



**Welcome Zeina M. Nabhan, MD, MSc**

Riley Hospital for Children and the section of Pediatric Endocrinology/Diabetology are pleased to welcome Zeina M. Nabhan, MD, MSc, a pediatric endocrinologist. To schedule an appointment with Dr. Nabhan, call IMACS at 317-916-3500 or 1-800-622-4989.

# Riley Physician Update

**INDIANAPOLIS**

702 Barnhill Drive  
Indianapolis, Indiana 46202  
317-274-5000  
[rileyhospital.org](http://rileyhospital.org)

1701 North Senate Avenue  
Indianapolis, Indiana 46206  
317-962-2000

**CARMEL**

11700 North Meridian Street  
Carmel, Indiana 46032  
317-688-2000  
[clariannorth.com/riley](http://clariannorth.com/riley)



Riley Hospital for Children  
Indianapolis • Carmel

EARLY SUMMER 2008

# Riley Physician Update

INFORMATION FOR OUR COMMUNITY PHYSICIAN OFFICES

## NEW ASTHMA ED PROGRAM FOCUSES ON LONG-TERM MANAGEMENT

Not all acute asthma attacks are avoidable, but effective management of chronic symptoms helps to minimize trips to the emergency department. That's the premise behind a new program at Riley Hospital for Children at Clarian North.

Riley Emergency Asthma Care and Teaching (REACT) educates parents and their children through a series of teaching components covering:

- Inciting events of asthma, such as antigens or viral infections;
- Common symptoms of asthma, such as severe coughing;
- Preventive therapies for asthma, including long-term treatment with inhaled corticosteroids and reduction of environmental triggers;
- Early warning signs of an oncoming asthma flare-up; and
- Expectations of an emergency room visit.

When children come to the emergency department with asthma symptoms 6–10 p.m. weeknights, a pediatric asthma specialist on duty will discuss these issues with the family. At other times, families will be shown videos recorded by pediatric pulmonologists Howard Eigen, MD, medical director, ambulatory care at Riley Hospital for Children, and Michael Tsangaris, MD, chairman of pediatrics at Riley Hospital North.

A central message of the REACT program is that all children with asthma can lead normal lives. The key, say Doctors Tsangaris and Eigen, is to ensure that kids take anti-inflammatory medication daily for long periods of time to reduce chronic inflammation in the bronchial tubes.

## DIAGNOSIS: What is causing a failure to thrive

A 19-month-old girl was evaluated for failure to thrive. She had grown with normal velocity on her own curve at less than the fifth percentile until 1 year of age, at which time her weight gain flattened out. Her height continued to increase, albeit at less than the fifth percentile, and head size was normal. She had no gastrointestinal symptoms. She passed hard stools daily, with streaks of blood when stools were particularly hard. She had no vomiting or dysphagia. Dietary history showed excellent intake of a varied diet with 16 – 20 oz. of milk.

Screening labs showed AST 59 (normal 32), ALT 34, alkaline phosphatase normal, CBC normal, UA normal, T4/TSH normal. Sweat chloride was 50.

In terms of her medical history, she was born prematurely at 32 weeks and weighed 3 lb., 5 oz. with a grade I IVH. Family history revealed that her mom, dad and brother were very small as young children; the father has ulcerative colitis.

Review of systems was otherwise negative; she was developmentally normal.

At the time of presentation in our clinic, the girl weighed 7.4 kg., significantly less than the

fifth percentile. The physical exam only was notable for her small size.

Laboratory studies were ordered and revealed anti-TTG (tissue transglutaminase) IgA, suggesting celiac disease. Endoscopic biopsies revealed complete villous atrophy and intestinal mucosal inflammation consistent with celiac disease. She was started on a gluten-free diet and is being followed regarding growth.

Celiac disease occurs in nearly one out of 100 people. The pathophysiology involves an immune reaction to gluten, a component of wheat, barley and rye. It can present with classic symptoms of diarrhea and failure to thrive shortly after introduction of gluten into the infant diet, but also can present with constipation, anemia, osteopenia, elevated liver enzymes and even neurological symptoms.

Groups with increased risk, in which screening is useful, include children with Down syndrome and diabetes, as well as siblings and children of people with celiac disease. The anti TTG IgA antibody is the best screening tool. Diagnosis is made after endoscopy (while on a gluten-containing diet) demonstrates villous atrophy and lymphoplasmocytic infiltration of the small bowel mucosa.

Strict compliance with a gluten-free diet, avoiding even 50 mg. amounts of gluten, results in resolution of symptoms and improved growth in almost all patients. Patients are monitored for dietary compliance and growth, and labs are performed to assess nutrition; TTG

## What's new at Riley...



### Child-safety program available

According to the National Highway Traffic Safety Administration (NHTSA), nearly 8 of 10 child restraints are not installed or used correctly. To ensure that physicians and nurse practitioners can provide families with the latest in child-safety guidelines, developmental pediatricians Joseph O'Neil, MD, MPH, and Marilyn Bull, MD, are providing a new, one-hour program.

"Car Safety Seats: What You Need to Know to Help Your Patients" discusses when parents should use child safety seats, what physicians can do to help their patients in the office and where physicians can refer their patients locally to get help with car safety seat selection and use.

If your physician group is interested in presenting this program, contact Physician Liaison Heather Meek at hmeek@clarian.org or 317-962-1161. Or, plan to attend a program near you. Programs are scheduled for:

**July 23, 2008, 8 a.m.**

**St. Mary's Hospital, Evansville**

Contact: Physician Liaison Katherine Cain at kcain@clarian.org or 317-962-4522

**July 24, 2008, 8 a.m.**

**Union Hospital, Terre Haute**

Contact: Tessa DeLong at tdelong@clarian.org or 317-962-4572

**September 23, 2008, 6 p.m.**

**Ball Hospital, Muncie**

Contact: Physician Liaison Heather Meek at hmeek@clarian.org or 317-962-1161

### Riley Heart Center boasts high volumes, better outcomes

Since it opened in 2002, The Riley Heart Center has treated thousands of newborns, children and adolescents with congenital heart conditions and acquired cardiovascular disease. Despite the large volume of high-complexity cases, the center continues to boast better outcomes and significantly lower cardiac mortality rates than the national average for pediatric hospitals.

The reason is simple. Research shows a clear connection between higher patient and procedure volumes and improved outcomes. Today, Riley's cardiologists see 650 surgical cases a year, and also provide 500 cardiac catheterizations, 8,700 echo-Doppler studies, 5,500 EKG tracings and more than 900 fetal echocardiograms annually.

Along with a high volume of inpatients and outpatients, the center also serves an additional 20 – 30 children weekly at clinics throughout the state, including locations at Riley Hospital for Children at Methodist Hospital, Riley Hospital for Children at Clarian North Medical Center and St. Francis Hospital, and at facilities in Bloomington, Columbus, Evansville, Ft. Wayne, Greensburg, Kokomo, Muncie, Richmond, South Bend and Terre Haute. Through a telemedicine initiative, Riley physicians also can consult remotely on echocardiograms and other diagnostic tests performed around the state.

**For routine consultations or referrals, please call IMACS Monday – Friday, 8 a.m. – 5:30 p.m. For emergency consultations or referrals, IMACS operates 24 hours a day, seven days a week. Call 317-916-3500 or 1-800-622-4989.**

### Riley Hospital North offers major, minor and minimally invasive surgeries

As a full-service children's hospital, Riley Hospital for Children at Clarian North offers many of the same major, minor and minimally invasive procedures available at Riley Hospital. Currently, pediatric specialists perform surgeries in abdominal wall defects, airway endoscopy, cancer, congenital anomalies, head and neck, inguinal conditions, neonatal issues, orthopedic surgery, and reflux and other feeding disorders.

Pediatric surgeons from Riley provide emergency, inpatient and outpatient care for children of all ages, and Riley surgeons consult with patients and families at the Clarian North Medical Office Building adjacent to the hospital. Inpatients also benefit from onsite pediatric intensivists and hospitalists.

**To refer a patient for a surgical consult at Riley Hospital North, call 317-274-4681.**

### LifeLine defines transport by geography

When critically ill children need referral to Riley Hospital, minutes count. That's why LifeLine Critical Care Transport has instituted new procedures to determine whether patients will be transported by ambulance, helicopter or airplane.



When referring hospitals are located more than 50 miles away from the referring hospital and medical necessity has been established, LifeLine now transports patients via helicopter. When hospitals are located greater than 124 miles or two hours' drive time away, fixed wing airplane transport is used.

"Our pediatric and neonatal volumes have been rising, so to expedite patient transports, this policy defines mode of transport by distance," says Shelly Maersch, clinical operations manager for LifeLine. As long as the transfer is considered medically necessary, insurance or Medicaid should cover the service.

## News Bytes

### Dr. Marilyn Bull elected to AOA National Honor Society

Developmental pediatrician Marilyn Bull, MD, has been inducted as an honorary member into the Alpha Omega Alpha honor medical society. AOA is the only national honor medical society in the world and elects outstanding medical students, graduates, alumni, faculty and others to its ranks.

### Dr. James Lemons from Riley Hospital wins IJB Health Care Heroes Award

James Lemons, MD, director of neonatal/perinatal medicine at Riley Hospital for Children, has been named the winner in the physician category of the Indianapolis Business Journal Health Care Hero Awards for 2008. Dr. Lemons was recognized for building one of the best neonatology programs in the country, and for his commitment to patients.

### Riley Safety Stores offer products, advice to parents

Making the world safe for their children can be a full-time job for parents. That's why families now can find a number of Riley Safety Stores around central Indiana.



Riley Safety Stores provide a comprehensive inventory of child safety products such as smoke detectors, bike helmets, cabinet locks, outlet covers, furniture corner cushions, oven-front locks, bath thermometers and childproofing kits. They are located in the Riley Hospital

Outpatient Center in Indianapolis, The Children's Museum of Indianapolis and Decatur County Memorial Hospital in Greensburg. Tipton Memorial Hospital in Tipton and Morgan Hospital and Medical Center in Martinsville will be opening Riley Safety Stores soon, and several other Clarian Health affiliate hospitals have expressed interest as well.

For more information, call 317-274-6565 or toll-free at 1-888-365-2022.



### Kids Dart campaign returns

This spring, Riley Hospital for Children re-launched the "Kids dart. Drive smart." campaign, dedicated to keeping kids safe on our streets and in our neighborhoods. Free second-edition signs featuring images of local children at play are available at the Riley Safety Store at Riley Hospital for Children, Clarian North in Carmel and Clarian West in Avon. For multiple signs, e-mail Lori Ewolt at lewoldt@clarian.org to arrange pickup at the Gateway Building in central Indianapolis.

### Thank-you notes from families

*Dear Dr. Jean Molleston,*

*We have been praying for wisdom and knowledge for all of the doctors our son has seen over the past year and [a] half. We thank God for helping us get to you. We very much appreciate your sense of urgency in finding a diagnosis and recommending treatment for our son. We started him on the recommended dose of prednisone the very next day after the scope ... Thank you again for your expertise and willingness to treat our son.*

Kathy & Joe Lazzara

### DIAGNOSIS:

*continued from page 1*

antibodies assess adherence, since they should become negative on the gluten-free diet. Family education and support programs are available at Riley.

It's also important to remember that borderline sweat chloride concentrations can be seen occasionally outside of cystic fibrosis in conditions where nutrition is impaired or electrolytes are abnormal. The Cystic Fibrosis Foundation recommends that sweat tests be performed only at CFF-approved centers such as Riley. This child's sweat test will be repeated as she improves, with the addition of genetic testing if sweat chloride is ambiguous. We have seen a child at Riley with both celiac disease and cystic fibrosis.

**Jean Molleston, MD**, is a pediatric gastroenterologist at Riley Hospital for Children. The Department of Gastroenterology offers complete evaluation, diagnosis and treatment for children with illnesses of the digestive tract, liver and pancreas. Team members also develop the guidelines for treatment of children and adolescents with inflammatory bowel disease and chronic liver disease.

For consultations or referrals, call IMACS at 317-916-3500 or 1-800-622-4989; or contact the physicians' office directly by phone, 317-274-3774 or fax, 317-274-8521.