

SPRING/SUMMER 2011

bridges

TO A HEALTHIER LIFE



Moving Forward, Giving Back

A young cancer survivor inspires hundreds of children's hospital donations

Paddy O'Brien is a blaze of energy on the soccer field. So it was unusual when the freckle-faced 9-year-old started feeling fatigued. The cause? Ewing's sarcoma, a rare bone cancer.

Paddy ultimately developed pain in his left leg—a limb that he risked losing. So while his friends were playing, Paddy was at UCSF, undergoing tests, biopsies and treatment. His leg turned red from radiation, and his blond hair fell out.

Fueled by a positive attitude, Paddy parlayed his experience into this poem, titled *Needles*:

One of these needles is as thick as a toothpick, which goes into my port; it doesn't hurt at all.

That big needle helps chemo, saline, pain and nausea meds flow through my body.

After all of this, needles are curing me of cancer.

Needles, they turn out to be my best friend.

While undergoing treatment, Paddy's school grades were high enough to land him on the principal's list. Throughout, he maintained his fighting spirit, and today he is cancer-free.

When UCSF launched its fundraising campaign, Challenge for the Children, to benefit the new children's hospital,

Paddy got involved. He brought in 425 donors, making him the No. 2 fundraiser, which earned him the right to name one of two prominent spaces at UCSF Benioff Children's Hospital. "I didn't think I'd beat [actor] Ashton Kutcher," Paddy says. But that he did.

"Having one of our patients play an integral role in shaping the future of UCSF Benioff Children's Hospital is particularly meaningful," says Mark Laret, chief executive officer of UCSF Medical Center and UCSF Benioff Children's Hospital. Paddy's mom thinks her son may even have a future career in fundraising. But for now, 12-year-old Paddy just enjoys being a kid. **For more information, visit www.ucsfbenioffchildrens.org/paddy.**



UCSF Benioff Children's Hospital



Winning Battles With Food

UCSF's multidisciplinary team involves the whole family in treating teens' eating disorders

Childhood should be carefree, but too many kids—especially girls—are developing eating disorders. If untreated, disorders such as anorexia nervosa (preoccupation with food and weight) and bulimia nervosa (binging and purging) can lead to depression and anxiety, brain changes, and even heart and kidney failure.

“At UCSF, most of our patients are between 11 and 25, but we’ve had a patient as young as 7,” says Dr. Sara M. Buckelew, director of the Eating Disorders Program.

To deliver effective care, UCSF provides a multidisciplinary approach—by a team of eating disorder specialists, psychiatrists, clinical psychologists, nutritionists, social workers and nurses—who use evidence-based treatment. “We do a full medical evaluation; provide nutrition counseling; and offer therapy including mindfulness, which is very helpful for bulimia,” says Dr. Buckelew. “We involve the whole family. Parents often don’t

know how to help their kids feel more confident, so we give them tips.”

Treatment includes helping kids develop a balanced approach to eating and a positive body image. “We talk about being healthy, rather than putting a moral value on food,” Dr. Buckelew says. “It’s also important to pay attention to media images. I don’t think the media causes eating disorders, but patients need to be aware that images are often altered.”

So when should a parent be concerned? “If your child is losing weight and is cold or dizzy, is socially withdrawing during mealtimes [perhaps retreating to the bedroom to eat], or if a girl loses her period, talk to a pediatrician,” advises Dr. Buckelew. “It’s better to identify issues sooner than later.”

The Eating Disorders Clinic is located on the Parnassus campus. A doctor’s referral is required. **For more information, call (415) 353-2002 or visit www.ucsfbenioffchildrens.org/eatingdisorders.**

Recipes for Innovative Research

Internationally renowned for its biomedical and behavioral sciences faculty, UCSF conducts innovative research that helps the staff create more effective treatment options. The UCSF Eating Disorders Clinic Patient Outcomes Project, for example, is evaluating how patients’ symptoms change over time, in an effort to pinpoint any biochemical, behavioral or psychosocial factors that may contribute to risk, recovery and relapse. Another UCSF study, the Study of Hospitalized Adolescents with Anorexia Nervosa, is investigating the relationship between diet and weight change, in hopes of helping hospitalized patients gain more weight. UCSF also participates in The National Eating Disorder Quality Improvement Collaborative, a national effort to collect outcome data and compare the effectiveness of eating disorder programs across the country.

Cuddly Canine Companion

The perfect dose of medicine for hospitalized kids

A lovable pooch with an ever-wagging tail, a fondness for being read to and mastery of more than 50 commands puts in regular workdays in the UCSF Benioff Children's Hospital playroom and at the hospital's bedsides. Nilani—called Lani by the kids—is a 2-year-old retriever mix and a valued team member of Child Life Services, which helps young patients adjust to their hospital stay. She's a Canine Companions for Independence dog and expertly trained to work in a hospital setting. Says Jennifer Belke, Child Life playroom coordinator and Nilani's handler, "Lani eases kids' stress and anxiety and brings them unconditional love."

For more info about Lani, visit www.ucsfbenioffchildrens.org/canine or check Belke's blog, www.ucsfccidog.blogspot.com (includes a list of doggy toys to donate).



Kidney Stones in Children?

Childhood obesity and high-salt diets are likely culprits

Doctors today are seeing more children with a condition that isn't usually associated with the younger set—kidney stones. More data is needed to confirm the trend, but experts have some suspicions about what might be causing the apparent increase. "A high-salt diet is one of the main causes of kidney stones, and kids are definitely getting more salt in fast foods," says Dr. Michael DiSandro, a UCSF pediatric urologist. "Obesity is also linked to kidney stones, and childhood obesity has tripled over the last 30 years."

Kidney stones form when urine contains too much of a certain substance, like calcium oxalate, which crystallizes. Symptoms include abdominal or flank pain, nausea, vomiting, and blood in the urine.

While smaller kidney stones may pass on their own, others require surgery. "We're seeing kids with larger, more complicated stones with staghorn calculi [branches], which require more complex surgery," says Dr. DiSandro. Various endoscopic procedures are available at UCSF, including those that use shock waves, sound waves or laser beams to shatter the stone.

Fortunately, kidney stones in children are still rare. "Most kids with abdominal pain don't have a kidney stone," Dr. DiSandro says. "But if a child has abdominal pain and blood in the urine or a family history of kidney stones, that's a red flag and cause to consult a doctor."

For more information, call (415) 353-2200 or visit www.ucsfbenioffchildrens.org/urology.





TO OUR NEIGHBORS



The new UCSF Benioff Children's Hospital, now under construction at Mission Bay, will feature a transformative design that enhances healing through connections to

nature, a focus on sustainability, and a renewed emphasis on patient and family support.

All rooms will maximize natural sunlight and views, while providing individualized lighting and temperature controls. All patient rooms will include materials that are not just durable and recyclable but also have undergone unprecedented safety testing. In each room, a media wall will provide access to myriad services, including meal orders, housekeeping requests, games and connections to work or the classroom via webcam. We are also working with community-based pediatricians so that the same technology can allow them to participate in the care of their patients from their offices.

We are very excited about all the ways the new hospital will enable us to improve the health of children in San Francisco and beyond. For more details, visit www.missionbayhospitals.ucsf.edu/childrens-hospital.php.

Stephen D. Wilson, MD, PhD
Associate Chief Medical Officer
UCSF Benioff Children's Hospital

Pediatric Urgent Care

Pediatric Urgent Care at UCSF Benioff Children's Hospital now offers prompt, specialized care for young patients every day, including holidays. Available to all families—not just current patients—the clinic is equipped with the latest medical technology and UCSF pediatricians dedicated to the treatment and healing of children.

Where: Enter through the Emergency Department, 505 Parnassus Avenue, San Francisco

When: Every day, 10 a.m.–9 p.m.

Who: Available for all children

Appointments: No appointments, drop-in only



UCSF Benioff Children's Hospital

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Maps and Directions
www.ucsfhealth.org/pathway

Outreach Clinics
www.ucsfhealth.org/outreachclinics

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