



# Promises



Candice Hopes, 16

## Tackling Weighty Issues *A Family Affair*

**B**EING OVERWEIGHT can be tough at any age, but for kids in elementary and middle school—especially those coping with other conditions—it can be brutal.

“Because these kids go through so much, it’s very important for the whole family to become involved in a child’s weight loss,” says Silva Arslanian, MD, director of Children’s Hospital of Pittsburgh’s Center for Weight Management and Wellness.

“These kids need the regular support of their parents or caregivers,” says Dr. Arslanian, a member of Children’s Division of Endocrinology, Diabetes and Nutrition Consultation, and an expert in diabetes and endocrinology research. “They can’t do it alone.”

### Patience, Support... and Free-Range Chickens

At 210 pounds in the eighth grade, Ashley Harshberger was teased incessantly.

In addition to weight gain, Ashley’s symptoms at age 13 included irregular menstrual periods. A trip to a gynecologist uncovered high insulin levels—a precursor to type 2 diabetes.

Referred to Dr. Arslanian, Ashley, now 18, was diagnosed with polycystic ovarian syndrome (PCOS), an endocrine disorder that—if left untreated—also would put her at risk for high blood pressure and heart disease.

“It was that much harder because Ashley has many food allergies,” says her mom, Denise. “It’s been a struggle, but she’s come a long way.”

Ashley, a slimmed-down sophomore at West Virginia’s Fairmont State University, says that her family’s support means everything to her.



Dr. Arslanian and Ashley Harshberger discuss Ashley’s progress during a routine exam.

Mrs. Harshberger raises free-range chickens at their Grafton, W.Va., home—so Ashley can eat the meat without worrying about hidden additives.

To allow Ashley to eat healthfully during her first semester at Fairmont, her parents sneaked a microwave oven into her dorm room. Ashley is now moving into an apartment, where she can cook.

“We work at it together,” says Mrs. Harshberger. “She’s gotten much better about taking medication for the PCOS. Ashley may get discouraged, but she’s no quitter.”

Adds Ashley: “Once you learn to eat well, it’s not so bad. You have to remember that you’re not going to lose the weight overnight, but it can be done.”

### Changing the Way You Live (Not Just the Way You Eat)

“It takes patience,” says Lydia Hopes, whose daughter Candice was diagnosed with type 2 diabetes at age 8. “It’s important for your child—and for you—not to get discouraged.”

Candice, a gregarious 16-year-old junior at Woodland Hills High School in Pittsburgh’s eastern suburbs, plays the flute and the piano. She also is active at the Bethlehem Baptist Church in McKeesport, where she is an usher, in the choir and secretary of her youth group.

A participant in a National Institutes of Health (NIH)-funded study called TODAY (Treatment Options for Type 2 Diabetes in Adolescents and Youth), Candice—with her

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Center for Weight  
Management and  
Wellness

Opportunities for  
Participation in  
Research Studies

Community Education  
Fall Schedule

# Letter from the President

Dear Friends of Children's Hospital,

Earlier this year, I had the opportunity to testify before the Pennsylvania House of Representatives policy committee about the childhood obesity epidemic that is affecting our children in record numbers.

One in four overweight children shows signs of type 2 diabetes, a disease formerly found primarily in adults that progresses three times faster in children. Others are beginning to develop devastating, long-term complications, including heart disease, high blood pressure, high cholesterol, sleep apnea and pancreatic and gall bladder disease.

I spoke on behalf of Children's Hospital of Pittsburgh physicians in our 70 pediatric specialty services who treat these overweight and obese kids—some as young as 2. In western Pennsylvania, there are about 193,000 overweight or at-risk children.

Concerned about this "silent epidemic," Children's Hospital is opening a Center for Weight Management and Wellness this fall that will take a multidisciplinary approach—from prevention to early intervention to treatment—using three major, proven components of weight control: nutritional education, behavioral counseling and physical activity.

The Center is headed by Silva Arslanian, MD, whose internationally renowned research in diabetes and endocrinology has contributed to the understanding of the development of type 2 diabetes in obese adolescents. She is a leader among our outstanding scientists and clinicians who are making great strides in finding cures for obesity-related diseases.

As part of those efforts, we are providing in this issue of *Promises* information about nutrition, activities, research studies and other obesity-related issues that will help you and your children.

As always, we thank you for your support of Children's Hospital of Pittsburgh.

Sincerely,



Ronald L. Violi  
President and Chief Executive Officer



## How To Enroll in a Children's Research Study

Children's Hospital of Pittsburgh's scientists are searching for ways to combat diseases affecting our children who are overweight and obese.

Studies show that 13 percent of children ages 6 to 11 and 14 percent of adolescents ages 12 to 19 are obese—and they are being diagnosed with adult diseases, including type 2 diabetes, polycystic ovarian disease, heart disease, high cholesterol and high blood pressure.

These young people require a broad range of treatment and care—the very reason Children's scientists offer opportunities for children to participate in research studies.

Neither you nor your insurance company is responsible for expenses incurred during participation; you are reimbursed for expenses, such as transportation and food.

For more information about any of these research studies, call 412-692-8721.

### TODAY (Treatment Options for Type 2 Diabetes in Adolescents and Youth)

Led by Children's endocrinologist Silva Arslanian, MD, this is a clinical study comparing three treatments of type 2 diabetes in children and teens. This is the first clinical study to look at the effects of intensive lifestyle change aimed at lowering weight by cutting calories and increasing activity in children and teens with type 2 diabetes.

#### Requirements:

- Diagnosis of type 2 diabetes less than two years ago
- Ages 10 to 17
- Be able to participate for two to five years
- Participate with a parent/guardian or other responsible adult

### Ghrelin Hormone Study

Endocrinologist Fida Bacha, MD, hopes to determine the role the hormone ghrelin plays in controlling appetite and obesity. Ghrelin is a hormone that regulates the growth hormone (GH) and metabolism.

#### Requirements:

- Healthy, normal or overweight children, ages 7 to 12
- Child must not be taking daily medication
- Screening interview
- Blood tests and body composition scans
- Two visits after initial screening interview

### Childhood Metabolic Markers Study

Silva Arslanian, MD, wants to determine with this National Institutes of Health (NIH)-funded study why African-American children are at higher risk of being overweight and for developing type 2 diabetes than are non-African-American children.

#### Requirements:

- Healthy, normal weight and overweight African-American and Caucasian children, ages 8 to 16
- Child must not be taking daily medication
- Screening interview
- Blood, breathing and exercise tests
- Two overnight stays at Children's Hospital of Pittsburgh, with a possible third night stay

### Youth with Type 2 Diabetes Study

Endocrinologist Neslihan Gungor, MD, is evaluating why children develop type 2 diabetes and whether they have blood vessel problems.

#### Requirements:

- Adolescents and young adults, ages 10 to 20 years, with type 2 diabetes
- Have had type 2 diabetes for up to seven years
- Screening interview; physical examination
- Blood tests, body composition evaluation and carotid ultrasound
- Two overnight stays at Children's Hospital of Pittsburgh

## Clearing the Air

### Children's Smoking Cessation Program Clean Air PLUS Strives To Reduce Exposure to Secondhand Smoke

While obesity is running a close second to smoking as the leading cause of death, cigarette smoking still is the leading cause of preventable deaths—and is extremely harmful to people exposed to secondhand smoke, according to the Centers for Disease Control and Prevention.

Children exposed to secondhand smoke are more susceptible to crib death (sudden infant death syndrome, or SIDS), inner ear disease, exacerbation of asthma conditions and hospitalizations.

Knowing this, Children's Hospital of Pittsburgh last year introduced Clean Air PLUS, a novel program to encourage—and help—parents to quit smoking.



In nine months, 10 parents have quit smoking and more than 100 are enrolled in smoking-cessation counseling.

Spearheaded by Deborah Moss, MD, a national expert on pediatric tobacco issues and director of Clean Air PLUS, the program trains pediatricians in smoking cessation counseling techniques and offers smoking cessation programs at Children's.

Pediatricians talk with parents when they take their children for regular checkups—seven times in a baby's first year and 20 times by the time a child is 12, says Dr. Moss, a pediatrician in Children's Division of General Academic Pediatrics.

"The pediatricians develop relationships with the parents who smoke," she says. "And, because parents trust their children's pediatricians, they are willing to try smoking cessation counseling."

The pediatrician then prescribes sessions with a smoking-cessation counselor at Children's.

Clean Air PLUS, funded by Tobacco Free Allegheny, is based at Children's Primary Care Center. For more information, call 412-692-7806.

*Cigarette smoking still is the leading cause of preventable deaths—and is extremely harmful to people exposed to secondhand smoke.*

# Tackling Weighty Issues Continued from page 1

parents' enthusiastic support—is learning how to eat more healthfully and to become more active.

“We had poor eating habits,” Mrs. Hopes confesses. “We’ve learned a lot about making healthful food choices, and this has helped both Candice and me. We’re both doing much better with our choices.”

Candice’s father, Tim, who does not need to lose weight, contributes by refusing to bring his favorite baked goods and candy into the house. He also has become a savvy food shopper, picking out the freshest fruits and vegetables—including Candice’s favorite: sweet red peppers (eaten after they are washed, sliced and frozen).

Candice was 20 pounds overweight when she was diagnosed with type 2 diabetes, which is characterized by insulin resistance.

African-American children who are overweight or big for their age are more likely to have type 2 diabetes, which formerly was diagnosed only in adults. Long-term complications include heart disease, blindness and kidney failure.

Candice admits that she struggles when she socializes with her friends, who enjoy consuming caloric, high-fat foods.

“I was glad to be able to tell my mom the other day, when I went to breakfast with my friends, that I ordered an omelet with egg whites,” says Candice.

By this past summer, Candice had lost 10 pounds, her mother, 45 pounds.

They are each other’s strongest boosters.

“I’ve learned that even if I don’t lose weight each time I weigh in, I still have information to make better food choices,” says Candice. “I’d like to lose 50 pounds, but I know it takes time.”



As a participant in the TODAY study pilot phase, Candice Hopes participates in evaluations and programs with a variety of health care professionals, including coordinator Kristin Kolenc, RN, and Pamela Power, MS (upper left), who is a PAL—Physical Activity/Nutrition Leader—to Candice at weekly one-on-one exercise sessions.

## Children’s Center for Weight Management and Wellness A Community of Care

### DO YOU THINK YOUR CHILD IS GROWING UP TOO FAST?

If your son or daughter is overweight or obese—then you’re right.

Studies at Children’s Hospital of Pittsburgh are demonstrating that obesity dangerously accelerates aging.

Overweight and obese children coming to Children’s are being diagnosed with adult diseases, including type 2 diabetes, heart disease, high cholesterol and high blood pressure.

Understanding that these children require a broad range of care and treatment, Children’s has established the Center for Weight Management and Wellness.

Research by Silva Arslanian, MD, the Center’s director, shows that type 2 diabetes progresses three times faster in children than in adults.

Moreover, research on blood vessel stiffness (hardening of the arteries) reveals that obese children with type 2 diabetes have blood vessel stiffness comparable to that of 60-year-old men.

“At this rate, their heart disease will be so severe by the time they’re 35 or 40 years old that they will have had a heart attack,” says Dr. Arslanian, a member of Children’s Division of Endocrinology, Diabetes and Nutrition Consultation and an expert in diabetes and endocrinology research.

She is worried.

“If we don’t do something now, this will be the first generation of children who will die before their parents,” says Dr. Arslanian. “Why do I say that? Because the No. 1 disorder will be cardiovascular disease—which is brought on by obesity.”



### Obesity: The Focus of Many Disciplines

Long at the forefront of prevention, early intervention and treatment of obesity and obesity-related conditions in children, Children’s is incorporating a multidisciplinary approach to the multi-system disease—one that encompasses Children’s almost 70 pediatric specialty services—from diabetes and endocrinology to behavior and learning dysfunctions and bariatric surgery.

“No one specialty can help these children by itself,” says Dr. Arslanian, whose extensive research includes more than 80 papers published in leading medical journals.

At the same time, Dr. Arslanian has tapped endocrinology researcher Tamara Hannon, MD, to lead clinical studies. Dr. Hannon brings with her from Riley Hospital for Children in Indianapolis, a National Institutes of Health-funded grant on the metabolic effects of the growth hormone.

Dr. Hannon will pursue research on early childhood nutrition and prenatal and postnatal metabolism.

“I am confident that the research at Children’s Hospital will lead to advancements in treating children for obesity,” says Dr. Hannon.

### Children, Parents, Specialists Work Together

“This is a community of care,” says Goutham Rao, MD, the Center’s new clinical director. “It takes the entire family, as much as it takes many different specialists, to work together to create a sustainable system for weight management.”

As former director of Undergraduate Education at the University of Pittsburgh’s Department of Family Medicine, Dr. Rao brings with him an appreciation of Children’s Hospital’s family-centered care.

“We’re providing a stimulus for change that includes the child and the child’s family,” says Dr. Rao. “For children to take responsibility, we know how important it is for the parents to be involved.”

### Physical and Emotional Needs Addressed

As a last resort to weight management for teenagers, the Center will offer laparoscopic gastric bypass surgery under the direction of Henri Ford, MD, Children’s surgeon-in-chief, and Timothy D. Kane, MD, Division of Pediatric Surgery.

Dr. Kane, who prepared a study on pediatric bariatric surgery with Evan P. Nadler, MD, a pediatric surgical fellow at Children’s, wrote that it sometimes is necessary “to prevent or alter the pattern of adverse health consequences and early death shown in this group who become obese adults.”

The study pointed out that obesity in adolescents can lead to “a negative self-concept” that never goes away—even after they become adults.

“Bariatric surgery is a last resort of a weight management program,” says Dr. Kane. “We never forget the overall physical and emotional needs of adolescents.”

# Red Light, Green Light

## Kid STRIDE Makes Thinking About Food Choices Fun

AS A PARTICIPANT IN Kid STRIDE, a Children's Hospital of Pittsburgh exercise and healthful eating program, Alexandra Ketter, 8, and her family are eating more low-fat, nutritious foods and fewer high-fat, convenience foods. But the switch from french fries to baked potatoes hasn't been easy.

"Making healthy eating a part of your everyday life is a transition," says Alexandra's mom Valerie Ketter, of Cecil, Pa. "You

constantly have to look for alternatives to what you're used to."

Mrs. Ketter took Alex, as family and friends know her, to her pediatrician. She prescribed dietary changes, but her weight kept rising.

That's when Alex's pediatrician referred the third-grader to this Children's program, which teaches children from ages 8 to 12 how to eat more healthfully and increase physical activity.

Kid STRIDE (Striving to Improve Diet and Exercise), a grant-funded program, is headed by Ellen Wald, MD, chief of Children's Infectious Diseases Section.

"We know that pediatricians are on the front lines of the battle against childhood obesity," says Dr. Wald, who has an interest in childhood obesity. "By referring their patients to Kid STRIDE, they're giving these kids a fighting chance to lead healthy lives."

The children attend eight group meetings with Children's Hospital researchers and Western Psychiatric Institute and Clinic behaviorists, including Linda Ewing, PhD, and Patricia Cluss, PhD. They teach them to keep personal diaries to track food intake and activities. At the same time, their parents meet in another room to learn how to motivate their children.



Kid STRIDE participants Erica Harding and Alex Ketter

"To support her, my husband and I have incorporated Alex's lifestyle changes into our own lives," says Mrs. Ketter. "We are eating low-fat meals and exercising more."

The family plays basketball, and often takes walks after dinner.

Alex says she's had so much fun that she wishes

she could attend Kid STRIDE sessions every day. After the intensive eight-session course, participants meet once a month for three months.

Alex made a new friend and active playmate—Erica Harding, 10, of the South Side. Both girls are proud they can identify foods by traffic light colors. They know to stop to think about eating "red" or high-fat foods, such as doughnuts and cookies; to use portion control for "yellow" or lower sugar/fat foods, such as low-fat granola and skinless chicken breast; and to go for the "green" foods, such as fruits and vegetables.

"I can eat all the carrots I want, but not as many animal cookies, and hardly any corned beef at all," says Alex.

Mrs. Ketter and Alex prepare shopping lists before heading to the supermarket. At home, they take packages of animal cookies, for example, and divide them into individual size serving bags so Alex can keep track of portions.

"I'm really proud of Alex," says Mrs. Ketter. "She understands how important this is for her health, and it makes her feel good about herself."

Ask your child's pediatrician for more information about Kid STRIDE.

## Eating on a Lean Budget

Kid STRIDE, a weight management program at Children's Hospital of Pittsburgh that stands for Striving to Improve Diet and Exercise, teaches kids and parents how to make healthful food choices.

"Stopping for fast food can't be the norm," says Valerie Ketter, whose daughter Alexandra, 8, is a participant. "It takes planning, and you have to watch your wallet."



Mrs. Ketter has learned that feeding your family doesn't have to be expensive.

Here are some tips for healthful—and economical—eating:

- Make a food shopping list before going to the supermarket to avoid impulse buying (example: one gallon low-fat milk; three cans green beans; one pound oranges).
- Set aside time to look through and clip weekly coupons sent in the mail or inserted in your newspaper.
- Sign up for discount cards offered by many supermarkets.
- Buy in bulk and separate into smaller portions at home. Use labels to determine the size of individual portions.
- Cook from scratch—a cheaper, more healthful (and tastier) version than prepackaged frozen food dinners.
- Cook in large batches and freeze leftovers in smaller meal-sized containers.
- Compare costs of store brands.
- Buy produce in season at lower prices
  - Fall: apples, zucchini
  - Winter: sweet potatoes, squash
  - Spring: asparagus, artichokes, strawberries
  - Summer: cantaloupes, cherries, blueberries, eggplant, corn, tomatoes, watermelon
- Serve meat as a condiment, not as the main course.



## Exercise: Great for Heart and Mind

Adolescents—particularly teenage girls—get more out of aerobic activity than strengthening only the heart and body.

Participating in aerobic activities, such as soccer, basketball or track, promotes self-confidence and positive social interaction, says Pamela J. Murray, MD, MPH, director and chief of Adolescent Medicine at Children's Hospital of Pittsburgh

"Exercise is important for mental health and stress reduction," she says.

Convinced of the overall benefits of activity, Dr. Murray is an advocate of athletic programs in the schools. A member of the Pittsburgh Board of Education Task Force on Excellence in Athletics, she has been pushing for improved athletic programs with qualified coaches and modern athletic facilities.

"Integration of athletics and academics will get more kids involved in physical activity," Dr. Murray says. "Overall, they are better off—academically, socially and physically—when they are active."

## Be a Positive Parent

EVER WISH PARENTHOOD came with instructions?

Join us as we explore the challenges of raising kids. The Positive Parenting series offers parents practical ideas for building healthy, happy relationships with their children. The small-group format allows parents to share and learn from each other's experiences. Parents will learn how to enhance self-esteem for themselves and their children. They also will learn more than 30 discipline techniques that teach children self-control and trust. Other topics include communicating more effectively with children, coping with sibling rivalry and problem solving. Scholarships are available on request, and class size is limited. To register, call 412-692-7105. Cost is \$30 per person, \$50 per couple.

### East

Children's East, Monroeville	Tue., Oct. 12, 19, 26	7-9 p.m.
Family Care Connection, Oakland	Thu., Oct. 28, Nov. 4, 11	7-9 p.m.
Family Care Connection, Wilkinsburg	Thu., Sept. 23, Oct. 7, 14, 21, 28, Nov. 4, 11, 18	10:30-11:30 a.m.
Children's East, Monroeville	Mon., Nov. 22, 29, Dec. 6	7-9 p.m.

### North

Blueberry Hill Activity Center, Franklin Park	Mon., Sept. 20, 27, Oct. 4	9:15-11:15 a.m.
Children's North, Wexford	Mon., Oct. 11, 18, 25	7-9 p.m.
Children's North, Wexford	Tue., Nov. 9, 16, 23	7-9 p.m.

### South

Family Care Connection, Mt. Oliver	Tue., Oct. 5, 12, 19, 26, Nov. 2, 9	11 a.m.-1 p.m.
Children's South, Bethel Park	Thu., Sept. 30, Oct. 7, 14	7-9 p.m.
Children's South, Bethel Park	Wed., Nov. 3, 10, 17	7-9 p.m.



CHILDREN'S HOSPITAL OF PITTSBURGH offers classes for children and adults at several locations throughout the greater Pittsburgh area. Scholarships are available upon request.

Call **412-692-7105** to register or for additional information.

*Class size is limited*  
**Preregistration required**  
Call **412-692-7105**

### Course Descriptions

**ADHD** – Attention-Deficit Hyperactivity Disorder affects the diagnosed child and the family. Learn what an ADHD diagnosis means and effective treatment and management options.

**Alone at Home** – For children at least 10 years old, with their parents. Prepare your family for your child to be home alone. Discuss physical and emotional readiness, creation of a family safety plan and appropriate behaviors and responses for children while alone at home.

**Arthritis in Children** – Almost 300,000 children in the United States suffer with some form of arthritis. Learn about juvenile rheumatoid arthritis and how it differs from adult forms of the disease. Diagnosis and treatment also will be addressed.

**Beginning Cooking for Kids** – For children ages 9–12. This hands-on class teaches kids the basics of food preparation, including following a recipe, measurement, nutrition and kitchen safety. During class, they will make simple, healthful snacks and foods. Some recipes may require use of a microwave, but not use of the stove or oven. Fee includes some great kitchen tools for each child to take home.

**The Challenging Child** – All children are challenging, some more than others. Discuss strategies to deal with challenging behaviors and relieve parental stress.

**Car Seat Safety** – As many as 80 percent of the child car seats in use today are installed incorrectly without parents realizing it. Have your car safety seats checked at one of the sites sponsored by Team Educators for Child Safety (TECHS). Appointments are required. Call TECHS at 412-881-9221 for the schedule and an appointment.

**CPR (Infant and Child)** – For parents, babysitters and other adults. Learn the proper emergency response and ways to save an infant or child in this non-certification course.

**First Aid for Kids** – For 10- to 14-year-olds. Learn how to care for minor injuries and when and how to call for emergency help. First aid kits are provided.

**First Aid for Parents** – Parents and other adults will learn what to do for children's injuries such as minor burns, cuts, scrapes, falls, sprains and bleeding. Tips for deciding when to call for professional and/or emergency assistance will be discussed.

**Nutrition and Parenting in 2004: Your Role in Your Child's Development and Growth** – Parents have a responsibility to provide nutritious meals and snacks for their children, but practically speaking, what does this mean? This class addresses one difficulty today's parents face: how to provide nutritious food without becoming anxious "food police."

**Raising Responsible Kids** – Start the school year off right. Learn techniques to increase cooperation and independence and encourage children to be responsible for themselves, chores and homework.

**Safe Sitter Basics** – This nationally recognized babysitting course is for 11- to 13-year-olds. Children will learn how to handle emergencies, how to keep themselves and the children in their care safe, the basics of the babysitting business and choking rescue techniques.

**The Social You, the Sexual You: Sexual Responsibility for Young Adults** – This program will help older teens and young adults (ages 18 and older) with mental retardation and other developmental disabilities and their interested caregivers understand the many aspects of sexuality. Topics include physical response, sexual behaviors, emotional feelings, responsibility, communication skills, sexual health and contraception.

**The Social You, the Sexual You: What Parents Need To Know** – This workshop is for parents of children, from preschool to puberty, with physical or developmental disabilities. Understand the sexual development of your young children and discuss issues of privacy, personal boundaries, abuse prevention, personal safety and appropriate behaviors.



### Course Schedule

Call **412-692-7105** to register!

#### ADHD

Children's North, Wexford	Tue., Oct. 12	7–8:30 p.m.	\$10
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#### Alone at Home

Children's North, Wexford	Thu., Oct. 7	6:30–8 p.m.	\$10
Children's South, Bethel Park	Thu., Oct. 21	6:30–8 p.m.	per family
Children's East, Monroeville	Wed., Nov. 3	6:30–8 p.m.	
Family Care Connection, Oakland	Sat., Nov. 13	9:30–11 a.m.	

#### Arthritis in Children

Children's South, Bethel Park	Sat., Oct. 9	1–2 p.m.	Free
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#### Beginning Cooking for Kids

Children's South, Bethel Park	Wed., Oct. 20	6:30–8 p.m.	\$15
Family Care Connection, Oakland	Sat., Oct. 23	10:30 a.m.–noon	
Allegheny Valley YMCA, Natrona Heights	Wed., Oct. 27	6:30–8 p.m.	
Children's East, Monroeville	Sat., Nov. 6	10:30 a.m.–noon	
Children's North, Wexford	Wed., Nov. 10	6:30–8 p.m.	

#### Car Seat Safety

Free. Appointments required. Call TECHS at **412-881-9221** to schedule your appointment.

West Deer EMS & Police Dept., West Deer Township	Thu., Sept. 9	3–6:30 p.m.	
AAA, Pleasant Hills Cloverleaf	Thu., Oct. 14	10 a.m.–2 p.m.	
Moon Township Police Dept., Moon	Thu., Nov. 11	3–7 p.m.	
Pittsburgh EMS, Knoxville	Thu., Dec. 9	10 a.m.–2 p.m.	
White Oak EMS, White Oak	Thu., Jan. 13	10 a.m.–2 p.m.	

#### The Challenging Child

Children's South, Bethel Park	Mon., Oct. 18	7–8:30 p.m.	\$10
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#### CPR (Infant and Child)

Children's North, Wexford	Tue., Sept. 14	6–9 p.m.	\$30
Children's East, Monroeville	Sat., Oct. 23	9 a.m.–noon	
Children's South, Bethel Park	Sat., Oct. 23	9 a.m.–noon	
Children's North, Wexford	Sat., Nov. 13	9 a.m.–noon	
Family Care Connection, Oakland	Sat., Nov. 20	9 a.m.–noon	
Children's South, Bethel Park	Sat., Dec. 4	9 a.m.–noon	

#### First Aid for Kids

Children's South, Bethel Park	Sat., Oct. 2	9–11 a.m.	\$10
Children's East, Monroeville	Wed., Oct. 6	6:30–8:30 p.m.	
Children's North, Wexford	Thu., Oct. 14	6:30–8:30 p.m.	
Family Care Connection, Oakland	Sat., Nov. 6	9–11 a.m.	

#### First Aid for Parents

Children's North, Wexford	Sat., Sept. 25	9–11 a.m.	\$10
Children's South, Bethel Park	Sat., Nov. 6	9–11 a.m.	

#### Nutrition and Parenting in 2004

Children's North, Wexford	Sat., Oct. 23	10:30–11:30 a.m.	Free
Children's South, Bethel Park	Sat., Oct. 23	1:30–2:30 p.m.	

#### Raising Responsible Kids

Children's South, Bethel Park	Wed., Sept. 22	7–8:30 p.m.	Free
Children's North, Wexford	Wed., Oct. 20	7–8:30 p.m.	

#### Safe Sitter Basics

Children's North, Wexford	Sat., Sept. 18	9 a.m.–4 p.m.	\$35
Children's East, Monroeville	Sat., Sept. 25	9 a.m.–4 p.m.	
Allegheny Valley YMCA, Natrona Heights	Sat., Oct. 9	9 a.m.–4 p.m.	
Children's South, Bethel Park	Sat., Oct. 30	9 a.m.–4 p.m.	
Children's North, Wexford	Sat., Nov. 6	9 a.m.–4 p.m.	
Children's East, Monroeville	Sat., Nov. 13	9 a.m.–4 p.m.	
Family Care Connection, Oakland	Sat., Dec. 4	9 a.m.–4 p.m.	

#### The Social You, the Sexual You: Sexual Responsibility for Young Adults

Call **412-641-4492** to register. **\$40 for the series**

Magee-Womens Hospital, Oakland	Tue., Oct. 12, 19, 26	7–9 p.m.	
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#### The Social You, the Sexual You: What Parents Need To Know

For parents of young children

Family Care Connection, Oakland	Wed., Nov. 10	7–9 p.m.	\$15
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### Hospital Tours

Having surgery or a special procedure can be a challenging experience for children and parents, so Children's offers weekly pre-admission tours to help you prepare your child. The tours are conducted by a registered nurse or a child life specialist and help take away the child's fear of the unknown. The children have hands-on experience with the medical equipment in a positive atmosphere. Brothers and sisters are also encouraged to attend. Registration is required by calling 412-692-7478 or 412-692-6103. Tours are held 1–2 p.m. Sundays.

### Speakers' Bureau

You can have Children's come to you! Children's Hospital of Pittsburgh community educators are available to speak to your school, religious, community, youth, parent or professional group. The Speakers' Bureau offers presentations on the topics listed here and many other health, injury prevention and parenting topics. Call Community Education at **412-692-7105** for more information on topics, fees and scheduling.

**COVER STORY:**

**Tackling Weighty Issues—A Family Affair**

Candice Hopes, 16, who has type 2 diabetes, updates Children's Hospital endocrinologist Silva Arslanian, MD (left), on how much she is learning about nutrition and activity as her mother Lydia listens. Dr. Arslanian is the lead investigator of a National Institutes of Health (NIH)-funded study comparing three treatments of type 2 diabetes in children and teens.



**Promises**  
news you can use

Clearing the Air—  
Children's Clean Air  
PLUS Program

Opportunities To  
Participate in Research  
Studies

Children's Center for  
Weight Management  
and Wellness

Kid STRIDE—Exercise  
and Healthful Eating  
Program

Exercise: Great for  
Heart and Mind

Fall Education  
Schedule



3705 Fifth Avenue  
Pittsburgh, PA 15213

NON-PROFIT ORG  
US POSTAGE  
**PAID**  
PITTSBURGH PA  
PERMIT NO 2102

**Early Diagnosis =  
Easier Prevention**

Pediatricians in Children's Hospital of Pittsburgh's Primary Care Center assess and document all patients for obesity during well-child visits so they can initiate appropriate weight management care to prevent obesity among at-risk children.

This early obesity diagnosis is the result of research at Children's, which found that pediatricians failed to document obesity in one-half of patient visits—especially in the evaluation of preschool children, and those with mild degrees of obesity.

Pediatricians use the body mass index (BMI)—a measure of body fat based on height and weight—to determine whether a child is underweight, overweight or at risk for becoming overweight. Children's gender and age is factored into the measurements because children's body fat changes as they grow and girls and boys differ in body fat as they mature.

"It's crucial to identify obesity in the primary care setting and initiate early intervention, to prevent the development of life-long obesity," says Sarah O'Brien, MD, Children's pediatrician and the study's lead investigator. The earlier intervention takes place, Dr. O'Brien says, the better the chances an overweight child will not grow up to be an overweight adult.

The study appeared in the August issue of *Pediatrics*, a publication of the American Academy of Pediatrics.

**Boost  
Your Child's Self-Esteem**

*How to know if it's low and how to build it up*

Self-esteem—a person's sense of worth—is the foundation for a child's healthy future. Struggling in math class, not making the basketball team and being overweight can affect a child. Below are warning signs of low self-esteem and tips on how to help your child.

**Signs of low self-esteem include:**

- Avoids tasks without even trying
- Quits soon after beginning a game or task or cheats when she thinks she may lose the game or fail at the task
- Declining grades
- Withdraws socially
- Makes self-critical comments
- Adopts negative behaviors and attitudes
- Frequently changing moods

**To help your child build a healthy sense of self-worth, try the following:**

- Give unconditional love and support (physical and emotional)
- Praise your child; avoid judgmental comments
- Encourage your child to participate in activities with you (walking, shooting hoops, dancing around the living room)
- Give your child choices and responsibilities
- Set guidelines for your child
- Listen to your child
- Be a positive role model for your child—eat healthfully and exercise regularly

Low self-esteem may be a sign of a more serious problem. Ask your child's pediatrician for details. Need a pediatrician? Call 412-692-PEDS (7337).



**Promises**

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*Children's Hospital of Pittsburgh is dedicated to improving the health and well-being of all children through excellence in patient care, teaching and research.*

*If you have kids,  
be glad you have Children's.*

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EM/MT 0804-321 150M DL