

under the Rainbow

SPRING 2017

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



THE RIGHT CALL

When a mom knew something was wrong with her baby, UH doctors had the answers.

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University Hospitals



Rainbow
Babies & Children's



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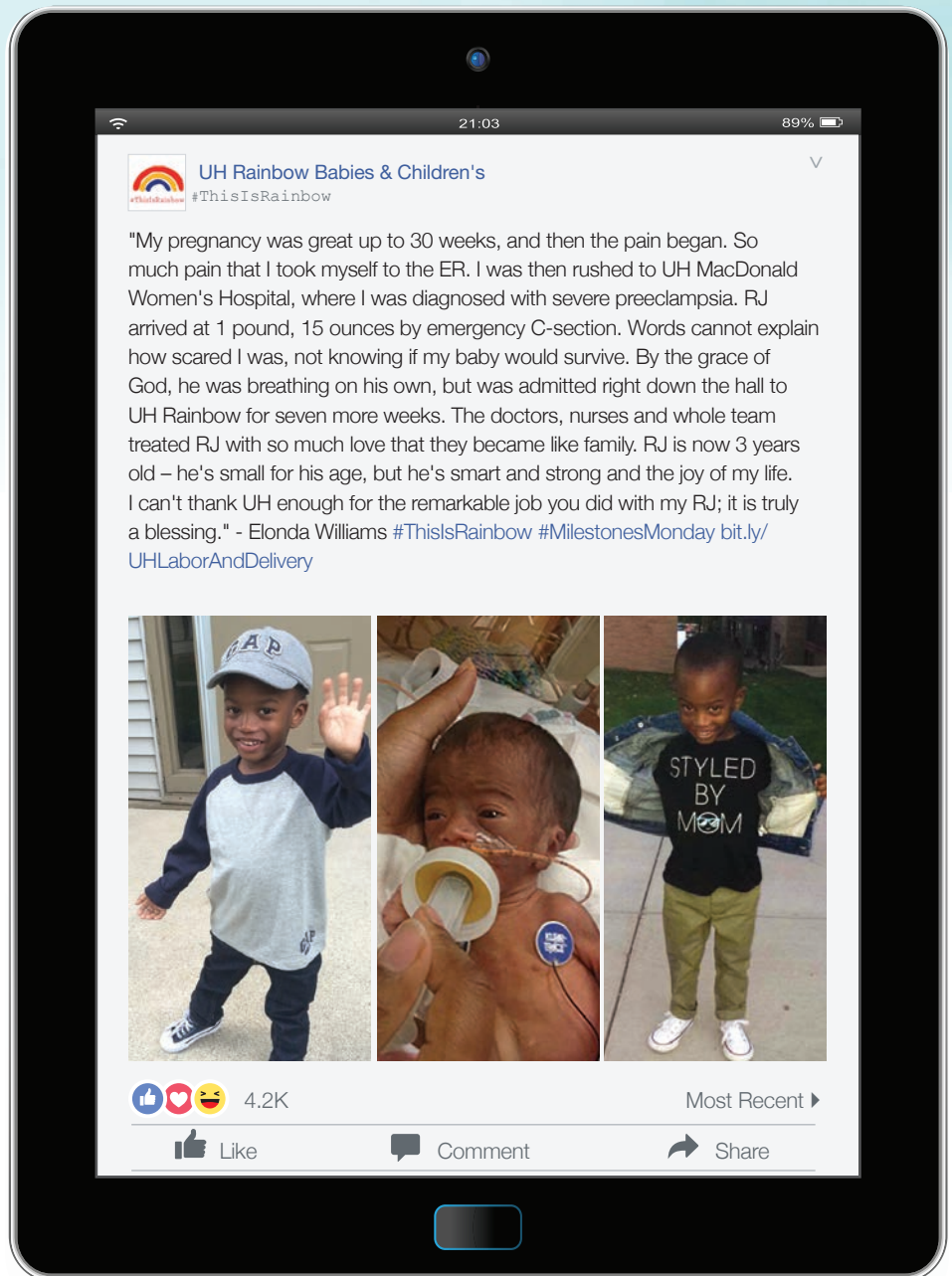


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The truth about springtime sniffles



MEET OUR DOC

KATHRYN RUDA

WESSELL, DO

*Pediatric Allergist,
UH Rainbow Babies &
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Your child is sneezing and feeling downright yucky. Is it a cold or seasonal allergies? Knowing the difference can guide you to the right quick-relief steps, help prevent future symptoms, and even head off complications like ear infections, sinus infections and worsening asthma. One in 11 kids and teens has a pollen allergy, according to the Centers for Disease Control and Prevention. Here's how to spot spring allergies and help treat them.

Allergies vs. the common cold

"Kids can develop seasonal allergies at any time during childhood," says UH Rainbow Babies & Children's pediatric allergist Kathryn Ruda Wessell, DO. "Many spring allergies are triggered by pollen. In early spring, most comes from blooming trees. Later in the season, pollen from grasses can provoke symptoms, and in the late summer and early autumn varying weeds can trigger symptoms. Some allergens, such as pets and dust mites, can cause symptoms year-round."

Airborne pollen particles prompt immune cells in the nose and airways to overact and release chemicals such as histamine. This leads to classic allergy symptoms like:

- Sneezing
- Clear discharge from the nose
- Red, itchy, watery eyes (sometimes with dark circles underneath)
- Itchiness in tough-to-scratch places like the roof of the mouth or inside the nose or ears

"Recurrent colds can often be confused with developing environmental allergies. Colds, on the other hand, are caused by a host of viruses," says

Dr. Wessell. "Symptoms may include congestion, a runny nose, sore throat and a cough – but not itching. Itching is often the symptom that differentiates recurrent viruses from allergies. Your child may also have a headache, muscle aches, fatigue or a low fever with a cold. The typical cold lasts for two weeks or less."

Does your child need a diagnosis?

If you suspect your child has a spring allergy but want to be certain, a pediatric allergy specialist can help by using allergy testing to diagnose your child and identify his or her triggers. That way, you can take steps to control or prevent your child's symptoms with confidence. "This can be especially helpful for severe spring allergies that don't respond to prescription or over-the-counter medicines, or lead to frequent health complications," adds Dr. Wessell.

Strategies for allergy relief

The first step toward relief is reducing your child's exposure to pollen. Keep track of the pollen count in your area. Keep doors and windows in your home and car closed on high-pollen days and run the air conditioner to filter the air (change the filters in units every month, too).

If symptoms persist, ask your child's pediatrician about the best over-the-counter allergy medicine for your child. If over-the-counter medicine isn't enough, research shows that weekly to monthly allergy shots are effective for kids. The shots can build up immunity to troublesome allergens. •

» To find a Rainbow pediatrician or schedule an appointment with one today, call **216-UH4-KIDS** or visit **Rainbow.org/Network**.

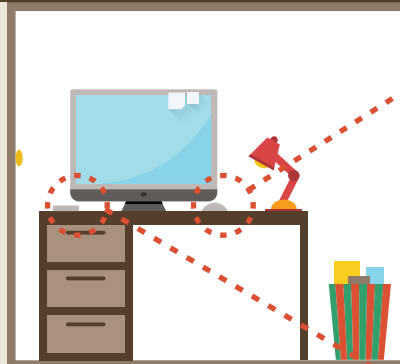
CLEAN THESE PLACES TO Cut back on germs

Sneezes, coughs and handshakes aren't the only way to spread disease-causing germs. The home is a huge collector of viruses, bacteria and allergy-inducing dust mites. Target these germ-harboring hotspots often to create a healthy living space for your family.

1 PILLOW-CASES AND SHEETS

Bedding can conceal

germs such as those that cause pinkeye. Wash pillowcases and sheets weekly in hot water and detergent.



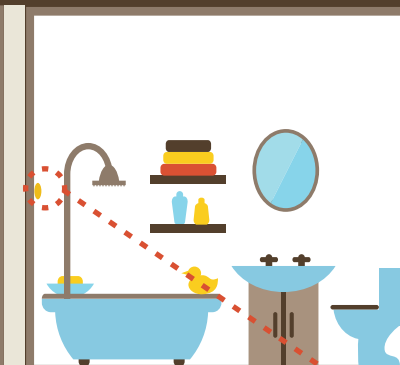
8 COMPUTER MICE

Wash your hands frequently to reduce the spread of germs on your mouse, then wipe the mouse down with antiseptic pads.

2 TOYS

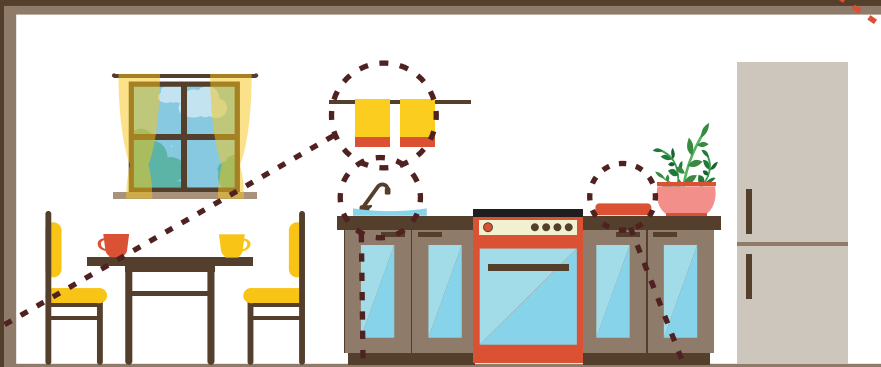
Germs can linger on hard plastic toys for

up to 24 hours. Wipe or dunk the toy in a homemade bleach solution or an EPA-registered disinfectant, then let it stand for three to five minutes before rinsing with clean water.



7 SMART-PHONES

One study found that 81 percent of mobile phones played host to infection-causing microbes. Wipe yours down frequently with cloths specially designed to sterilize electronics.



6 DOOR-KNOBS

Given how frequently they're touched, it's no wonder handles and knobs pose a risk. Wipe them with disinfectant or a bleach solution.

3 DISH TOWELS

In a study, more than eight in 10 homes had moderate to heavy bacterial growth on kitchen towels. Machine-wash them often using the hot cycle. Replace sponges frequently.

4 SINKS

In the same study, half of kitchen taps harbored disease-causing bacteria. Wash them frequently with hot, soapy water.

5 CUTTING BOARDS

Wash acrylic, plastic, glass or wood boards in the dishwasher. Sanitize counter tops with a solution of 1 tablespoon bleach in a gallon of water. Replace worn or cracked boards.



MEET OUR DOC
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6 ways to boost your child's gut health

A healthy gastrointestinal tract helps kids thrive. But sometimes this amazing system needs a little TLC. Whether you're concerned about constipation or tummy aches, or just want to bolster your child's digestive health to promote optimal health, these tips from University Hospitals Rainbow Babies & Children's pediatric gastroenterologist Jonathan Moses, MD, can help.

1 Feed the good bugs.

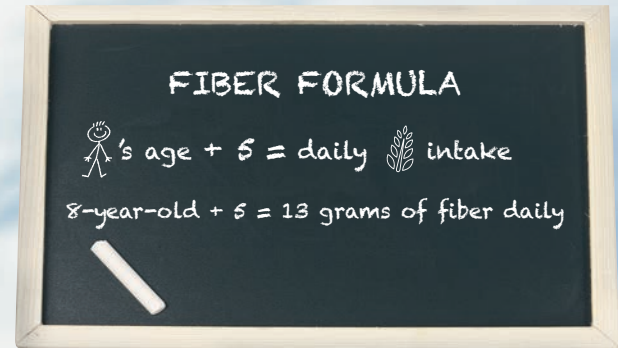
The human intestines are home to more than 100 trillion bacteria. These "bugs" may protect against infection, help digest food and bolster immunity. "Research has shown there are unique collections of 'bugs' in different diseases – from irritable bowel syndrome to diabetes to fatty liver disease. Ongoing work is being done to determine what this means," says Dr. Moses. Fiber in grains, fruits and vegetables helps keep gut bacteria healthy – especially fiber types found in whole grains (like whole wheat bread and brown rice), bananas and berries. Getting plenty of fiber from food can also help reduce the odds for constipation.

2 Add more beneficial bacteria to the mix.

Fermented foods that contain live, active bacteria cultures like yogurt and kefir can add more good bugs to your child's gastrointestinal tract. So can nondairy, fermented foods like kimchi, sauerkraut and nondairy yogurt.

3 Cut back on processed foods.

A diet packed with chips, fast food and processed meat can lead to constipation and may prevent beneficial gut bugs from thriving. Diet drinks and artificial sweeteners can also mess with good bacteria, research shows.



4 Have fun with pets and other kids.

Being around furry pets and romping with siblings early in life may promote a healthy mix of beneficial bacteria in the digestive systems of babies and young children. This good-bug bonus may even help protect kids against asthma and some allergies.

5 Say 'no thanks' to nonessential antibiotics.

Antibiotics can cure strep throat, but they can kill off beneficial gut bacteria, too. "Use these drugs only when needed, not for viral infections. Always follow the advice of your pediatrician when thinking about whether or not your child needs antibiotics," advises Dr. Moses.

6 Know when to see the doctor.

"Make an appointment with your child's pediatrician if he or she has constipation for more than a few days or any ongoing digestion-related symptoms that concern you, such as abdominal pain, vomiting, diarrhea, bloating or gas," says Dr. Moses. "The pediatrician may refer your child to a pediatric gastroenterologist – a digestive disease expert who can diagnose and treat a wide variety of gastrointestinal health concerns in babies, children and teens." •



Get a second opinion

A second opinion can provide crucial information and invaluable peace of mind when it comes to your child's health. UH Rainbow Babies and Children's Hospital is proud to offer Northeast Ohio's only Second Opinion Inflammatory Bowel Disease (IBD) Clinic. Whether it is Crohn's disease, ulcerative colitis or IBD-undifferentiated, our pediatric IBD experts will review your child's medical history and treatment course, and provide up-to-date, evidence-based recommendations. Call **216-844-1765** or go to **UHHospitals.org/SecondOpinion**.

5 medicines you shouldn't give your preschooler

Each year, medicines given to help children send many to the emergency room instead.

Reduce your child's risk for dangerous drug side effects by steering clear of these products, unless you have the doctor's OK.

1 Aspirin

Though it's meant to relieve pain and reduce fever, aspirin can cause Reye's syndrome, a rare but serious condition that causes fat to build up on the brain, liver and other body parts, potentially proving fatal.

"The risk is highest in children with a virus such as chickenpox or the flu, but it's serious enough that you should never give aspirin to a child without a doctor's order," advises Angela Hardman, MD, a University Hospitals Rainbow Babies & Children's pediatrician at Pediatriccenter. Check labels carefully and talk with your pharmacist, as many combination drugs contain aspirin.

2 Cough and cold medicine

These drugs don't work very well for children younger than age 6, research shows. "Though side effects are rare, they can be serious," adds Dr. Hardman.

"Neurological problems, allergic reactions and even death can occur."

Instead of reaching for medicines, keep your child comfortable with rest and liquids. A cool mist humidifier can ease breathing.

3 Supplements containing iron

Your child's body requires this mineral to grow and develop properly. But more children younger than age 6 die from ingesting iron-containing products than any other type of toxin. Keep these – and all other medications – in child-proof bottles, out of reach of little hands.

4 Bismuth subsalicylate

Adults can usually take this chalky, pink liquid to ease a rumbling tummy.

However, in children age 12 and younger, it's been linked to Reye's syndrome.

In general, problems like heartburn, gas and diarrhea go away on their own or with a change in diet. Talk with your child's doctor about safe remedies.

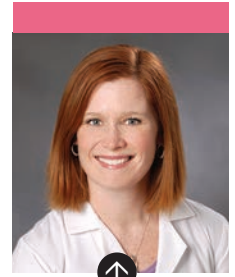
5 Syrup of ipecac

Parents of the past were told to give this drug to children who'd swallowed poison. The theory? Kids would throw up the toxin. Modern medicine now knows making a child vomit is never a good idea. If you (or your child's grandparents or other caregivers) still have a bottle of this syrup in the medicine cabinet, throw it out.

"Call the doctor right away if your child throws up or develops a rash after taking any drug," adds Dr. Hardman. "And if he or she accidentally takes a large dose of these – or any other – medicines, call 911 or head to the emergency room, especially if he or she can't breathe, or is passed out, twitching or acting strange." •

» Suspicious symptoms?

Our online symptom checker gives you a breakdown of causes and tips on when to call the doctor. Visit Rainbow.org/AskRainbow.



MEET OUR DOC

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The right call

Dameyonna Willis knew something was wrong with her baby. UH doctors had the answers – and saved the infant's life.



MEET OUR DOCS

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This past July, Dameyonna Willis took her then 4-month-old daughter, Kylee, to a local hospital because she was having trouble breathing. Doctors told the West Cleveland mom that her baby had a viral infection and asthma, and that she would recover. But two weeks later, Kylee was still breathing heavy and fast.

"I thought, 'Something is not right with my baby,'" Dameyonna says. "She was not getting better."

Looking for answers

Dameyonna decided to switch her daughter's care to University Hospitals Rainbow Babies & Children's Hospital. She called to ask for an appointment with a pediatrician and took Kylee to see Eliane Malek, MD, who was also concerned. Dr. Malek wanted to rule out any problems with Kylee's heart, so she called cardiology, and within 15 minutes Kylee was being seen by pediatric cardiologist Sarah Plummer, MD. Dr. Plummer, an expert in congenital heart disease (CHD) – the most common type of birth defect in the U.S. – ordered tests and quickly determined that Kylee had a rare and life-threatening congenital heart defect.

In a normal heart, both coronary arteries originate from the aorta. In babies like Kylee, the left coronary artery arises from the

pulmonary artery instead of the aorta. This condition, which affects about one in 300,000 babies, prevents the heart from receiving enough blood and oxygen. It can cause heart muscle damage, heart rhythm problems or even death. Kylee needed surgery right away and was admitted to The Congenital Heart Collaborative at UH Rainbow Babies & Children's that day.

"Kylee's vital signs were normal and she didn't look that sick, but she had severe dysfunction of the left ventricle, the heart's main pumping chamber," Dr. Plummer says. "It was a priority to ensure that the baby underwent surgery in a reasonable period of time."

Coordinated care

Dr. Plummer says that because of the excellent relationship that pediatricians and subspecialists have at UH Rainbow Babies & Children's, Kylee was able to receive the highest level of care.



Kylee and mom,
Dameyonna,
at Cleveland
Botanical Garden

“If the primary care doctors think something is really urgent, they don’t hesitate to call us directly to see if we can expedite a consultation,” she says. “Kylee’s case was an extreme, extraordinary example, but I’d say we get these requests at least once a week. We’ll go out of our way to evaluate patients so we can put the family at ease.”

A bright future

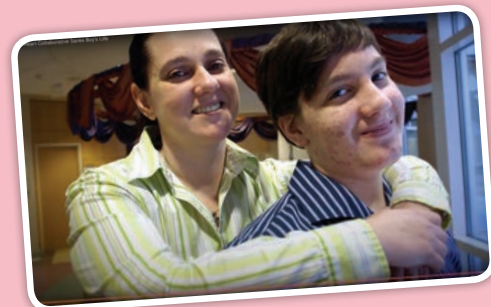
In late August, Eric Devaney, MD, FACS, Chief of Pediatric Cardiothoracic Surgery at UH Rainbow Babies & Children’s, performed a four-hour surgery to correct Kylee’s heart defect. Nine days later, Kylee went home. Her heart function is gradually improving, and the future seems full of possibility.

Kylee, now 1 year old, sees Dr. Plummer every six weeks. She will continue to be regularly monitored by a cardiologist, specializing in CHD, throughout her life.

“She’s doing perfect,” Dameyonna says. “She wiggles around to music and likes clapping along to songs – she has a big personality. You’d never know she was sick. Her father, Kylan, and I are so blessed and happy that I chose to go to UH Rainbow Babies & Children’s for her care. They saved our daughter’s life.” •

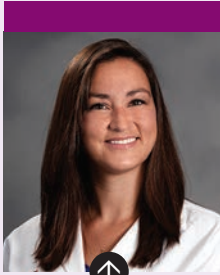
The Congenital Heart Collaborative

University Hospitals Rainbow Babies & Children’s and Nationwide Children’s hospitals have formed an innovative affiliation – The Congenital Heart Collaborative – for the care of patients with congenital heart disease from fetal life to adulthood. The innovative collaboration provides families with access to one of the most extensive and experienced heart teams – highly skilled in the delivery of quality clinical services, novel therapies and a seamless continuum of care.



» Learn how the Congenital Heart Collaborative saved Robir’s life at Rainbow.org/Heart.

How to stay healthy in your 30s



MEET OUR DOC

NATALIE THOMAS, DO
Family Medicine Physician,
UH Family Medicine Specialists
in Westlake

In your 30s, you may not be too worried about your health decades down the road. You're more concerned with the here and now: getting your kids off to school or keeping up with a heavy workload.

A few health practices and precautions, however, will not only improve your life today but also in the years to come. Follow these five health tips to make your 30s your best decade yet.

1 Adopt an active lifestyle.

If you're not already physically active, now is a great time to start. By adopting healthy habits in your 30s, you position yourself to continue those habits for the rest of your life.

Living a healthy lifestyle doesn't mean you have to hit the gym hard every day. Small changes add up. For example, bike to the convenience store instead of driving. Or listen to a podcast and go for a walk instead of watching another rerun of your favorite show.

In your 30s, you might be busy starting a family or building a career. Don't let this keep you from being active. Natalie Thomas, DO, a family medicine physician at UH Family Medicine Specialists in Westlake, says, "Exercise reduces stress and helps you sleep well so you'll be better prepared to handle the day's challenges."

2 Get tested for sexually transmitted diseases (STDs).

Anyone who has sex has the chance of getting an STD. But your risk increases if you've had multiple partners, or if you've had sex with someone who has had multiple partners. Your risk is also greater if you've had unprotected sex.

If it's been awhile since you've been tested for STDs, talk with your doctor. Some sexually active people may need to be regularly tested for common diseases, such as chlamydia.

3 Have regular heart-health screenings.

If you think you're too young to have heart problems, it's still a good idea to keep up with regular heart-health screenings. If a screening shows you might be headed for trouble, you can take steps now to prevent complications that could become harmful if left untreated.

You may require early blood pressure and cholesterol screenings starting in your 20s at intervals based on your individual heart disease risk factors. Dr. Thomas adds, "Talk with your doctor about your personal heart disease risk and what screenings you need."


4 Partner with your doctor for a healthy pregnancy.

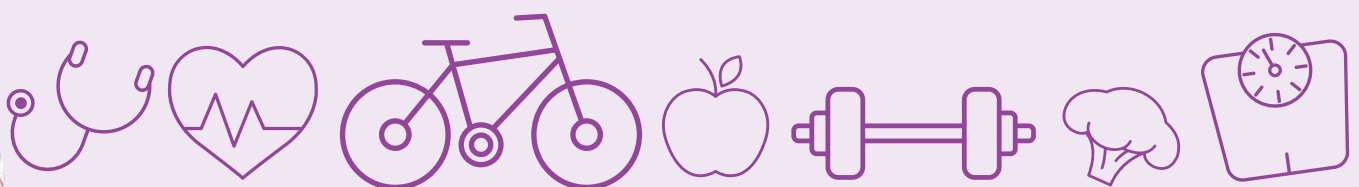
If you're considering having a baby, your 30s are an especially important time to think about reproductive health. A woman's chances of becoming pregnant decrease every year after age 30. Male infertility also may be an issue.

Some health problems, such as polycystic ovary syndrome (PCOS), can affect fertility in women. "Talk with your doctor if you're thinking of becoming pregnant," advises Dr. Thomas. "He or she can identify any potential risks and take steps to ensure you are your healthiest self."

5 Stay safe on the road.

Unintentional injuries, such as vehicle collisions, are the leading cause of death among people in their 30s. Avoid accidents by staying alert behind the wheel. Never text and drive, and save phone calls for when you're not behind the wheel. •

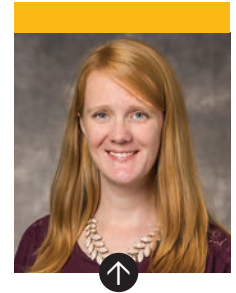
 To make an appointment with Dr. Thomas or another UH primary care doctor, visit UHhospitals.org.



Does my child have an anxiety disorder?

Small worries are normal for kids and teens. But when worry morphs into distress so that everyday life is difficult, anxiety may be controlling parts of his or her life. About one in 12 kids and teens may develop an anxiety issue, making it the most common mental health disorder of childhood.

Here are some guidelines on a few of childhood's most common anxiety disorders from Stephanie Pope, MD, a child and adolescent psychiatrist with UH Rainbow Babies & Children's. Learn how to help your young one through minor worries – and how to spot signs that more help may be needed:



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Child and Adolescent
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Separation anxiety

From age 6 months to 2 years, separation anxiety is part of normal development. For instance, your toddler may ask to sleep in your bed, or may become distressed when you leave them with another caregiver – particularly if they're tired, hungry or not feeling well.

Red flags:

- Intense distress when separated from an important caregiver – usually a parent
- When separated, the child may focus on seeing the parent again or worry that something has happened to them

How you can help: Keep goodbyes brief, upbeat and matter-of-fact. Dr. Pope suggests, "Create a ritual your child can depend on. Say when you'll be back and keep your promise. To prevent relapses during holidays and vacations, plan short separations. For example, leave your child with a trusted caregiver for an hour or two while you have coffee with a friend."

Generalized anxiety disorder

Fears about things like monsters and the dark are normal in young children. Performance worries, such as nerves about giving a presentation at school, are more common in older kids.

Red flags:

- Excessive worry, fear and dread about grades, friendships, family matters or doing well in activities, such as sports

How you can help: Help your child stick with a healthy sleep schedule, eat nutritious meals and get physical activity. Practice a tension-taming activity your child can use when anxiety rises, such as calm breathing.

Social anxiety

A little shyness in a new situation is normal for most kids. Social anxiety is more common in teens, but it can begin earlier in life.

Red flags:

- Extreme worry before social events
- Throwing tantrums or complaining of physical symptoms, like stomachaches, to avoid going to school or other activities

How you can help: "Understand that behind your child's behavior are big fears about doing or saying the wrong thing in front of others, especially friends and classmates," explains Dr. Pope. "Be understanding, but firm – don't allow your child to skip important activities like school due to social anxiety."

"Talk with your child's pediatrician if your child is restless, irritable, or has trouble sleeping or concentrating as a result of anxiety," says Dr. Pope. "For symptoms that persist beyond a few months, your pediatrician may recommend seeing a mental health specialist, such as a child psychologist, psychiatrist or counselor."•



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You have opinions on the health care of your family, and we want to hear them. **UH Listens 2U** is your opportunity to provide feedback to University Hospitals and help influence health care in Northeast Ohio. As a member, you will be invited to provide valuable feedback via online surveys, quick polls and forums where you can interact with other **UH Listens 2U** community members. **Join UH Listens 2U today!** To get started, go to UHhospitals.org/UHListens2U.



**Ask
Rainbow**

Submit a question at Rainbow.org/AskRainbow and get an answer from one of our pediatric experts within 48 hours. Or call our pediatric advice line 24/7 at **216-UH4-KIDS (216-844-5437)**.

**A guide for your
child's first years**



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**Kids Kicking Cancer
promotes healthy living**

Iris S. & Bert L. Wolstein's Kids Kicking Cancer is a targeted program that encourages young patients and survivors of cancer and blood disorders to be active and recognize the benefits of physical activity and healthy eating.

The Kids Kicking Cancer program is free and welcomes children and adolescents, either on or off treatment, no matter where they receive medical care.



» Learn more about Kids Kicking Cancer at Rainbow.org/KKC and by following us on Facebook.