

CARING for KIDS from summerlin hospital

Winter 2017

MEDIA overload?

How screen time
can affect your child,
and tips to cope



Living Proof

The Mejias celebrate
their baby miracle

Ask the Doctor

Getting help for an
eating disorder



CHILDREN'S
MEDICAL CENTER

SUMMERLIN HOSPITAL

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With technology all around us, your kids likely spend more time on cell phones and computers than ever before. Please take a moment to read our cover story that discusses a variety of do's, don'ts and other things to be aware of when your child is online.

This edition also features an article by Dr. Pamela Greenspon about eating disorders, and introduces you to Dr. Lisa Wong, a pediatric radiologist with Desert Radiology who plays an important role in diagnostic procedures. Both of these physicians are wonderful assets to residents and visitors to our community.

We are also delighted to feature the story of little Alexander Mejia who weighed less than one pound at birth, but who is now on track with all his milestones, thanks to the team at The Birthplace and Children's Medical Center and a lot of prayer and determination by his parents.

We understand how precious your children are, and thank those of you who have chosen Summerlin Hospital for their care. We wish you all the best in the new year, and remember, we're here whenever you need us.

Robert Freymuller
CEO/Managing Director



Getting ready for a new addition?

A wide variety of classes for new and expectant parents are available through the FamilyPlace at Summerlin Hospital.

Just log onto www.summerlinhospital.com/family for a complete class listing, including:

- **Baby Care Basics**
- **Breastfeeding Basics**
- **Childbirth Basics**
- **HypnoBirthing®**
- **Mommy & Me Playgroup**
- **Infant Massage**

And
more!

You can also find information about free Car Seat Installation checks to ensure your baby is safe on the go, and register for a free group tour of The Birthplace, the maternity unit at Summerlin Hospital.



Our family is living proof that miracles happen at SUMMERLIN HOSPITAL

Alejandra and Tino Mejia were given difficult news soon after they found out they were expecting. Hope throughout a high-risk pregnancy, and the support of a caring hospital team, made their baby miracle possible.

"I started having issues around 15 weeks," Alejandra explains. She initially sought treatment from a doctor in Phoenix, who left her with the disheartening prognosis that her baby would probably not survive. "I didn't want to give up," Alejandra says.

She and Tino then drove to Las Vegas, where they met with Perinatologist Paul T. Wilkes, MD, of Desert Perinatal Associates, who specializes in high-risk pregnancies. He played a vital role in keeping the baby safe and in Alejandra's womb for as long as possible.

Some of Alejandra's pregnancy was spent in the antepartum unit at Summerlin Hospital,

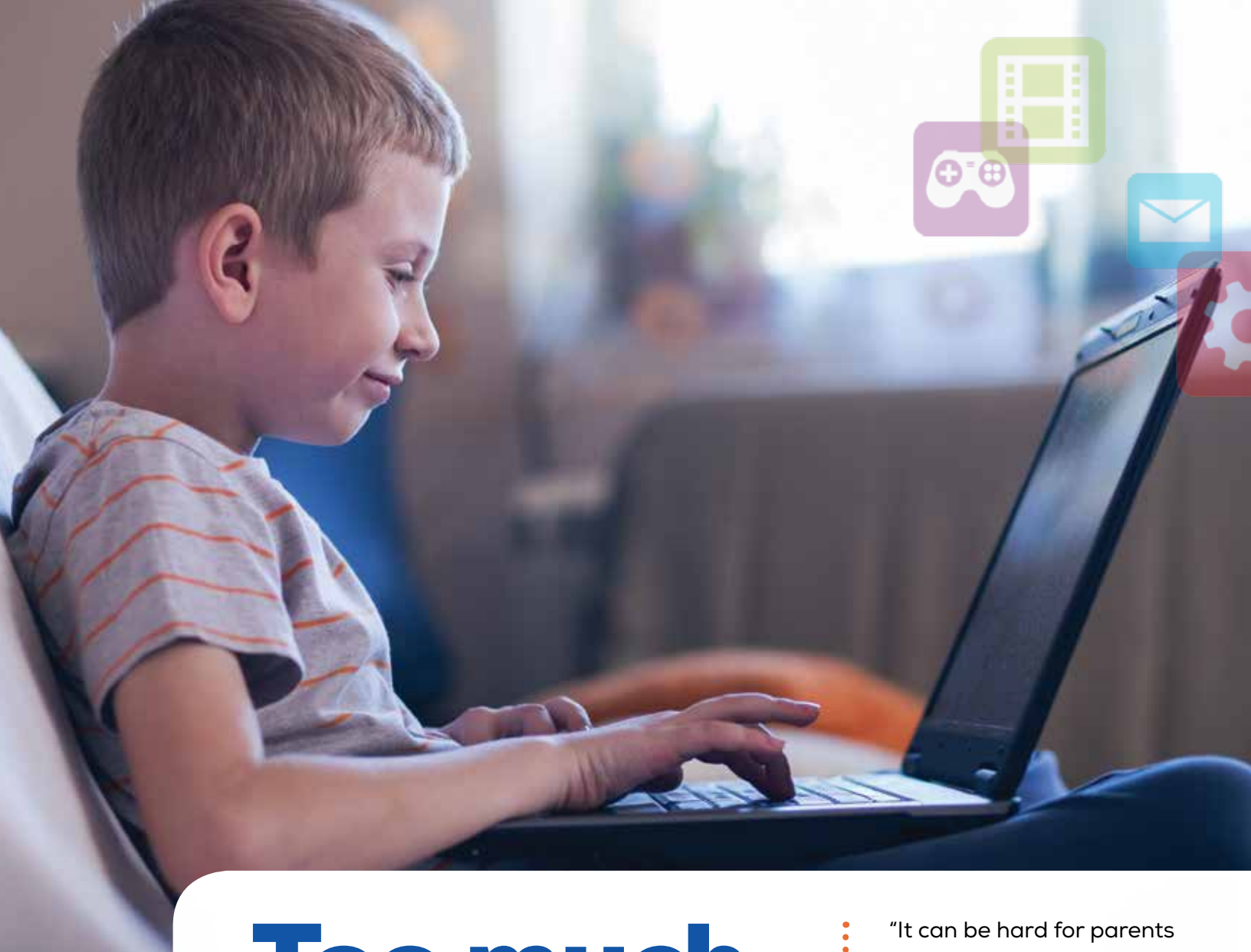
where the team set their focus on supporting and sustaining her pregnancy. "The nurses went above and beyond to make sure that we were okay and our baby was okay," Alejandra says.

Alexander was born at Summerlin Hospital on July 28, 2015, weighing less than a pound, with both a labor and delivery team and neonatal intensive care team (NICU) involved in the high-risk delivery. "He was just so fragile, he was the size of my hand," Alejandra recalls. He went immediately to the NICU, where he would spend the next five months growing bigger and stronger.

Philip Vaughn, MD, the medical director of Summerlin Hospital's NICU and a member of Pediatrix Medical Group, notes that treatment has continued to advance for babies who are born prematurely, as Alexander was. "Now we can offer a baby like Alexander a much greater opportunity to not only survive but grow up normal, healthy and happy. And at the end of the day, that is everyone's goal."

That's everything Alejandra and Tino Mejia were hoping for, and that wish has come true. ■

To view a video of the Mejias' story, visit
www.summerlinhospital.com/mejia.



Too much SCREEN TIME?

The average 8- to 10-year-old spends nearly 8 hours a day with a variety of different media, and older children and teenagers spend more than 11 hours per day, according to a study cited by the **American Academy of Pediatrics.**


“It can be hard for parents to manage media use when temptations are all around,” notes **Lisa Sperry, RN, BSN, MHA, CCRN**, Director of the Children’s Medical Center at Summerlin Hospital. “Knowing the risks and recommendations is a good place to start.” ➤



What are the risks?

Excessive time spent looking at TV screens, computers and other electronic devices has been linked to a number of problems, such as eye strain and loss of social skills. The National Institutes of Health (NIH) notes that too much screen time can:

- **Make it hard for your child to sleep at night.** Blue light from electronics is said to prevent the release of melatonin, a hormone that tells your body it's time to sleep.
- **Increase your child's risk of obesity.** Sitting, snacking and exposure to unhealthy food advertisements can contribute to weight gain and other related problems like high blood pressure and increased risk of type 2 diabetes.
- **Raise your child's risk of attention problems, anxiety and depression.** Screen time can take away from socializing, reading or athletic activities, which can protect against depression, a *ScienceDaily* article on teen media exposure notes.



Online bullying, or "cyber bullying," can be another concern. A survey conducted by researchers at the NIH found that higher depression reported by cyber victims underscores the need to monitor and obtain treatment when cyber bullying occurs.

"If you feel your child is experiencing depression or other mental health issues due to cyber bullying or for another reason, we can help you get the support you need," says Sperry. "Spring Mountain Treatment Center, which is affiliated with Summerlin Hospital, provides 24-hour mobile assessments and referrals for pediatric patients."

How much is healthy?



The American Academy of Pediatrics (AAP) recommends that parents monitor what media their children use and:

- Limit the amount of total entertainment screen time to less than 1 to 2 hours per day.
- Discourage screen media exposure for children less than 2 years of age.

An article on healthychildren.org, from the American Academy of Pediatrics, says that "children up to age 3 learn better from the real world than they do from any screen, especially when it comes to language."

"Specifically, children are programmed to learn from interacting with other people," the article notes. "A toddler learns a lot more from banging pans on the floor while you cook dinner than he does from watching a screen for the same amount of time, because every now and then the two of you look at each other."

"Media can have positive effects, like providing education and offering a way for people to connect with one another," says Sperry. "The key is to use it responsibly and help your kids do the same." ■



If you're concerned your child may be anxious, depressed or experiencing other negative thoughts or feelings, you can schedule an assessment at Spring Mountain Treatment Center by calling 702-873-2400. All calls are confidential.



SCALE BACK YOUR SCREEN TIME WITH THESE TIPS

from the National Institutes of Health

- No TVs or computers in your child's bedroom
- No TV during meals or homework
- No eating while watching TV or using the computer
- Radio, instead of TV, for background noise

Extra credit! Challenge your family to go one week without TV and screen time – and discover other fun activities to do instead!

DO YOU KNOW THE SIGNS OF AN eating disorder?



ASK the DOCTOR

**Pamela
Greenspon
MD, FAAP
Pediatrician**

Approximately a half million teens struggle with eating disorders, according to a study cited by the National Eating Disorders Association (NEDA). **Pamela Greenspon, MD, FAAP**, general pediatrician with Desert Valley Pediatrics, notes that these conditions can have serious consequences. While they often begin during the teenage years, some children and adults can also be affected.

Q. What are the signs of an eating disorder?

There are different types of eating disorders, and the signs may vary for each. Some signs may be physical, such as dramatic weight loss or noticeable fluctuations in weight, menstrual irregularities, gastrointestinal issues, stained or discolored teeth, and hair loss. Others may be behavioral, such as preoccupation with weight, avoiding eating with others and disappearing to the bathroom after eating.

Q. What are the types of eating disorders?

There are three main eating disorders: Anorexia nervosa is characterized by an extremely low body weight and severe food restriction. Bulimia nervosa involves binge eating and then purging through forced vomiting, excessive use of laxatives, fasting and/or excessive exercise. Binge-eating disorder entails excessive, out-of-control eating, but without the purging; people with this condition tend to be obese or overweight.

Q. What are the health risks?

People with eating disorders often have co-existing mental health issues, such as depression, low self-esteem and suicide risk. Health concerns can affect the electrolytes, kidneys, esophagus and heart. With anorexia nervosa, a lack of essential nutrients can cause the body's organ systems to slow down and result in numerous problems, including possible heart failure. At least 5-6% of individuals with anorexia nervosa will die.*

Q. What if I think my child has an eating disorder?

Talk with your doctor right away. Early treatment can support better chances of recovery. Understand that a multi-disciplinary approach is often needed to address the nutritional, medical and mental health components. Also, the National Eating Disorders Association has a toll-free, confidential helpline: 1-800-931-2237. Visit their website at www.nationaleatingdisorders.org for helpline hours and more information. ■

*Campbell, Kenisha and Peebles, Rebecca, "Eating Disorders in Children and Adolescents: State of the Art Review," Pediatrics®, September 2014, Volume 134/Issue 3, pages 582-592

SPOTLIGHT on...



LISA WONG, MD

***Board-certified Pediatric Radiologist,
the Children's Medical Center at
Summerlin Hospital***

Diagnosing broken bones and other medical conditions often starts with an imaging test to provide a more in-depth look. Dr. Lisa Wong is answering that need at the Children's Medical

Center, with a gentle approach that's helping many young patients get started down the road to recovery.

Pediatric radiologists have special training to understand children's development and the different medical issues they face, Dr. Wong says. "We also have training to help alleviate anxiety."

Sitting still for an X-ray, ultrasound or other imaging test can be challenging and even scary for a toddler or a six-year-old, she notes. "We talk with them, try to put their mind at ease, and hopefully help them have a better overall experience," she says.

"We're basically behind-the-scenes doctors, and usually the ordering physician will communicate the diagnosis to the parents," she says. "During certain testing, such as fluoroscopy (which shows a continuous X-ray image in real time), I can interact with parents and tell them what I see," she says.

Dr. Wong is a native of Las Vegas, where she grew up with a love of science and biology. "I knew I wanted to go into the medical field," she says, noting that she especially enjoyed learning about anatomy and technology. "Then, because I wanted to be a pediatrician, I decided on pediatric radiology." She did a fellowship at the Children's Hospital of Los Angeles and then became part of the Desert Radiology team based at Summerlin Hospital, where she has been practicing ever since.

"It's rewarding, to help a child who is sick and alleviate the anxieties of parents," she says. "It makes me feel like I'm making a difference, changing their lives in a positive way." ■

It's okay, mom and dad

At Summerlin Hospital, the guiding mantra is to use as little radiation as reasonable to achieve the needed results, Dr. Wong says. One way to do this is by using pulse fluoroscopy, or in other words short bursts of X-rays, to minimize exposure. Also, new computed tomography (CT) scanners offer lower-dose radiology exposures. Magnetic resonance imaging (MRI) can offer an alternative to CT scans. This type of imaging and ultrasound have no risks of radiation at all.



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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