET ADVICE ON: Handling discussions about sex, drugs, alcohol and cigarettes

Streamline your medical care with MyUHCare. Access your medical records, communicate with your physician and request appointments all in one place. Learn more at UHhospitals.org/myuhcare.

Kids and **INDEPENDENCE:** When to send them out into the world



Giving kids a little independence is a wise move – it teaches them important lifelong skills and instills confidence.

You might want to try giving your child a taste of independence while instilling the knowledge they need to stay safe. Here are some tips from Eva Johnson, MD, Medical Director of the Rainbow Pediatric Practice at UH Rainbow Center for Women & Children, for common situations your child may embark upon.

Walking/biking to school

Young children often aren't careful around traffic and are more likely to dart into the street without thinking about what could happen. For those reasons, most kids aren't ready to walk to school alone until they're generally around age 10. When considering having children pedal to school, make sure they are comfortable on a bike and always wear a helmet. According to Dr. Johnson, kids should understand the following:

- What traffic signals and signs mean
- How to pay attention to cars with drivers who might not be able to see them
- How to say no if a stranger offers them a ride
- Why it's a bad idea to use a cellphone while walking/biking
- The best and safest route to take
- Why it's smart to wear clothing or accessories that can be easily seen

Taking public transportation

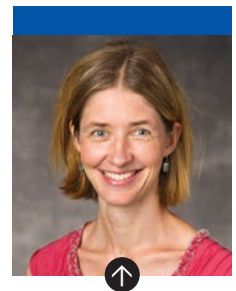
Public transportation can be a handy way to get around, but there are some differences between riding a school bus and a public bus. For starters, school buses are filled with other kids, while public buses have people of all ages. A school bus will wait to make sure all children cross the road before leaving a bus stop; a public bus will not. To take a subway or train, children need to know which side of the platform to stand on and that they shouldn't play on the platform. All of this requires being alert, being aware of the surroundings and being comfortable around strangers. Kids should know how to contact the police and train operators/bus drivers in case they need help.

Ready for more responsibility?

“In general, assess your child's readiness for other independent activities by considering their ability to pay attention, follow rules, make good decisions and feel comfortable alone,” advises Dr. Johnson. “Just remember that what's right for a peer may not be right for your son or daughter. You know your child best. Together, you can figure out when it's time to venture out into the world with added responsibilities.” •

» Pediatric expertise

Need to find a pediatrician that your child will love? Visit UHRainbow.org/Pediatrics to find a pediatric provider in your neighborhood.



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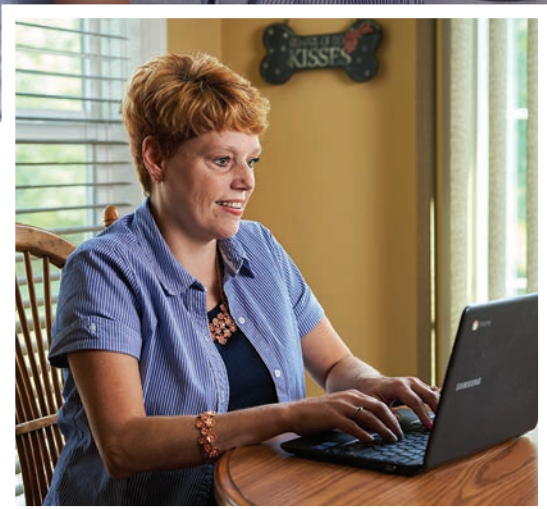
EVA JOHNSON, MD
*Medical Director, Rainbow Pediatric Practice
UH Rainbow Center for Women & Children
Assistant Professor, Case Western Reserve University School of Medicine*

Living her *best life*



UH Rainbow's Adult Cystic Fibrosis (CF) Program offers innovative treatments to patients like Jennifer to support longer, fuller lives.

Fifty years ago, children diagnosed with cystic fibrosis (CF) had little hope of living long enough to become an adult. But amazing advances in research and treatment for the disease have dramatically changed that outlook. And UH Rainbow Babies & Children's Hospital has played an integral role in those advances for decades. Now, children born with CF can live well into adulthood. Jennifer Wuersig is a shining example.



Jennifer pictured with her husband, Bob, 17-year-old daughter, Meghan, and 14-year-old son, Jacob

At 9 weeks old, Jennifer was diagnosed with CF. Her parents were told she would not live to age 12. But now 47, Jennifer is thriving thanks to world-class, specialized care at UH Rainbow Babies & Children’s Hospital’s Adult Cystic Fibrosis Program.

“My clinical team at UH Rainbow offers a one-stop shopping approach to care for all my needs,” explains Jennifer, “from ensuring I’m taking the right vitamins and meeting my exercise performance targets to managing my medications and addressing my other health issues. They are my lifeline.”

INDUSTRY LEADER

Kimberly McBennett, MD, PhD, Director of the Adult Cystic Fibrosis Program at UH Rainbow Babies & Children’s Hospital, explains that UH Rainbow has been a leader in CF research and treatment for the past 60 years. “As one of the first accredited CF centers in the country, we introduced multidisciplinary care for CF patients and have been involved in clinical trials that have led to major advancements in this disease, allowing patients to live longer lives,” says Dr. McBennett. “Today, more adults are living with CF than children. The Adult Cystic Fibrosis Program was created approximately 15 years ago to care for this growing population.”

MULTIDISCIPLINARY TREATMENT

CF is a progressive disease for which there is no cure. People born with CF lack a needed protein that allows mucus to thin. As a result, sticky mucus clogs the lungs and other organs, leading to inflammation, infection and other problems. The disease requires ongoing treatment and care to prevent complications and keep individuals feeling well.

Through UH Rainbow Babies & Children’s Hospital’s Adult Cystic Fibrosis Program, adults with CF are mostly cared for by the same CF Center team as children with the disease, providing continuity of care and expertise. The program’s multidisciplinary team of CF specialists includes respiratory therapists, dietitians, pharmacists, nurses, social workers, physical therapists and others. The patient’s physicians only change from pediatric- to adult-trained specialists when he or she transitions to the adult program.

“Continuity of care is so important. Patients who begin care here as a baby often

see the same specialists throughout their life,” says Dr. McBennett. “We are able to focus on the whole health of these individuals – not just their CF.”

CF patients also have the opportunity to participate in the program’s clinical trial opportunities, offering access to innovative treatments. At any given time, the program is involved in 20 to 25 active clinical research studies. And if patients require hospitalization, the hospital offers them a dedicated, adult inpatient unit.

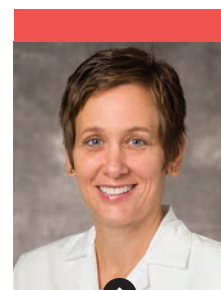
A FULL LIFE

A longtime patient of Dr. McBennett, Jennifer has never let CF hold her back. Growing up, Jennifer was involved in soccer and basketball and participated in the marching band. After high school, she went on to graduate college. She married her husband, Bob, and had two children despite being told it wasn’t possible. She currently volunteers as the communications manager for a local ministry, writes a blog detailing her faith journey as she overcomes the challenges of CF, maintains her children’s busy high school schedules and recently celebrated 21 years of marriage.

“In my lifetime, I’ve experienced the evolution of life-changing medications and therapies for CF. They are no longer focused on keeping me alive, but improving my quality of life,” explains Jennifer. “For the most part, I’ve been blessed to lead a normal life despite my CF.”

With the help of her clinical team, Jennifer successfully manages her CF, participating in several hours of self-care therapies daily, such as wearing an airway clearance vest and inhaling needed medications. Every few months, she visits the KC and Ginny Bryan White Pulmonary Diagnostic Center at UH Rainbow for lung function testing, blood work and consultation with her CF team to ensure her treatment program is on track. Periodically, she requires hospitalization to receive IV antibiotics and aggressive airway clearance to keep her healthy.

“Dr. McBennett and all my team members are absolutely phenomenal. They understand what I’m going through and help me live my best life,” says Jennifer. “When I was younger, there was no such thing as an Adult CF Clinic. Children didn’t live that long. I’m so thankful to have benefited from such proactive care.” •

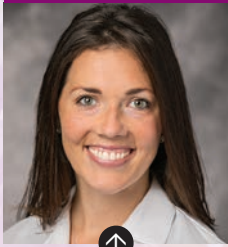


MEET OUR DOC KIMBERLY MCBENNETT, MD, PHD, FACP

Director, Leroy W. Matthews Cystic Fibrosis Center at UH Rainbow Babies & Children’s Hospital
Director, Adult Cystic Fibrosis Program
Assistant Professor, Case Western Reserve University School of Medicine



» Specialized services for cystic fibrosis
If you or someone you love has been diagnosed with cystic fibrosis, our pulmonary team can provide the expert care needed, from birth to adulthood. Learn more at UHRainbow.org/CF.



MEET OUR DOC
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 Women's Hospital
 Clinical Assistant Professor,
 Case Western Reserve
 University School of Medicine

What to expect in each trimester

For many women, a typical pregnancy lasts 40 weeks – starting from the first day of your last normal period. Even though 40 weeks may not seem like a lot of time, women experience a number of pregnancy symptoms along the way. Pregnancy is grouped into three trimesters as your baby grows.

Learn more about what to expect during pregnancy by matching the symptom to the trimester. “Keep in mind, though, every woman is different and so is each pregnancy,” says Clodagh Mullen, MD, an OB/GYN with UH MacDonald Women’s Hospital.

Match the pregnancy symptom to the correct trimester. Answers are below ... *no peeking!*

PREGNANCY SYMPTOM

Contractions
 Morning sickness
 Spotting
 Acid reflux
 Numb or tingling hands
 Trouble sleeping
 Extreme tiredness

TRIMESTER

First
 Second
 Third

Your trusted partner in pregnancy

Want to stay informed about important milestones during pregnancy? Sign up for our free, weekly parenting newsletter at UHhospitals.org/GrowKids or text UHHS to **617-580-3050**.

ANSWERS



FIRST TRIMESTER:

Morning sickness: Some women may experience an upset stomach with or without vomiting.

Extreme tiredness: “As your body begins to change, it’s important to make changes to your routine, such as eating frequent small meals, staying hydrated and getting enough quality sleep,” adds Dr. Mullen.

Spotting: Check in with your physician if you experience any kind of bleeding.



SECOND TRIMESTER:

Acid reflux: This can become an increasing concern as the pregnancy goes on. There are safe medications that your doctor can give you for relief.

Numb or tingling hands: Women may experience this symptom midway through their pregnancy as the baby continues to grow.



THIRD TRIMESTER:

Contractions: Many women experience real or false labor pains. If the contractions are becoming increasingly more painful, you should see your provider.

Trouble sleeping: “The baby is getting bigger and putting more pressure on your bladder, which may interfere with your ability to sleep well. Pregnancy pillows can sometimes help in this area,” says Dr. Mullen.

Most U.S. babies are starting solid foods too early

The American Academy of Pediatrics recommends introducing babies to solid foods no earlier than 4 months of age. Some babies may not be ready until closer to 6 months. Studies support that introduction of solid foods prior to 4 months of age may increase risks for the development of childhood obesity.

Changing guidelines may confuse parents about when to start

Guidelines for introducing solids have varied and can be confusing. In the 1950s, for example, parents were told to start solids at 3 months of age. Even today, based on allergy studies, some experts recommend introducing peanut-containing foods as early as 4 to 6 months to infants at high risk for allergies to reduce their chances of developing peanut allergies.

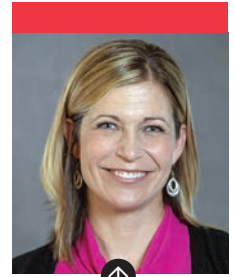
Watch for signs that your baby is ready for solids

“Talk with your pediatrician about when to introduce your baby to solid foods, as well as the types of foods to introduce and the amounts,” says Marin Waynar, MD, a pediatrician with UH Rainbow Sandusky Pediatricians. According to Dr. Waynar, your baby may be ready if they show the following signs:

- Good head control, pushing up to their chest or elbows and rolling well
- Interest in foods, such as watching you eat or reaching for your food
- Using oral exploration of their hands or toys
- Ability to move food from a spoon to their throat – if food dribbles out of your baby’s mouth, they may not be ready to swallow it yet •

» Go online for more infant feeding tips

For tips on how to safely start feeding your baby solid foods, visit UHRainbow.org/InfantFeeding.



MEET OUR DOC
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Adults ages 18 and older can create an account from the UH Now app, or by going to **UHhospitals.FollowMyHealth.com** from a computer, smartphone or tablet and selecting the "I Need to Sign Up" button.

To learn how to access health records for your child younger than age 18, visit **UHhospitals.org/ParentGuardianAccess**.

Healthy@UH

Health news and advice
to help you live your best.

Our Healthy@UH Blog features news and advice to help keep your family healthy and happy. Visit **UHhospitals.org/Healthy-at-UH**.

A guide for your

child's first years

Our **FREE** weekly emails make it easy to stay informed about important milestones during pregnancy and your baby's first few years.

Sign up now!



Text **UHHS**
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Or go to
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GrowKids**

Day at the Park

A program for children and teens with cancer and blood disorders. Sponsored by Iris Wolstein in honor of her husband, Bert Wolstein.

Join us for a day at the Cuyahoga Valley National Park! Hiking, games and more.

- **September 28, 2019**
- **10 a.m. – 2 p.m.**
- **Transportation will be provided from UH Rainbow Babies & Children's Hospital**

» To register or for more information, contact Michele Rothstein: **216-286-6553**
Michele.Rothstein@uhhospitals.org