

# MERIDIAN KID views

**You Can Manage Celiac Disease as a Family**

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**2012  
CALENDAR  
STICKERS**

Use the stickers inside to keep your family on track all year long.

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On the cover: Fifteen-year-old Chelsea Chinery has learned to manage her celiac disease with support from her doctor and her family. Read more about managing celiac disease on page 14.



Steven G. Littleton, FACHE, **President**

*Meridian KidViews* is a free quarterly magazine prepared by the Marketing and Communications Team of Meridian Health. Inquiries or ideas can be addressed to [kidviews@meridianhealth.com](mailto:kidviews@meridianhealth.com).

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## Meridian Pediatric Network



• research & education



• prevention & wellness



• diagnosis



• treatment



• recovery



• home



**Steven G. Littleton, FACHE**

President,  
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K. Hovnanian Children's Hospital

## A Message to Our Readers

As we ease into 2012, New Year's resolutions are on everyone's minds. I like to make one health-related resolution every year. Have you made one yet? If not, there's still time. And you can use this issue of *Meridian KidViews* for guidance.

Why not start by planning ahead with our **health-related reminder stickers (at right)?** You can use them in any calendar. We've included a few for your kids to play with, too.

And while you're looking at your calendar, pencil in a few of our healthy events. On the back page, you'll find upcoming highlights, including information on the Red Dress Event, the Heart Month Expo, and much more.

At the forefront of all we do here at K. Hovnanian Children's Hospital and throughout **Meridian Pediatric Network** is the depth and breadth of knowledge found among our 100-plus pediatric specialists. One of the surgical specialists, Stephen Adolfsen, M.D., expertly treated John Thomas' broken bone after he arrived at our dedicated pediatric Emergency Department. Read how it healed on page 6.

The expertise of our surgeons was also evident in the care young Evan Mason received from Ahmed Mami, M.D., when he was admitted to the hospital at just 5 days old. Turn to page 4 for his story.

Those are just a few of the stories you'll read in this issue of *Meridian KidViews*. You'll find many more inside and throughout the year, which we hope is a healthy and happy one for you and yours.



Check Out Steve's Blog!

Our very own Steve Littleton now has a blog! Visit [JerseyShoreCares.com](http://JerseyShoreCares.com) to read his take on a variety of health issues including prostate cancer, teen driving, and resources to prevent teen suicide.

# In the News

## Most Teen Girls Aren't Getting the Cancer Vaccine

Can you be immunized against cervical cancer? Now, girls and young women have the option — but most of them aren't taking it.

"A series of three shots can protect against HPV, a virus that causes most cases of cervical cancer," says Karim ElSahwi, M.D., a gynecologic oncologist with **Meridian Cancer Care**. "The disease strikes 12,000 American women each year, and 4,000 die as a result."

According to the latest national statistics, however, not even half of American teen girls have gotten even one HPV shot. Less than one-third have gotten all three.

The U.S. government recommends that all girls age 11 or 12 get the shots. Girls as young as 9 can also get immunized, as can women ages 26 and younger. Boys ages 9 to 26 can get the shots, too, to protect against genital warts and anal cancer.

### >> Fast-Forward

Are you the parent of a teen or tween? Turn to page 12 for tips on preventing your children from drinking and using drugs.



Newborns born at Jersey Shore University Medical Center, like this little one, have the safety and security of pulse oximetry testing, plus access to the Neonatal Intensive Care Unit, should any issues arise.

## New Screening Law Protects Babies' Hearts

You've already counted each tiny finger and toe. A simple, painless test can make sure your baby's heart is healthy, too.

In a new report, child health experts say early detection helps prevent illness and death in babies born with heart defects. And New Jersey is the first state to require that health care facilities screen all newborns within 24 hours.

"To check for heart defects, your baby's doctor will perform a test called pulse oximetry," explains Mitchel Alpert, M.D. of K. Hovnanian Children's Hospital at Jersey Shore University Medical Center. "A sensor taped to your baby's foot checks the level of oxygen in the blood. When a positive result is found, further testing, including an echocardiogram, would be indicated."

## Smoking May Be More Hazardous to Women's Health




Worldwide, only about one-fifth of smokers are women. Still, the negative health effects may strike them the hardest.

When compared with male smokers, women who light up have a 25 percent greater risk for heart disease, finds a new study in *The Lancet*. The reason? Doctors think women might inhale more toxins with every puff.

This adds to growing evidence of smoking's "sex discrimination." "Women smokers account for more than half of all deaths from chronic obstructive pulmonary disease — for which smoking is the number one risk factor," says Mark Krasna, M.D., a board certified thoracic surgeon and medical director of **Meridian Cancer Care**.

Supporters and survivors of heart disease come together at Meridian Health's Red Dress Event, held in partnership with *The Heart Truth*. Turn to page 16 for details on this year's event.



Evan Mason is happy and healthy today, thanks to Dr. Mami and the experts at K. Hovnanian Children's Hospital. They treated him during a health scare he had when he was just five days old.

## Surgical Expertise Cures Newborn's Colorectal Disease

*“Dr. Mami listened to me. From the minute I met him, I had no doubt in my mind that he would help my son.”*

– Priscilla Mohalley

*When Priscilla Mohalley* went to the hospital in July 2011 to have her first child, she couldn't wait to take her infant home. But soon after son Evan Mason was born, he stopped eating. He no longer had bowel movements, and his stomach was swollen.

At just 5 days old, Evan was brought to K. Hovnanian Children's Hospital at Jersey Shore University Medical Center where he was diagnosed with an uncommon condition called Hirschsprung's disease.

“I was so worried about Evan,” says Priscilla. “Aside from my family and fiancé, if it wasn't for the doctors and nurses in the intensive care unit, I don't know what I would have done.”

Hirschsprung's disease is present at birth and affects only one in every 5,000 children. It occurs when nerves are missing from part of the large intestine. Without nerves, the large intestine cannot push digested material through. This causes severe intestinal blockage.



**Ahmed G. Mami, M.D.**  
Board certified in  
General Surgery  
Eatontown | 732-935-0407

“Hirschsprung’s is a serious disease,” explains Ahmed Mami, M.D., a new pediatric surgeon at K. Hovnanian Children’s Hospital. “Without treatment, it can cause malnutrition, severe constipation, vomiting, and even death.”

Dr. Mami is an expert in surgery for infants and children and has special training in treating pediatric colorectal disease. To treat Evan, Dr. Mami performed a fairly new and complicated surgery called the pull-through procedure.

### New Procedure Offers Solution to Colorectal Disease

The pull-through procedure is performed using tiny instruments, which the surgeon guides through the anus to the colon. Without making incisions, the surgeon removes the abnormal section of the colon and the rectum. The healthy colon is then pulled through and reattached to the anus.

Typically, the pull-through procedure is not performed until a child is 1 year old. Because an infant’s colon is so small, it’s very difficult to operate on. As a result, babies born with Hirschsprung’s disease usually have a colostomy first to stabilize their condition until the pull-through procedure

can be completed. A colostomy is an invasive surgery that involves cutting the colon and attaching it to the abdomen where digested material is collected in a colostomy bag.

“I didn’t want to put Evan through a lot of surgeries and just wanted him to have the pull-through procedure right away,” explains Priscilla. “Dr. Mami listened to me. From the minute I met him, I had no doubt in my mind that he would help my son.”

### Expertise Helps Infant Avoid Pain, Multiple Surgeries

Dr. Mami was able to successfully prepare Evan’s colon for surgery, relieving the pressure and temporarily clearing the blockage. Satisfied the surgery was safe, Dr. Mami performed the difficult pull-through procedure on 3-week-old Evan. It was a success.

“Although difficult, treating Hirschsprung’s disease with only the pull-through procedure is ideal when possible,” says Dr. Mami. “Because the procedure is minimally invasive, it is much easier on the patient than more invasive treatments. It results in less pain and leaves no scars.”

Just four weeks after surgery, Evan is all smiles. He no longer has severe digestive problems and is able to eat normally. In one month, Evan gained a healthy 4 pounds.

“He is a happy baby. It’s like nothing ever happened to him,” says Priscilla. “I put my son in Dr. Mami’s hands and am so glad Evan is now all right.” ★



### Expertise in Surgery

K. Hovnanian Children’s Hospital has seven surgical programs: neurosurgery; orthopedic surgery; general surgery; ophthalmology; ear, nose, and throat surgery; oral surgery; and urological surgery. Look for more on these types of surgery in *Meridian KidViews* in 2012.

# MERIDIAN MOMS

## Understanding and Fighting Stress

The latest findings on stress are in, and they paint a harried picture. According to the American Psychological Association’s Stress in America survey, the majority of us are moderately to seriously stressed.

“If left unaddressed, chronic tension boosts the risk for heart disease, obesity, skin conditions, autoimmune diseases, and even suicide, among other ills,” says Joseph Nitti, M.D., of Ocean Medical Center.

Money is a common stressor among couples, and strained relationships in turn can cause anxiety. To reduce stress levels, use tough times to come together. One survey found 29 percent of couples reported feeling closer during financial struggles.

The challenges of balancing family and work are often another source of tension. To protect your work–life balance, set boundaries. For instance, turn off your smartphone during and after dinner. Communicate your nonavailable hours clearly to coworkers.

And to keep job strain from getting the best of you, develop a menu of emergency stress busters. When you feel the pressure rising, count to 10 before you speak, take three to five deep breaths, or simply walk away.

**See what mom bloggers — including Olympic soccer star Christie Rampone — are saying about stress and other topics that matter to you. To get started, visit [MeridianMomtourage.com](http://MeridianMomtourage.com) today.**



A broken bone was no fun for John Thomas. But the expert treatment he received at K. Hovnanian Children's Hospital helped him recover quickly. Have your kids turn to page 9 (in the *KidMazing* section) to read more about John's experience.

"Treating fractures in kids is different from treating adults, which is why it's important to see a pediatric orthopedist," Dr. Adolfsen says. "A large portion of what we do is treat fractures like John's."

About 30 percent of pediatric fractures involve the growth plate — an area where the bone is still developing. An injured growth plate requires treatment from a pediatric orthopedist to make sure it heals correctly and to prevent lifelong deformity to the bone.

"We have a team of eight pediatric orthopedists right here at The Children's Hospital," Dr. Adolfsen says. "That's something you'd normally find only at a major academic center in a metropolitan area."

### Getting Back to Being a Kid

John sported a cast for 12 weeks while his bones healed. It came off July 5, just in time for summer.

"Children's bones heal quickly, so once a cast comes off, they're typically back in action, playing sports, participating in gym class, and doing everything else that kids do," Dr. Adolfsen says. ★



**Stephen E. Adolfsen, M.D.**  
Pediatric Orthopedic Surgery  
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## Bone and Joint Care Built Just for Kids

On April 24, 2011,

Hazlet resident Rosie Thomas was busy entertaining a houseful of guests. It was Easter Sunday. Her son, John, now 12, was outside playing with his cousins. They were climbing a 6-foot-tall fence when John slipped and tumbled to the ground.

"He walked inside, and his arm was really crooked," Rosie says. "I had no doubt in my mind that it was broken."

Rosie and John left the party and drove to the Emergency Department (ED) at Jersey Shore University Medical Center. They were immediately escorted to the pediatric ED within K. Hovnanian Children's Hospital at Jersey Shore University Medical Center.

### Fast, Child-Friendly Care

"As soon as we walked in, the staff took us to a private room," Rosie says. "In less

than 15 minutes, a physician was there. He ordered X-rays and found that John had broken two bones."

The attending physician set the bones and put a splint on John's arm, which allowed enough space for swelling to go down before the arm was placed in a cast.

### Kid-Focused Specialists

Two days later, Rosie and John visited Stephen Adolfsen, M.D., a pediatric orthopedist at K. Hovnanian Children's Hospital. He examined John's arm and put on the cast.

### A WIDE RANGE OF ORTHOPEDIC EXPERTISE

In addition to treating fractures and injuries, pediatric orthopedists within Meridian Pediatric Network also specialize in treating deformities in children such as scoliosis, hip dysplasia, and clubfeet.

# KIDmazing



ACTIVE, AMAZING YOU!

## Creative Crossword

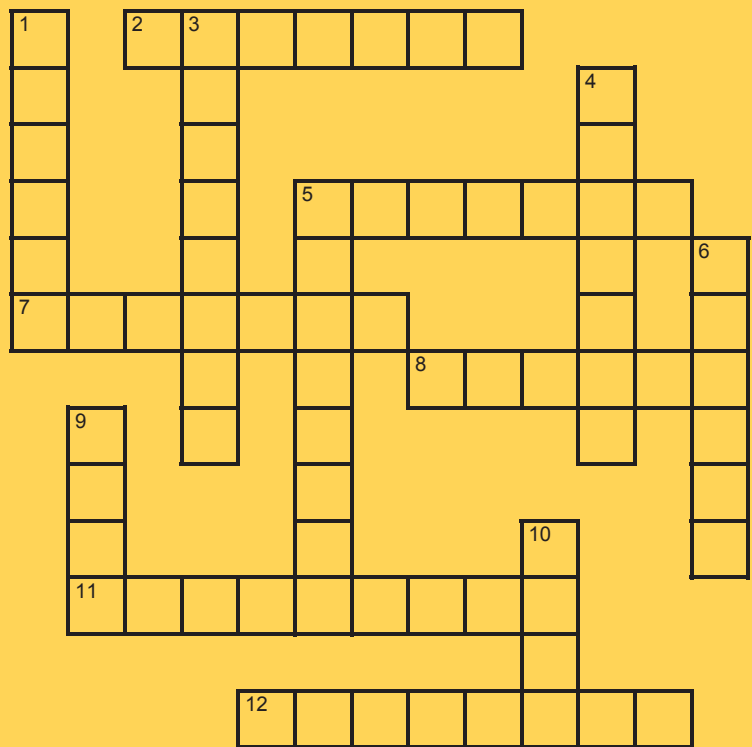
Picatso knows that Doctor Bernard loves word games. So Picatso created this crossword puzzle just for him! But he wants you to try it first. If you get stuck, read the articles in this issue of *KidMazing* for clues. To check your answers, turn to the very last page of *KidMazing*.

### Across

2. To avoid \_\_\_\_\_, eat slowly, chew carefully, and sit up straight at the table.
5. Turn to the last page of *KidMazing* to help solve Doctor Bernard's \_\_\_\_\_ tale!
7. What's one way to cure boredom? Make up a dance \_\_\_\_\_!
8. If you think you are choking, put your hands on your \_\_\_\_\_ to let others know.
11. If you're bored, try drawing. Create your own \_\_\_\_\_!
12. If you spend a lot of time on the \_\_\_\_\_, be sure to look away often to give your eyes a break.

### Down

1. \_\_\_\_\_ Bernard needs help solving the mystery of the missing letters.
3. Going to the \_\_\_\_\_ isn't scary! Read John Thomas' story on page 9.
4. Turn the page to get a list of \_\_\_\_\_ busters.
5. If you are choking, you may need someone to do the Heimlich \_\_\_\_\_ to get the food out of your throat.
6. Are you a Pawsitive \_\_\_\_\_ Pal?
9. Your \_\_\_\_\_ can get tired and dry when you're on the computer a lot. Be sure to look away often and blink a lot to help!
10. One last activity to do when you're bored? Build a \_\_\_\_\_!



## Finished?

Check your answers on the last page of *KidMazing*!



## Activity: Boredom Busters!

We all know grownups don't want kids to play outside when it's raining, snowing, or just too cold! So what can you do to stay busy? Here are a few ideas from the Pawsitive Action Team:

1. Play hide-and-seek with your brother, sister, or a friend.
  2. Ask a parent if you can bake cookies or another snack together.
  3. Make up a dance routine to your favorite song.
  4. Write a creative story or play.
  5. Draw your own comic book. Create a cool new superhero with special powers!
- And every kid's favorite ...
6. Build a fort with a few chairs and a blanket!

## Another Boredom Buster!

### Oh No! Someone Is Stealing Words!

Doctor Bernard doesn't like being bored. So when he isn't busy, he writes stories for boys and girls. But his most recent story is full of holes! Can you help him fill in the blanks — and solve the mystery of the missing words? Go to the last page of *KidMazing* to try!

Do you know the sign for choking?

## What to Do If You Are Choking

Doctor Bernard says that choking is no joke. If you've ever swallowed a bite wrong, you know how scary it can be. Usually, you cough, and then you are OK. But sometimes, a piece of food can get stuck in your throat and you cannot breathe or talk. What should you do?

There is a sign for choking that is known around the world. It is: **putting your hands on your throat.**

This sign lets adults know you are choking. You may need the *Heimlich maneuver*. This is a way to get the food out of your throat. You may also need to go to the hospital, even if you aren't choking anymore. The doctors will want to make sure there is no more food in your airways.

To prevent choking, eat slowly, chew your food carefully, and sit up straight at the table.



## Become a Pawsitive Action Pal Today!

When you do, you'll get a membership card and activity book with tips to live a healthy life from Doctor Bernard and all his friends! Ask your mom or dad to help you get started by going to [DoctorBernard.com](http://DoctorBernard.com).

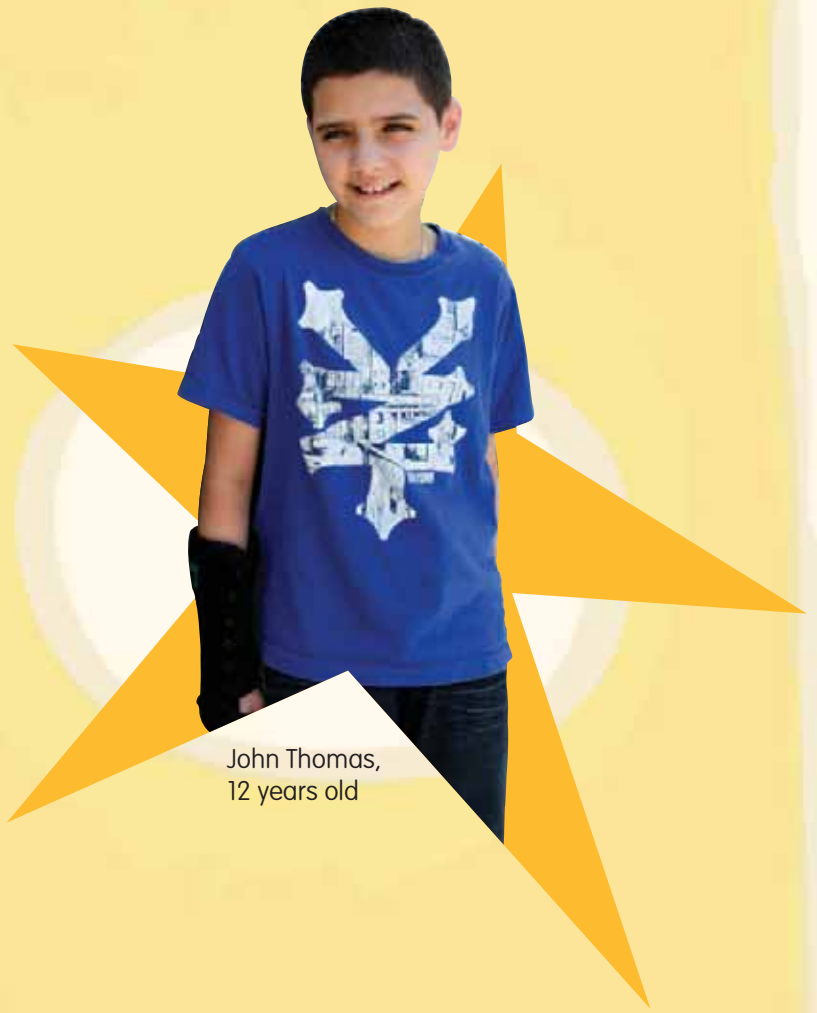
## A Trip to the Hospital Isn't so Scary

What happens when you break a bone or get a bad bump? An adult will probably take you to the hospital. Sound scary? It isn't! John Thomas, age 12, broke his arm last year. He had to go to the Emergency Department. Here is his story:

"I wasn't really scared, but I felt nervous — until they turned on the TV for me.

"The first thing they put on was hockey, and I love hockey! After that, every time a doctor or nurse walked into the room, they would talk to me about hockey and ask me questions about the game.

"That's why you shouldn't be afraid of the hospital. Everyone is nice. They will make sure you feel calm."



John Thomas,  
12 years old



### Give Your Eyes a Break!

Your eyes may feel heavy, tired, or dry after being on the computer for a while. But they don't have to. Keep your eyes feeling good by taking a lot of breaks. Do something else, and blink your eyes a bunch. If you still have trouble seeing — if things seem blurry at home or at school — tell an adult.



# YOUR BRIGHT IDEAS



## Check Out Our Winning Drawing!

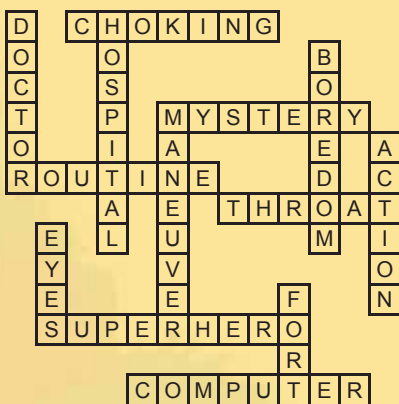
In our last issue, Hopscotch asked you to send in a drawing of how you and your family stay active all winter long. We got a LOT of great pictures! Here is one of our favorites. You can see the rest at [www.KHovnanianChildrensHospital.com/drawings](http://www.KHovnanianChildrensHospital.com/drawings).



"In the winter, my mom and I like to do yoga to stay fit."  
Artist: Sydney Horton, 8, Jackson

## How did you do?

Check your answers here!



# Kids: Can You Fill in the Blanks to Solve the Case?

On a cold winter day, Doctor Bernard started writing the story below. Before he could finish, someone stole some of the words!

Can you fill in the blanks to finish the story? Doctor Bernard thinks the missing words might be clues. They will help him figure out who — or what — took the words.

When you are done, ask your mom or dad to mail the story to us by February 20. We could print it in our next issue with your first name and age. And to thank you, we'll send you **Pawsitive Action Team Bands!**

Parents: Please send your child's completed story to:  
Doctor Bernard  
K. Hovnanian Children's Hospital at Jersey Shore University Medical Center  
Administration Offices  
1945 Route 33  
Neptune, NJ 07753

Be sure to include your home address so that we can send you Pawsitive Action Team Bands!



## Doctor Bernard's 'Tail' of Mystery

One chilly \_\_\_\_\_, Doctor Bernard was sitting in his \_\_\_\_\_ . He loves to read and write in that room because it is full of books. Suddenly, he saw something out of the corner of his \_\_\_\_\_. It had gray fur, round ears, and bright black eyes. It also had a long \_\_\_\_\_ that curled around behind its back. It was a \_\_\_\_\_!

Doctor \_\_\_\_\_ followed the little animal. It went behind a bookcase. Doctor Bernard moved the bookcase and saw a little hole in the \_\_\_\_\_. "So that's where it came from!" he said. "I guess \_\_\_\_\_ love to chew holes."

He sat back down and picked up his \_\_\_\_\_ to write more of this story. "Hey!" he exclaimed. "Something stole words out of my story!"

Now, what do you think it was? Answer:

\_\_\_\_\_

# Trying for Traditional Birth After a C-Section

There was a snowstorm the January night in 2011 that Megan McBride went into labor with her fourth child. She arrived at Riverview Medical Center already shaken from the drive, so she was relieved to learn the labor and delivery team was ready and prepared for her.

Every birth requires planning and preparation, but a little extra advanced planning was involved for Megan. The 41-year-old Sea Bright resident had had a cesarean section four years earlier when she gave birth to twins, and this time around she wanted a vaginal birth again — a procedure called vaginal birth after cesarean, or VBAC.

Most women think that having a cesarean section means they no longer can experience a vaginal delivery. In fact, VBAC is an option for many women who want to attempt it, says Adi Smolinsky, M.D., an OB/GYN at Riverview. However, she cautions, the decision to have this type of delivery must be made after careful consideration and awareness of the risks — one of which is uterine rupture — and benefits, including a faster recovery and decreased infection rate and blood loss.

“It wasn’t just one discussion with my doctor. It was a number of discussions,” says Megan, a patient at Dr. Smolinsky’s group practice. “My doctor counseled me on all the risks and reassured me that I was a prime candidate.”

In determining who is an ideal VBAC candidate, doctors consider a woman’s medical history as well as her future plans. “When we look at all of this information, we can give a more accurate assessment of the risks involved,” Dr. Smolinsky says.

The most important thing, Dr. Smolinsky explains, is that a VBAC be performed in a well-equipped hospital that has the capability to take action if complications arise. “Riverview is one of those hospitals. It has the capacity and it has the necessary highly skilled specialists present at all times.”

Throughout her labor and delivery, Megan’s obstetrician gave her the confidence she needed. “It was just so much better than I had imagined,” she says. “My doctor was a constant presence in my room, even before it was time to deliver the baby. And with the help of my doctor, the nurses, and my husband and mother, I did it.” ★



Sea Bright resident Megan McBride was able to have a vaginal birth after cesarean with the help of Dr. Smolinsky. Today, 10-month-old Margaret loves playing with toys and visiting the beach with her older siblings.



**Adi Smolinsky, M.D.**  
Obstetrics and Gynecology  
Holmdel | 732-739-2500

## ARE YOU EXPECTING?

Come tour the Childbirth Center at Riverview Medical Center. Tours are held the first Saturday of each month. Call **1-800-DOCTORS®** to schedule yours today. Or get a sneak peak right now by visiting [MeridianMomtourage.com](http://MeridianMomtourage.com) and click on “Riverview Medical Center” under “Check Out Our Cribs!”



Communications High School students Lillie Karch, 17; Sabrina Serani, 16; and Christian Kelly, 16, keep busy by being involved in healthy activities like Drama Club.



**John J. Verdon, M.D.**  
Board certified in Psychiatry  
Red Bank | 732-842-9468

Alcohol affects their bodies differently. Physically, girls are more vulnerable than boys to alcohol-related problems. They become intoxicated more quickly after drinking less alcohol and are more vulnerable to alcohol poisoning. They also have fewer of the enzymes that break down alcohol, so alcohol affects them longer.

**Steps to Take**

What can you do to help prevent teenagers' use of alcohol and drugs? "Pay attention to stress levels; signs of depression, anxiety, and other psychosocial issues; and mental health needs," suggests Dr. Verdon. "And offer immediate support and counseling if you see a problem."

In addition, research shows that adolescents who know their parents strongly disapprove of drug use are less likely to use than teens who feel their parents don't strongly disapprove. So make sure your children know where you stand.

If you suspect or know your son or daughter is using drugs or alcohol, seek immediate advice from a health or mental health professional. ★

# Preventing Teens from Using Drugs and Drinking

As the parent of a teenager, you probably put drugs and alcohol at the top of your list of safety concerns. You can't keep tabs on your teen at all times — so how can you stop him or her from engaging in risky behavior?

"The reasons individual teens begin using drugs or alcohol vary," explains John Verdon, M.D., board certified psychiatrist and specialist in adolescent addictions at Riverview Medical Center.

As a group, teens are vulnerable to substance abuse for several reasons:

- **Peer pressure.** Teens may drink alcohol to fit in.
- **Depression and anxiety.** Teens often turn to substance abuse to self-medicate psychiatric disorders.
- **Stress.** When stressed, teens may smoke and drink to cope.
- **Body image.** Girls may turn to diet pills, cigarettes, and other drugs to

maintain a culturally acceptable look. And boys may turn to anabolic steroids to improve their athletic performance or their appearance.

**Drugs and Alcohol: Girls vs. Boys**

Teenage boys have slightly higher overall rates of illicit drug use, but girls are more likely to abuse prescription drugs such as pain relievers and tranquilizers.

"When it comes to drinking, the sexes are pretty closely matched," says Dr. Verdon. "Underage boys, however, are more likely to report binge and heavy drinking than their female counterparts."

**KNOW THE SIGNS OF DRUG ABUSE**

Not sure if your child could be using drugs? Search "How to Spot Drug Use in Kids" at [WellnessCenter.MeridianHealth.com](http://WellnessCenter.MeridianHealth.com) to get a list of more signs to look for.

# 4 Tips to Help You Manage Migraines

If the intense pain, nausea, vomiting, and blurred vision caused by migraines are limiting your life, tap into these four self-care strategies. According to the American Headache Society, migraine sufferers who combine drug and nondrug treatments, such as the following, are likely to see the most significant improvement in migraine relief.

## 1. Keep a Diary

“A headache diary can help you figure out what triggers your migraines,” says Robert Terranova, D.O., a neurologist with Southern Ocean Medical Center.

He encourages you to note the following in a journal or on your computer or smartphone:

- When your migraines occur
- If they're mild, moderate, or severe
- What you ate or drank before the headache
- How much sleep you had the night before
- Specific symptoms
- Possible hormonal factors, such as the stage of your menstrual cycle
- Exposure to possible triggers, such as bright lights, physical or emotional stress, odors, tobacco smoke, hunger, or loud noise

“Analyze your diary to look for patterns,” says Dr. Terranova. “For example, are you more likely to get a migraine on days when you get less sleep?”

Osborne Island resident Michele Ferraro suffered from chronic migraines but found the relief she needed at Southern Ocean Medical Center. She's now experiencing life free from worrying when the next migraine will start, enjoying activities like fishing and biking.

## 2. Pinpoint Your Food Triggers

Migraine attacks often take place in response to foods. Common culprits include foods that are processed, fermented, pickled, or marinated, as well as red wine, aged cheese, smoked fish, salami, cured meats, nuts, and chocolate.

You can tell if a certain food triggers your migraines if you experience a headache within 12 to 24 hours after eating it.

## 3. Practice Relaxation

Practicing relaxation methods has been proven to reduce the number and severity of headaches by 45 percent to 60 percent.

“Deep-relaxation techniques work by changing your body's response to stress hormones,” explains Dr. Terranova. “They also slow your heart rate and the expansion and contraction of blood vessels.”

The two main techniques recommended for migraine sufferers are deep breathing, or belly breathing, and progressive muscle relaxation. Learning these techniques can teach you to spot signs of stress in your body and reduce them before they cause a headache. Using these relaxation tricks as soon as a migraine begins may reduce its severity and duration.

## 4. Communicate with Your Doctor

Migraines need to be managed with an effective treatment plan. It's important to provide feedback to your doctor on the effectiveness of medication and your self-care strategies. ★



**Robert J. Terranova, D.O.**  
Board certified in Neurology  
Manahawkin | 609-978-6336

### COULD YOUR HEADACHE BE A MIGRAINE?

Find out when you start exploring the new Neuroscience Health Center at [WellnessCenter.MeridianHealth.com](http://WellnessCenter.MeridianHealth.com). Simply click on “Health Centers,” “Neuroscience,” and “Headaches” to learn more about all kinds of headaches, including migraines.

# Tackling Celiac Disease Takes a Family



Chelsea Chinery, a sophomore in high school, has celiac disease, but she doesn't let that stop her from cooking. She prepares her own celiac-friendly recipes, like these banana and peanut butter muffins, which are made with gluten-free flour.



**Azam Soroush, M.D.**  
Board certified in Pediatric Gastroenterology  
Neptune | 732-776-4860

## Managing a Gluten-Free Life

Only one treatment helps celiac disease: a gluten-free diet. For most kids, avoiding gluten will stop symptoms within days and heal the intestine within two years.

“Following a gluten-free diet means not eating most grains, pasta, cereal, and many processed foods,” says Dr. Soroush. “But the good news is, more and more gluten-free products are available at grocery stores these days. Plus, fresh meat, poultry, fish, eggs, rice, fruit, and veggies can be eaten because they don't contain gluten.”

Going gluten-free can be tricky at first. Dr. Soroush provides these tips to help your family:

- Work with a dietician to learn which foods to avoid, how to eat a balanced diet, and how to read ingredient lists.
- Check the ingredient lists on medicine, vitamins, and lip balm because they may contain wheat. If ingredients are not listed, ask a pharmacist to help you.
- Avoid additives — such as modified food starch, preservatives, and stabilizers — that are made from wheat. Ask your child's doctor or dietician for a list of ingredients to watch out for.
- When in doubt while eating out, ask about ingredients and preparation.
- Instead of wheat flour, try flour made from gluten-free sources, such as potato, rice, soy, or beans.
- Seek out a celiac disease support group. ★

**More and more** children are being diagnosed with celiac disease in the U.S. For their families, getting used to a gluten-free life can be challenging. But there are ways to help ease the transition.

## What Is Celiac Disease?

Celiac disease is a digestive disease in which a person can't tolerate gluten — a protein found in wheat, rye, and barley. Even the tiniest amount of gluten causes the immune system to damage or destroy the tiny fingerlike parts of the small intestine called villi.

“Without villi, nutrients needed for normal growth and development can't be absorbed into the bloodstream,” says Azam Soroush, M.D., of Jersey Shore University Medical Center. “Instead, they pass through the intestine only partially digested.”

Although symptoms vary and can affect many parts of the body, symptoms in children tend to include:

- Stomach bloating and pain
- Chronic diarrhea
- Vomiting
- Constipation
- Pale, foul-smelling, or fatty stool
- Weight loss
- Irritability and fatigue
- Anemia

## WE CAN HELP

The Pediatric Gastroenterology and Nutrition Division at K. Hovnanian Children's Hospital provides services for children with gastrointestinal, liver, and nutritional disorders. Visit [KHovnanianChildrensHospital.com](http://KHovnanianChildrensHospital.com) to learn more.

# Protect Babies and Toddlers from Choking Hazards

A child's move from breast milk or formula to solid food is an important change. But it comes with a risk: Choking sends thousands of infants and toddlers to emergency departments each year, and food often plays a part.

## Serve Food Safely

Little kids don't have molars to help them grind food to a fine consistency. Protect your child by creating a safe eating environment at mealtimes. These tips from Grace Ponce, M.D., medical director of Pediatric Emergency at Ocean Medical Center, affiliated with K. Hovnanian Children's Hospital and part of **Meridian Pediatric Network**, can help:

- Supervise closely. Don't leave small children alone while they're eating.
- Sit your child upright in a high chair.
- Discourage eating and talking at the same time.
- Cut your child's food into small pieces until his or her molars come in.
- Stop your child from running with food in his or her mouth.

And until your child is 4 years old, don't give him or her these foods:

- Any nut or seed
- Scoops of peanut butter
- Hot dogs
- Chunks of meat or cheese

- Popcorn, pretzels, potato chips, corn chips, or similar snack foods
- Hard, gooey, or sticky candy
- Whole grapes
- Raisins
- Raw vegetables, especially hard ones
- Chewing gum

## Take Caution Outside of the Kitchen, Too

Although food is the most common cause of choking in small children, nonedible items also pose a threat. As curious young children explore their environments, they put objects into their mouths that can potentially stick in their throats.

"Keep kids safe by putting small household items and toys with removable parts out of reach," says Dr. Ponce. "Some common offenders to watch out for — and remove — include balloons, coins, marbles, tiny balls, pen caps, button batteries, and pins and needles." ★



Avoid feeding your young child these foods — all of which are choking hazards.



**Grace Ponce, M.D.**  
Board certified in Pediatric  
Emergency Medicine  
Brick | 732-840-3380

## PRINT AND POST: WHAT TO DO WHEN A CHILD CHOKES

Visit [WellnessCenter.MeridianHealth.com](http://WellnessCenter.MeridianHealth.com) and search "How to Help a Choking Child." This document provides specific tips based on the child's age. Post it in a common area for easy reference.

## Choking Emergencies

Choking can occur even if you take precautions. If your child has a forceful cough and is crying or vocal, let the coughing push the food or object out.

If your child can't make a sound, have someone call **911** while you do the Heimlich maneuver. Learn the version that's right for your child's age. Once the food or object comes out, take your child to the doctor. A piece of the object may remain in the lung; only a doctor can tell if your child is OK.



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Visit us on the Web at [MeridianHealth.com](http://MeridianHealth.com).

[KHovnanianChildrensHospital.com](http://KHovnanianChildrensHospital.com)

# Winter 2012 Upcoming Events at Meridian Health

Call **1-800-DOCTORS** for details  
or to register for any of these events.

## Varicose Veins: Five Important Things You Need to Know

Join vascular surgeon Owano Pennycooke, M.D., for this informative discussion on varicose veins and treatment options.

January 17, 11:00 a.m. – noon  
Meridian Fitness and Wellness Center at Hazlet

## Heart Month Wellness Expo and Health Screening

Meet experts from Meridian CardioVascular Network and take advantage of health screenings to monitor your blood pressure, cholesterol, glucose, and body fat. Vascular screenings that may save your life are also available for a discounted fee. Registration required.

January 31, 1:00 – 4:00 p.m.  
Jumping Brook Country Club,  
Neptune

## The Red Dress Event

Meridian Women's Heart Connection presents *The Heart Truth* campaign's Red Dress Collection. View designer dresses fresh off the runway from New York's Spring 2012 Fashion Week and learn how to live a heart-healthy lifestyle. Tickets are \$50, and a portion of the proceeds will benefit Meridian Women's Heart Connection.

February 23, 7:00 – 9:30 p.m.  
Buona Sera, Red Bank

## Car Seat Safety Check

Sponsored by the New Jersey State Police and the Trauma Center at Jersey Shore University Medical Center. No registration necessary.

First Tuesday of each month  
3:00 – 8:00 p.m.  
Jersey Shore University Medical Center

## ONLINE ACTIVITIES: CHECK OUT KIDSHEALTH

Did you know our Web site has free health information with special sections tailored to parents, kids, and teens? It's even in Spanish. Games, recipes, interesting facts ... it's all here and very cool. Just ask your kids! Visit [KHovnanianChildrensHospital.com](http://KHovnanianChildrensHospital.com) and click on "Kids' Health" under "Health Information" to check it out.

## DOWNLOAD ITRIAGE TO YOUR SMARTPHONE

Available on iPhone, Android, and other mobile devices, iTriage empowers you to make better health care decisions by allowing you to look up symptoms and find the most appropriate health care provider wherever you are. Meridian Health is a premium partner with iTriage and can help get you to a hospital emergency department right away. This app will provide you with turn-by-turn directions. Download the app for free today! Visit [www.MeridianHealth.com/itriage](http://www.MeridianHealth.com/itriage).

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