

CARING for KIDS from

summerlin hospital

Spring 2016



“Yay! No more tummyaches!”

Doctors discover the surprising source of Madalyne Orr's pain and take action

Is your teen stressed?

Tips to help your child cope with life's challenges



Ask the Doctor

How to keep your child at a healthy weight



CHILDREN'S
MEDICAL CENTER

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Spring is in full swing with many opportunities to be outside, from playground fun to sports practices or family outings such as walks, bike rides and hikes. All of these activities, along with focusing on portion control and enjoying healthy snacks, meals and beverages, can help your child maintain a good weight. Read the story on page 6 for more suggestions from Kidfixers Pediatrics located on Summerlin Hospital's campus.

While it's only April, the end of school is just around the corner ... which means tweens and teens are coping with lots of year-end projects, reports, extracurricular activities and final exams. Check out the article on page 3 for tips to help your teen handle stress.

And finally, a stomachache can be just a stomachache – but sometimes, it can be far more serious. Our cover girl, Madalyne Orr, started having stomach pains, but when they persisted, urology specialist Andrew Hwang, MD, diagnosed her with a cyst near her bladder. You can read her story on page 4, and learn more about the types of urology issues that can affect children of all ages.

Wishing you a fun-filled spring and remember, we're here whenever you need us.

Robert Freymuller
CEO/Managing Director

Bear's Best Las Vegas Golf Club brings holiday fun to Summerlin Hospital's littlest patients



For the second year in a row, Bear's Best Las Vegas Golf Club donated puzzles, books, board games, sporting goods, stuffed animals and baby toys to pediatric patients at Summerlin Hospital. Organizer Ken Fry played Santa, and his daughter, Amanda, played his elf.

"Christmas is about the kids, especially those who could not be home for Christmas," says Ken. "Without the cooperation of Bear's Best and General Manager Jim Stanfill, none of this would be possible." Also contributing was Jim Carollo, who raised \$1,000 to buy toys. In addition, there was \$500 worth of donated toys.

Summerlin Hospital CEO Robert Freymuller says, "The look on the kids' faces was priceless! We are grateful for the many donors like Bear's Best who donate books, toys, arts and crafts, movies and blankets all year long. It really makes a difference for our pediatric patients."

"MOM, I'M STRESSED!"

Helping your child manage their stress levels.

Everyone experiences stress at different stages of life, but teenagers can be particularly vulnerable. According to a published survey by the American Psychological Association, 30 percent of teens said they felt sad because of stress, and 31 percent said they were overwhelmed. On a 10-point scale, the average stress level for teens was 5.8, while the average for adults was 5.1.

It is common for teens to experience difficulties with peer pressure, negative thoughts and feelings about themselves, demanding academic courses and family issues. While normal stress is okay, an overload of stress can result in withdrawal, anxiety, health problems and drug or alcohol use. Therefore, it's important to keep the lines of communication open with your child so they know you are available to help.

If your child has trouble managing their stress or talks about self-harm, seems depressed, stops eating or has difficulty sleeping, consult with a psychiatrist or qualified mental health professional. ■

Spring Mountain Treatment Center, affiliated with Summerlin Hospital, provides 24-hour mobile assessments and referrals. To schedule an assessment, call 702-873-2400. All calls are confidential.

Helping your teen cope

While there may be little control over the stressors in your teen's life, you can help them learn ways to better cope by:

- ✓ Helping them set priorities if they are overwhelmed
- ✓ Supporting them in athletics, dance, music and other creative activities
- ✓ Attending a meditation, yoga or tai chi class with them – this helps you, too
- ✓ Demonstrating time management skills and breaking tasks into smaller chunks
- ✓ Ensuring they exercise, eat regular, healthy meals and get enough sleep
- ✓ Focusing on their strengths, which fosters an "I can do it!" attitude
- ✓ Encouraging them to build a support network of peers they can lean on

Knowing they are not alone, your teenager can learn to better manage stressful situations and even help other teens, which provides them with a sense of accomplishment.



“Yay! No more tummyaches!”



Specialists at the Children’s Medical Center discover the surprising source of Madalyne Orr’s pain and take action.



Monica Orr didn’t think much of it when her daughter, Madalyne, 4, complained of stomach pain while eating dinner last fall. Madalyne was a picky eater, and often said she had a tummyache when she didn’t want to eat her vegetables. But at bedtime, Madalyne was still complaining about pain, which was unusual. ►



Jeff and Monica Orr were so relieved when doctors found the cause of their daughter’s pain. They are grateful to the staff at Summerlin Hospital, and are thrilled that Madalyne is back to her happy, carefree self.

Monica, a registered dietitian at Desert Springs Hospital, became concerned. Her daughter's pediatrician ordered an x-ray, which indicated mild constipation. Despite treatment, Madalyne's symptoms persisted for a month and she developed a fever. Monica requested blood work and it showed a rising white blood cell count, which can indicate infection.

On December 18, 2015, an ultrasound of Madalyne's abdomen detected a cyst close to her bladder. The pediatric gastroenterologist advised Monica to take her daughter to the ER, so she went to Summerlin Hospital. "Madalyne had lost weight and was very pale and anemic. My husband, Jeff, and I were hopeful that we would finally find out what was causing her symptoms," says Monica.

Pediatric Hospitalist Tricia Sellers, MD, examined Madalyne. A CT scan of her abdomen confirmed the cyst was near her bladder. She called Andrew H. Hwang, MD, FACS, a pediatric urologist, to evaluate Madalyne.

Dr. Hwang thought Madalyne would need surgery, but he wanted to try and drain the cyst first. However, after minimal drainage, Dr. Hwang removed the cyst on December 22, 2015. "Madalyne's surgery was more involved because the cyst was attached to other tissues and organs," says Dr. Hwang. "That part of Madalyne's bladder did not develop properly, which caused the infected cyst. We corrected that area after removing the cyst," he says.

Soon after surgery, Madalyne's white blood cell count dropped, she felt much better and was finally able to eat.

Monica has nothing but accolades for the care her daughter received at Summerlin Hospital. She says the one thing that stands out is the way doctors addressed everything so quickly when Madalyne arrived in the ER.

"Dr. Sellers coordinated everything, and once Madalyne was admitted, she came in daily and reviewed the day's plan. She made us feel comfortable with what was going to happen," says Monica.

Monica was also impressed with the child life specialists who took care of Madalyne. "They were so patient with her, even though she was scared and cranky at times," says Monica. "One of the child life specialists even went into the procedure room with Madalyne when they put her drainage tube in, and was with her when she came out." Jeff, Monica and Madalyne are so grateful for Summerlin Hospital and its staff. "It was a scary time for all of us, not knowing what was wrong with Madalyne, but they were empathetic and discovered the problem quickly and addressed it," Monica says.

Madalyne continues to see Dr. Hwang for periodic follow-ups. After a recent visit, he told her she is doing very well with her recovery. "I gave Dr. Hwang the biggest hug! He is my favorite doctor," says Madalyne. ■



Child life specialists – keeping children and families comfortable

It is natural for a child to feel fear, anxiety and stress during a visit to the ER or when admitted for a procedure or surgery. That's where the child life specialist comes in, alleviating fear and anxiety through play and self-expression activities, such as art, music or storytelling. They use visual distractions and age-appropriate medical preparation and education, and can also teach breathing techniques to help your child relax.

To learn more about the role of child life specialists in the hospital, visit www.summerlinhospital.com/childlife.

To find a physician or specialist, call Direct Doctors Plus® at 702-388-4888.

Helping your child maintain a healthy weight

Encouraging your child to choose the right foods and get enough exercise can be a daunting task. Many children are exposed to a variety of drinks and snacks loaded with sugar, and spend too much time on electronic devices. Physical activity has dramatically decreased as child and teen obesity rates are on the rise.* **Kidfixers Pediatrics** offers tips that can help keep your child at a healthy weight for a lifetime.

1. Say "NO" to sugar

Children are drinking too many sweet beverages, especially soda. Drinking water instead of two cans of soda per day or another sweet drink is equal to losing one half-pound of weight per week! Cutting down on processed sugar and fat and getting servings from each food group is a healthy lifestyle approach that can become a habit. Involving children in meal planning can also teach them how to make better choices.

2. Learn portion control

Reference charts are great tools to help children learn portion and serving sizes. For example, a medium-sized piece of fruit is equal to the size of a tennis ball. Instead of allowing your child to sit down with a whole bag of potato chips, help them measure out one serving. ChooseMyPlate.gov is a good resource that has child-friendly printouts you can use to help your child learn the right portions and serving sizes of foods.

3. Get moving

Planning time together as a family is a great way to increase physical activity. Start by choosing a couple 30-minute time slots each week where you plan to walk, bike or run. Doing something active after dinner is also a great way to burn calories and rev up the metabolism. Limit usage of your child's electronic devices and encourage a variety of age-appropriate physical activities they will enjoy. ■

*cdc.gov (Nevada State Nutrition, Physical Activity and Obesity Profile)

Let's get physical!

The Valley Health System's Kids Advantage Program offers free and low-cost services to enhance the well-being of children. See opposite page for more information.

SPOTLIGHT on...



ANDREW HWANG, MD

Diplomate of the American Board of Urology, Certified in General Urology, Subspecialty certification in Pediatric Urology

What are the most common conditions seen in your office?

We often see congenital abnormalities of the male genitalia (of the penis or the testes), as well as abnormalities of the urinary tract. Many boys have penile conditions that prevent their pediatricians from doing circumcision or that may cause urinary or sexual problems in the future. They may need surgical correction for such conditions. For some boys, their testes do not descend down to the scrotum normally after birth, and that may cause fertility issues in the future. In girls, the most common conditions we see are urinary tract infections and urinary incontinence. These may be related to kidney or bladder abnormalities.

What do you find most rewarding about your job?

Having the ability to use the knowledge and skills I have gained through years of training and experience. It is very rewarding to solve a difficult medical problem that will make a meaningful improvement in a child's life.

What types of symptoms or conditions might send a child to the ER?

Common emergencies for boys include severe testicular pain, penile infection, or the inability to urinate. For girls, a severe urinary tract infection with fever or pain with urination is a common reason for an ER visit.

What is your favorite aspect of your job?

It would have to be seeing people happy with our services and getting better with the treatments that we offer. It is important to know that we make a positive difference for every one of our patients. ■

What are some indicators (conditions, signs, symptoms) that it is time to see a pediatric urologist?

Children with abnormally developed genital and urinary systems would benefit from consultation with a pediatric urologist. Other conditions that develop later, such as urinary or genital infections, pain, or bleeding, would also qualify for a visit with a pediatric urologist.



The Valley Health System

The Valley Health System's health and wellness program offers free and discounted services to help enhance the health and well-being of your children ages birth to 17. As the parent of a Kids Advantage member, you're entitled to:

- Special benefits during your child's inpatient hospitalization
- Free or discounted health screenings for your child
- *Caring for Kids* and The Valley Health System's *Health News* magazine
- Special events such as seminars, health fairs and members-only activities
- Discount Club (area stores, dental services, hospital cafeterias and gift shops)
- Prescription discounts



To join, scan the code, go to www.valleyhealthsystemlv.com/kidsadv, or complete and mail the form below.

Parent's name

Birth date (mm/dd/yy)

Signature

Child's name

Birth date (mm/dd/yy)

Address

City State Zip code

Telephone (including area code)

Mail form to: Kids Advantage, c/o Summerlin Hospital, 657 N. Town Center Dr., Las Vegas, NV 89144



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