rheumatology specialists help kids thrive

Adults and seniors are not the only ones who suffer with rheumatic diseases. Nearly 300,000 children in the United States are coping with arthritis and other rheumatic conditions that cause inflammation and other uncomfortable symptoms.

“The outlook for kids with rheumatic diseases has improved dramatically over the past decade,” says Elizabeth Brooks, MD, PhD, pediatric rheumatologist at University Hospitals Rainbow Babies & Children’s Hospital. “There are several effective medications available that help kids live more normal lives.”

The Division of Pediatric Rheumatology at UH Rainbow Babies & Children’s Hospital provides comprehensive care to children with rheumatic conditions to help manage symptoms, maximize functional abilities and prevent disability.

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RHEUMATOLOGY SPECIALISTS HELP KIDS THRIVE
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Elizabeth Brooks, MD
Pediatric Rheumatologist
UH Rainbow Babies & Children's Hospital
Assistant Professor, Case Western Reserve University School of Medicine

Complex, Chronic Conditions
Rheumatic diseases are a group of autoimmune, inflammatory and bone disorders that affect the musculoskeletal system — the joints, bones, muscles and tendons that help the body move. Arthritis is one type of rheumatic disease. The causes of these diseases are unknown.

The most common symptoms are inflammation, swelling, pain and redness in the joints. Some conditions cause inflammation in the connective tissue, organs or blood vessels. Children also may experience fevers, rashes, painful and swollen glands, fatigue and sleep problems. In severe cases, rheumatic diseases can lead to permanent joint and tissue damage.

“Some children have one episode and do not require intensive long-term treatment with medication,” Dr. Brooks says. “Others have frequent flare-ups and need ongoing medical attention throughout their lives. Patients’ symptoms may change over time, and some children may have multiple rheumatic conditions.”

Nearly 300,000 children in the United States are coping with arthritis and other rheumatic conditions.

A Team Approach
At UH Rainbow Babies & Children’s Hospital, a team of pediatric rheumatologists works together to evaluate, diagnose and treat children with rheumatic conditions. Diagnosis may include performing a physical exam, taking a complete medical history and ordering lab tests and x-rays.

Team members develop a comprehensive treatment plan for each patient that may include: one or more medications to control inflammation, pain and other symptoms; physical therapy; and counseling.

consult our online health encyclopedia
Nearly 47 million people in the United States have arthritis. Learn more about arthritis at RainbowBabies.org. Click on Health Information, then Health Encyclopedia to access our online health encyclopedia. Then, type arthritis into the search box. Kids and teens can learn more about arthritis in our KidsHealth section.

Most kids who receive the right treatment do very well,” Dr. Brooks says. “They are able to participate in sports and other activities that their friends do.”

The UH Rainbow Difference
The staff at UH Rainbow Babies & Children’s Hospital can help children with rheumatic diseases throughout their lives. “One of our rheumatologists is board-certified in adult rheumatology,” Dr. Brooks says. “That means children can stay with the same rheumatologist when they reach adulthood or our doctors can help transition them to our adult rheumatology program at University Hospitals Case Medical Center.”

UH Rainbow Babies & Children’s Hospital makes it easy for children to access the care they need. Pediatric rheumatology services are available at the main campus in Cleveland, UH Landerbrook Health Center, UH Westlake Health Center and several other convenient locations.

expert care, close to home
When it comes to pediatric rheumatic diseases, your child deserves the best care available. You can find that care at University Hospitals Rainbow Babies & Children’s Hospital. To schedule an appointment, call 216-UH4-KIDS (216-844-5437) or request one online at RainbowBabies.org.

complete care for a wide range of rheumatic diseases
Pediatric rheumatologists at UH Rainbow Babies & Children’s Hospital treat more than 600 musculoskeletal conditions. Some of the most common rheumatic diseases affecting children include:

- Juvenile idiopathic arthritis (JIA) — Formerly known as juvenile rheumatoid arthritis, JIA is the most common type of arthritis in children. It causes joint pain, swelling and stiffness. There are several JIA subtypes, including: pauciarticular (which affects four or fewer joints); polyarticular (which affect five or more joints); systemic onset (which affects one or more joints and causes inflammation of the internal organs); juvenile ankylosing spondylitis (inflammation of the spine and hip); and juvenile psoriatic arthritis (joint inflammation that occurs in children with psoriasis).
- Systemic lupus erythematosus — This disease occurs when the immune system malfunctions and attacks the body. Patients may develop inflammation in the skin, joints and organs.
- Juvenile dermatomyositis — Children with this condition experience rashes and muscle weakness.
- Mixed connective tissue disease — This rare autoimmune disorder combines features of several diseases, including: lupus, scleroderma, polymyositis and JIA. It may affect the fat, cartilage and other substances that connect and support the body.
- Spondyloarthropathy — A type of arthritis that causes inflammation in the spine.
- Vasculitis — A condition characterized by inflammation of the blood vessels.
new program cares for kids with neurocutaneous syndromes

DEBORAH RUKIN GOLD, MD
Pediatric Neuro-oncologist and Director, Neurocutaneous Syndromes Clinic, UH Rainbow Babies & Children’s Hospital Professor, Case Western Reserve University School of Medicine

Neurocutaneous disorders are lifelong diseases that present challenges for patients and their families. For many children, getting the initial diagnosis is not easy. Patients often bounce between different doctors for answers. But when the diagnosis is made, there are specific medical guidelines that lead to many more visits to multiple clinics, even for children who do not have many problems.

“Neurocutaneous syndromes are complex disorders that require care from multiple specialists,” says Deborah Rukin Gold, MD, a pediatric neuro-oncologist at University Hospitals Rainbow Babies & Children’s Hospital.

The new Neurocutaneous Syndromes Clinic at UH Rainbow Babies & Children’s Hospital is the first area multidisciplinary clinic where children, adolescents and young adults with neurocutaneous syndromes can get advanced diagnostic and treatment services in one convenient location — from providers they trust. “With this clinic, we will improve quality of life and overall outcomes for these children by providing consistent, specialty care in a unified setting,” Dr. Rukin Gold says.

Understanding Neurocutaneous Syndromes

Neurocutaneous syndromes are present at birth and manifest differently, based on a child’s age. Symptoms can vary widely, even within families. Some children have barely noticeable symptoms, while others suffer with symptoms that affect their daily lives.

Neurofibromatosis Type I (NF1), the most common condition to be treated at the clinic, can affect many body systems. Changes in the neurofibromatosis gene cause the disease, which occurs in one out of every 3500 people in the U.S. Half of the time the genetic mutation is inherited from a parent. Others are due to a spontaneous genetic mutation; thus, the patient is the first in the family to develop NF.

Growthths or tumors called neurofibromas can be seen in children with NF1. Tumors may develop along the nerves under the skin or deeper in the body. Benign tumors can also occur along the optic nerve or other areas of the brain. Most tumors are benign and do not require treatment, but children with tumors do require frequent checkups. Children with growing tumors may need treatment.

Other symptoms include café-au-lait marks on the skin, benign marking on the iris of the eye, freckles on the underarms and/or groin, learning disabilities, attention deficit disorder, short stature, large head, scoliosis or bone abnormalities.

The clinic also treats other neurocutaneous syndromes, including NF Type II, schwannomatosis, tuberous sclerosis and Sturge-Weber disease.

Specialty Care Helps Kids Thrive

Pediatric specialists from neurology, genetics, psychology, endocrinology, dermatology, hematology/oncology and ophthalmology work together to diagnose, treat and monitor children with these syndromes. Patients and families meet with various team members in one convenient location and receive referrals to other specialists, as needed.

“There is no cure for these disorders, but routine care makes a tremendous difference,” Dr. Rukin Gold says. “We know what problems kids may face. In some cases, we can prevent or delay complications, or we can identify medical problems and learning issues early and address them as quickly as possible.”

expert care. stellar results.

Treating neurocutaneous syndromes requires a skilled, multidisciplinary team. You can find the expert care you need at UH Rainbow Babies & Children’s Hospital’s Neurocutaneous Syndromes Clinic. Want to learn more about this talented team? Call 216-844-1698.

sign up for an autism seminar

Quick Start Autism Seminar Series can help families and professionals get a “Quick Start” on their knowledge and understanding of autism. Upcoming classes include:

• Autism 101: What and Why
  Wednesday, May 16, 7 to 8:30 pm

Register today! Contact Beth Mishkind, MSSA, LSW, Autism Patient Navigator, at 216-286-5500 or Beth.Mishkind@UHhospitals.org. Download FREE brochures with complete seminar schedules and registration forms at RainbowBabies.org/autism.

top-notch pediatric emergency care

No one wants an emergency to occur. But if one does, the Marcy R. Horvitz Pediatric Emergency Center at University Hospitals Rainbow Babies & Children’s Hospital is here to help you and your child. Located on our main campus at 11100 Euclid Ave. in University Circle, the ER offers state-of-the art pediatric emergency services and technologies, and access to the region’s only Level I Pediatric Trauma Center.

Other pediatric emergency services locations in the UH Rainbow Care Network include:

Marcy R. Horvitz Pediatric Emergency Center at UH Ahuja Medical Center
3999 Richmond Road, Beachwood, OH 44122

UH Geauga Medical Center
13207 Ravenna Road, Chardon, OH 44024

UH Twinsburg Health Center
8819 Commons Blvd, Twinsburg, OH 44087

St. John Medical Center
29000 Center Ridge Road, Westlake, OH 44145

Southwest General Health Center
18697 Bagley Road, Middleburg Heights, OH 44130
our experts. your neighborhood.

focus on: UH Medina Health Center

No matter where you are in Northeast Ohio, you will be able to consult with University Hospitals Rainbow Babies & Children’s Hospital’s pediatric experts, whether it is at an outpatient health center, pediatric specialty clinic, pediatric primary care office or urgent care center.

In this edition of Under the Rainbow, as part of an ongoing series, we will be focusing on pediatric services at UH Medina Health Center and surrounding locations. Visit RainbowBabies.org/network to learn more about the UH Rainbow Care Network and locations.

in your neighborhood ...

With more than 200 pediatric primary care professionals at 70 convenient locations across the region, the UH Rainbow Care Network makes it easy to access expert care for your child’s routine health care needs.

Brecksville
Kids in the Sun
6909 Royalton Road, Suite 304
440-526-8222

Broadview Heights
Pediatric Center of Greater Cleveland
9075 Towne Centre Drive, Suite 110
440-526-6630

Brunswick
Pediatric Services
4065 Center Road, Suite 212
330-225-6374

Medina
Medina Family & Internal Medicine/Pediatrics
4001 Carrick Drive, Suite 150
330-721-8500

Medina Pediatrics
4001 Carrick Drive, Suite 160
330-723-7005

Middleburg Heights
Pediatric & Adolescent Health Professionals
18660 Bagley Road, #407
440-243-8040

Sharon Center/Wadsworth
Sharon Family Physicians
5133 Ridge Road
330-239-4455

Strongsville
Family Medicine Center of Strongsville
18181 Pearl Road
440-238-7676

Kids in the Sun
18181 Pearl Road, Suite A200
440-816-4950

Find a location in your neighborhood at RainbowBabies.org/network.

need care ... fast?

count on us.

UH Medina Health Center features a state-of-the-art Urgent Care Center for adults and children who need fast treatment for minor illnesses or injuries. You do not need to make an appointment — and parking is free.

All major insurance plans are accepted.

UH Rainbow Urgent Care
330-721-8484

Monday-Friday: 9 a.m. to 9 p.m.
Weekends: 9 a.m. to 5 p.m.
Holidays: 9 a.m. to 3 p.m.
(closed Christmas Day)
pediatric specialists, close to home.

Not only do all of our health centers offer medical laboratory and radiology services in a compassionate, caring and skilled setting, the facilities also host experts in multiple pediatrics specialties. At UH Medina Health Center, you can schedule an appointment with the following pediatric specialists:

UH Sharon Health Center

**Advanced pediatric hematology and oncology care, close to home**

Experts from the Angie Fowler Adolescent & Young Adult Cancer Institute at UH Rainbow Babies & Children’s Hospital provide leading-edge pediatric hematology and oncology services for children, adolescents and young adults with leukemia, brain tumors, lymphomas, bone tumors, blood disorders and other conditions.

**HEMATOLOGY/ONCOLOGY**
- Rachel Egler, MD
- John Letterio, MD
- Sanjay Ahuja, MD
- Lisa Perriera, MD

**YOUNG WOMEN’S BLEEDING DISORDERS CLINIC**
- Sarita Ahuja, MD
- Lisa Perriera, MD

**UH Sharon Health Center**
5133 Ridge Road, Wadsworth.
For appointments, call 216-UH4-KIDS (844-5437).

All UH Rainbow Babies & Children’s Hospital physicians also serve as faculty at Case Western Reserve University School of Medicine.

The commitment to exceptional patient care begins with revolutionary discovery. University Hospitals Case Medical Center is the primary affiliate of Case Western Reserve University School of Medicine, a national leader in medical research and education and consistently ranked among the top research medical schools in the country by U.S. News & World Report. Through their faculty appointments at Case Western Reserve University School of Medicine, physicians at UH Case Medical Center are advancing medical care through innovative research and discovery that bring the latest treatment options to patients.
How can I childproof my home from poisons?

Children are curious by nature, but it can get them into trouble, even in the safety of their own homes. How? Hundreds of household products, often ones within easy reach of children, can be dangerous. Take a careful look around your house and protect your kids from these potential poisons.

**Kitchen:** Items lurking beneath your kitchen sink may seem harmless, but cleaning supplies, such as glass cleaners, dish soap and drain cleaners can be poisonous. Install a safety latch on these cabinets.

**Bathroom:** Bathrooms are full of potential poisons. “Watch out for prescription and over-the-counter medications, including vitamins, as well as personal care items, like perfume, hairspray and makeup remover,” says Alfred Aleguas Jr., PharmD, D.ABAT, Managing Director of the Northern Ohio Poison Center at University Hospitals Rainbow Babies & Children’s Hospital. Purchase products with child-resistant packaging, but know that this does not guarantee it is childproof. “Be careful about products left on the bathroom counter or in an open purse,” Aleguas adds.

**Garage:** Gardening supplies, such as fertilizers or pesticides, and automotive chemicals, like windshield wiper fluid, are often left on the garage floor within children’s reach. Keep these items on high shelves. Always store them in original containers.

**Know who to call:** If your child comes in contact with a poison, even with very mild or no symptoms, call the 24-hour Poison Help Hotline at 1-800-222-1222 for instructions on what to do next. Save this number to your mobile phone for easy access.

“If your child is unconscious, not breathing or having convulsions, dial 911 immediately,” Aleguas says.

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**7 surprising childhood poisons**

You are careful to lock up obvious poisons, such as furniture polish, bleach, oven cleaner, pesticide and gasoline. You keep medications away from children, too. But unforeseen dangers can lurk in your home. Your child might think that powdered dish soap is sugar, for instance. These seven threats may surprise you:

1. **Baby powder:** Inhaling it can cause serious breathing trouble.
2. **Button batteries:** When swallowed, they can severely burn a child’s throat or cause choking.
3. **Magnets:** If children swallow more than one, they can attract each other through the intestine walls, lock together and cause blockages or holes.
4. **Iron pills:** Adult-strength products can cause kids to throw up blood or have bloody diarrhea.
5. **Nail glue remover and nail primer:** Some removers cause cyanide poisoning if swallowed. Some primers burn the skin and mouths of children who drink them.
6. **Alcohol-laden products:** Mouthwash, facial cleaners and perfumes can contain as much alcohol as cocktails. Children who swallow alcohol can have seizures, go into a coma or die.
7. **Plants:** Some house plants, including philodendron and dumbcane (Dieffenbachia), are poisonous. So are many outdoor flowers and shrubs, including lily-of-the-valley, holly, foxglove, rhododendron, oleander and yew.
The causes of most ovarian cancers are not known, but hormones may be partly to blame. Studies suggest that the fewer times a woman ovulates, the less likely she is to get this cancer. A woman may be at higher risk for the disease if she:

- Is older than age 50
- Has a personal history of breast or colon cancer
- Has a close female relative who had breast or colon cancer
- Has never given birth
- Has taken hormone replacement therapy after menopause

Some research suggests that a high-fat diet may also increase risk.

“About 10 percent of ovarian cancer cases are linked to genetic factors,” says Robert DeBernardo, MD, gynecologic oncologist at University Hospitals Seidman Cancer Center and UH MacDonald Women’s Hospital. “Women who have a close female relative — mother, sister, or daughter — who had ovarian cancer are at greater risk. So are women with mutations in either the BRCA1 or BRCA2 gene.”

These mutations, which are most common in Jewish women of Eastern European descent, also increase the risk for breast cancer.

A woman may have a lower risk if she:

- Had a child whom she breastfed
- Has had a tubal ligation or a hysterectomy

Symptoms of ovarian cancer often do not show up until the late stages of the disease. They include:

- Feeling bloated
- Nausea
- Diarrhea or constipation
- Urinating often
- Loss of appetite

- Unexplained weight gain or loss
- Abnormal vaginal bleeding

Based on a woman’s risk factors, her doctor can recommend screening tests or prophylactic strategies that may be appropriate. “Pelvic exams, ultrasound exams and other tests can help detect ovarian cancer,” Dr. DeBernardo says.

Unfortunately, they do not guarantee early detection. About 80 percent of women with ovarian cancer are diagnosed in advanced stages of the disease — when the long-term survival rate is lowest.

If she is at high risk, a woman and her doctor may consider surgery to remove the ovaries before cancer is present. The surgery can reduce the risk of cancer substantially, but there are risks and side effects of the surgery that need to be considered when making these decisions.

early detection saves lives

As with many types of cancers, early detection of ovarian cancer dramatically increases your odds of overcoming the disease. That means that your annual pap test is anything but routine — it is one of your best weapons against ovarian cancer. To schedule your pap test, visit UHhospitals.org/macwomen or call 1-866-UH4-CARE (1-866-844-2273).

leading-edge ovarian cancer care

Another First for University Hospitals

A team of cancer specialists at the UH Seidman Cancer Center at UH Case Medical Center is among the first in the nation to launch a dedicated gynecologic program using Hyperthermic Intraperitoneal Chemotherapy (HIPEC) to treat ovarian, endometrial and certain other malignancies. The team is being led by Robert DeBernardo, MD, a gynecologic oncologist at University Hospitals Seidman Cancer Center and UH MacDonald Women’s Hospital.

HIPEC is an exciting new approach to treating advanced and recurrent abdominal and gynecological cancers. In cases where the tumor is completely removed, HIPEC circulates chemotherapy — heated to 42 degrees to 44 degrees centigrade — throughout the abdominal cavity, where it can penetrate diseased tissue and attack any remaining cancer cells. HIPEC also can be used as adjuvant therapy to potentially prevent recurrence in women that have completed traditional chemotherapy for ovarian cancer.

“HIPEC is the next step in treating gynecologic cancers, including recurrent and new ovarian and certain high-risk endometrial cancers,” Dr. DeBernardo says.

The team plans to launch several Phase One clinical trials this year. The studies will look at morbidity, feasibility, patient tolerance to treatment and outcomes.

watch and learn …

HIPEC therapy is a fascinating, innovative approach to treating certain types of advanced cancer. You do not have to take our word for it, though. Visit UHSeidman.org/HIPEC for a video describing the procedure. Or, call the UH Seidman Cancer Center at 1-800-641-2422 to learn more.
lions, tigers and … orangutans?
MEET SOME VERY SPECIAL PARENTS AT MOTHER’S DAY AT THE ZOO

If you are a mom, it is likely that one of your favorite things to do is get together with other moms to chat about your little ones. University Hospitals Rainbow Babies & Children’s Hospital is partnering with the Cleveland Metroparks Zoo to introduce you to a few other moms.

The only unusual thing? These moms are from the animal kingdom.

On May 13, join us for Mother’s Day at the Zoo. From 10 a.m. to 3 p.m., we will offer special activities, giveaways and more. You will get to learn about some very special animal mothers, including monkeys, tigers and African elephants. You can learn about the animal moms, their parenting techniques and how they interact with their little ones. While you are touring the zoo, educational interpreters will be on hand to answer questions and teach you more about the animals.

Special for our Facebook friends: Visit us at the Zoo and show us, on your phone, that you “like” us on Facebook to receive a FREE gift!

SAVE THE DATE: Mother’s Day at the Zoo
DATE: Sunday, May 13
TIME: 10 a.m. to 5 p.m.
WHERE: The Cleveland Metroparks Zoo is at 3900 Wildlife Way.

make some new animal friends
Moms pay half-price for zoo entry on the day of the event. Join us! Just visit clemetzoo.com or call the Zoo at 216-661-6500 for more information.