

Promises



Medical assistant Jackie Johnson checks the blood pressure of Dawson Smith, 5.

Within Reach *Children's North Means Superior Care*

FIVE-YEAR-OLD JIMMY FRIES is apprehensive as he walks hand-in-hand with his mother, Traci Glancy, and his grandmother, Sharon McCort, into Children's North, Children's Hospital of Pittsburgh's neighborhood location in Wexford, Pa.



Photos by Lisa Kyle

Jimmy Fries, 5

It is early afternoon, and because Jimmy is scheduled for a sonogram to diagnose a persistent stomachache and urinary tract problems, he has not had anything to eat or drink. While his mother has assured him that this procedure in the Radiology Department will not hurt, Jimmy is skeptical. He remembers undergoing biopsies that were painful.

From the main lobby, they turn toward the waiting room entrance. There are two side-by-side doors. One for adults. Another, shorter one, for children.

"It's just my size," Jimmy says, breaking loose from his mother and grandmother to open the smaller door. Ms. Glancy and Ms. McCort smile at each other as they walk through the "adult" door to the registration desk.

In no time, Jimmy has found one of his favorite books, Maurice Sendak's *Where the Wild Things Are*, and is happily turning the pages. He is curled up on a red leather bench in a car of an amusement park-size train in the waiting room—a multicolored version of a train station.

"It's a simple thing, but that door made his day," Ms. Glancy says. "Jimmy was relaxed by the time he walked through it. Then he immediately found some of his favorite books and a fun place to read them. When it was his turn (for the sonogram), he was really comfortable. The waiting room really helped him relax."

Children's Hospital of Pittsburgh had kids in mind when it opened Children's North in 1997.

Short Trip to World-Class Medicine

CREATING A WELCOMING PLACE FOR KIDS was just as important as finding a convenient location, says Anna Rusztyn-Fitz, Children's Hospital's executive director of Ambulatory Services. Children's North is one-tenth of a mile west of the Wexford/Route 910 exit of Interstate 79.

Jimmy and his family traveled only 10 minutes from McCandless, Pa. "We parked (for free) right in front of the entrance," says Ms. Glancy.

Children's North is easy to reach from places much farther away than Pittsburgh's northern suburbs.

Families drive in less than two hours from a wide circumference that takes in Erie and Johnstown in Pennsylvania; Clarksburg, W.Va.; and Canton, Ohio. Families can drive in less than three hours from as far away as Bradford, Pa., which borders New York state.

The two-story, 30,000-square-foot building—home to a full range of pediatric providers—is a friendly place decorated with childlike themes.

"The waiting room is as lively as the train station it resembles," says Mary Sue Bobalik, RN, nurse manager. "It's wonderful to see the metal clouds hanging from the ceiling."



The play train welcomes kids to Children's North.

Comprehensive Services

COMMITTED TO PEDIATRIC SPECIALTIES with neighborhood convenience, Children's North is one of three neighborhood locations—the others are Children's South in Bethel Park, Pa. and Children's East in Monroeville, Pa.—for Children's Hospital's comprehensive subspecialty

Continued on page 2

Relief From Muscle Spasms—Treatment for Movement Disorders

Eating Right

Staying Fit

Community Education Schedule

Dear Friends

of Children's Hospital of Pittsburgh:

Children's Hospital of Pittsburgh is now, more than ever, moving forward in challenging, new directions.

With construction of our new, state-of-the-art Children's Hospital in Pittsburgh's Lawrenceville neighborhood, Children's is involved with one of the largest economic development projects in western Pennsylvania.

At the same time, we continue to expand our services. Children's North is just one example of how we are reaching communities throughout the region. And in keeping with our mission to improve the health and well-being of all children, we will always recruit prominent physicians and researchers.

It is as important now as ever for you—our community—to support Children's Hospital. We cannot fulfill our commitment alone. We need the help of people like you. Please take a moment to make a contribution in the enclosed envelope.

We need your help in our move forward as a world-class pediatric hospital offering world-class care.

Best wishes for a healthy and happy New Year.

Sincerely yours,

Ronald L. Violi
President and CEO
Children's Hospital of Pittsburgh Foundation

Within Reach

Continued from page 1

and support services, such as occupational and physical therapy.

Board-certified pediatric specialists, pediatric surgeons and pediatric-specialized staff provide the same services available at Children's main campus in Pittsburgh's Oakland neighborhood. They are part of a series of medical teams, including nurse practitioners, pediatric anesthesiologists and diagnostic technicians.

Children's North now offers 18 clinical and support services—gastroenterology, audiology, cardiology, radiology, adolescent medicine, asthma and allergy, communication disorders, neurology, occupational therapy, physical therapy, orthopaedics, otolaryngology, pediatric surgery, dental services, plastic surgery, pulmonology, urology and child development.

Pediatric Specialists

REFERRED BY HIS PEDIATRICIAN to Children's Division of Pediatric Gastroenterology, Jimmy is too preoccupied with books and trains to be apprehensive when called for his sonogram. His noninvasive procedure goes smoothly, and he will return at a later date, once pediatric specialists analyze the results.

While Jimmy plays on the train, Dawson Smith, also 5, is in an examination room getting his blood pressure checked. His mother, Rebecca L. Poloka, came with Jimmy from their home in Fombell, a community outside Zelienople, Pa.

Dawson, who has suffered from stomach pain and possible gastroesophageal reflux disease, has arrived for a follow-up appointment with board-certified pediatric gastroenterologist Mahmoud Sabri, MD, who sees patients at Children's North once a week.



Mahmoud Sabri, MD, with Dawson Smith.

"I love this part," says Dawson as the cuff on his arm expands. Ms. Poloka amuses Dawson before Dr. Sabri comes in by reading *Toy Story* while sunlight streams in from a window overlooking a fall landscape of red and yellow leaves.

Most examination rooms at Children's North have windows with a view, and

Continued on page 3

Pediatric Same-Day Surgical Services A Little Adult? No Way!



Lisa Kyle

Children's Hospital of Pittsburgh's pediatric anesthesiologists, an integral part of Children's North's surgical teams, offer unique care because they understand that "children are not little adults," says Peter J. Davis, MD, chief of Children's Department of Pediatric Anesthesiology.

"The physical growth and adaptations adults have gone through haven't happened to children yet," says Dr. Davis. "For instance, children's hearts and other organs function very differently at different ages, and that means they require individualized (anesthetic) doses."

Pediatric anesthesiologists not only offer children comfort as they are prepared for surgery in the operating room, but the young patients can pick a favorite flavor—be it cherry or bubble gum—so the mask used

for the anesthetic gas smells comforting. Nurses talk reassuringly to the child as the gas is administered.

Only after the child is asleep does the pediatric anesthesiologist administer the intravenous anesthetic.

The kids aren't the only ones who are anxious about surgery, says Dr. Davis. "We are there to explain everything to the parents," he says.

"Each child is unique. Each family is unique," he says. "Pediatric anesthesiologists understand that because they deal only with children."

From left to right, anesthesiologist Paul Luckiewicz, MD; nurse anesthetist Jane Jandreaux, CRPN; and clinical leader Lucy Christoforetti, RN, administer anesthesia to Natalie Savannah, 6, of Butler, Pa.

Born with only one ventricle, James Prosser (left) underwent open heart surgery at Children's at 5 days old. His mother, Jennifer Ayers, brings him to Children's North from Bradford, Pa., for weekly echocardiograms to monitor his heart while he awaits a second surgery. Children's is the only hospital in the region that routinely does pediatric echocardiograms.

Children's Department of Pediatric Surgery provides the services of Children's Hospital's specially skilled pediatric surgeons, anesthesiologists and nurses. Surgeries performed at Children's North include:

- Dental surgery
- Ear, nose and throat surgery
- Eye surgery
- Gastrointestinal surgery
- Pediatric general surgery
- Plastic surgery
- Urological surgery

Pediatric Surgery Center Hours

Days: Tuesday–Friday, first and third Mondays

Office Hours: 6:30 a.m.–5:30 p.m. Monday–Friday

Patient Appointments: 412-692-7280



Kathryn Komperda

the building is filled with natural light from windows and skylights. In the outpatient recovery room, children rest after surgery under a skylight running the length of the room.

Making Therapy Fun

DOWN THE HALL, Alaina Dougherty, 4, pedals a tricycle followed by physical therapist Kelly Bossola, MSPT. Alaina has been undergoing therapy for the past year to correct developmental delays caused by a seizure disorder.

The girl soon moves from the tricycle onto a monkey swing. While she rocks back and forth, Alaina and Ms. Bossola count to 10 in Spanish—a language Alaina



is learning from watching the bilingual television cartoon *Dora the Explorer*, says her mother, Susan Dougherty, of Allison Park, Pa.

“Ocho, nueve, diez!” Then Alaina lets go of the swing and drops onto the mat. “I always drop after diez,” she says, and laughs.

“I couldn’t be happier,” Mrs. Dougherty says. “It’s so easy to come here for her weekly therapy. Alaina has improved immensely. She just loves coming here. She thinks she’s on a play date.”

Therapist Kelly Bossola, MSPT, with Alaina Dougherty



Convenient Outpatient Surgery

CHILDREN HAVE APPOINTMENTS at Children’s North for medical tests, examinations, and physical, occupational, speech and hearing therapy, as well as for surgery. Pediatric surgeons perform more than 4,000 outpatient surgeries every year. The most common surgery is myringotomy—more commonly known as ear tubes.

Jacob Sprow, 3, is one of the many children who had tubes inserted during outpatient surgery at Children’s North. His mother, Rebecca Boyle, brought Jacob from their home in Ellwood City, Pa., because he still wasn’t talking this past spring.

Specialists at Children’s North discovered that ear infections were affecting the boy’s hearing. In May 2004, ear, nose and throat specialist David L. Mandell, MD, performed the surgery.

“His ears look a lot better,” Dr. Mandell says during the follow-up appointment. His mother says Jacob’s speech is improving as well.

While Jacob bounces in the exam chair, Dr. Mandell suggests preventive measures to keep the boy healthy.

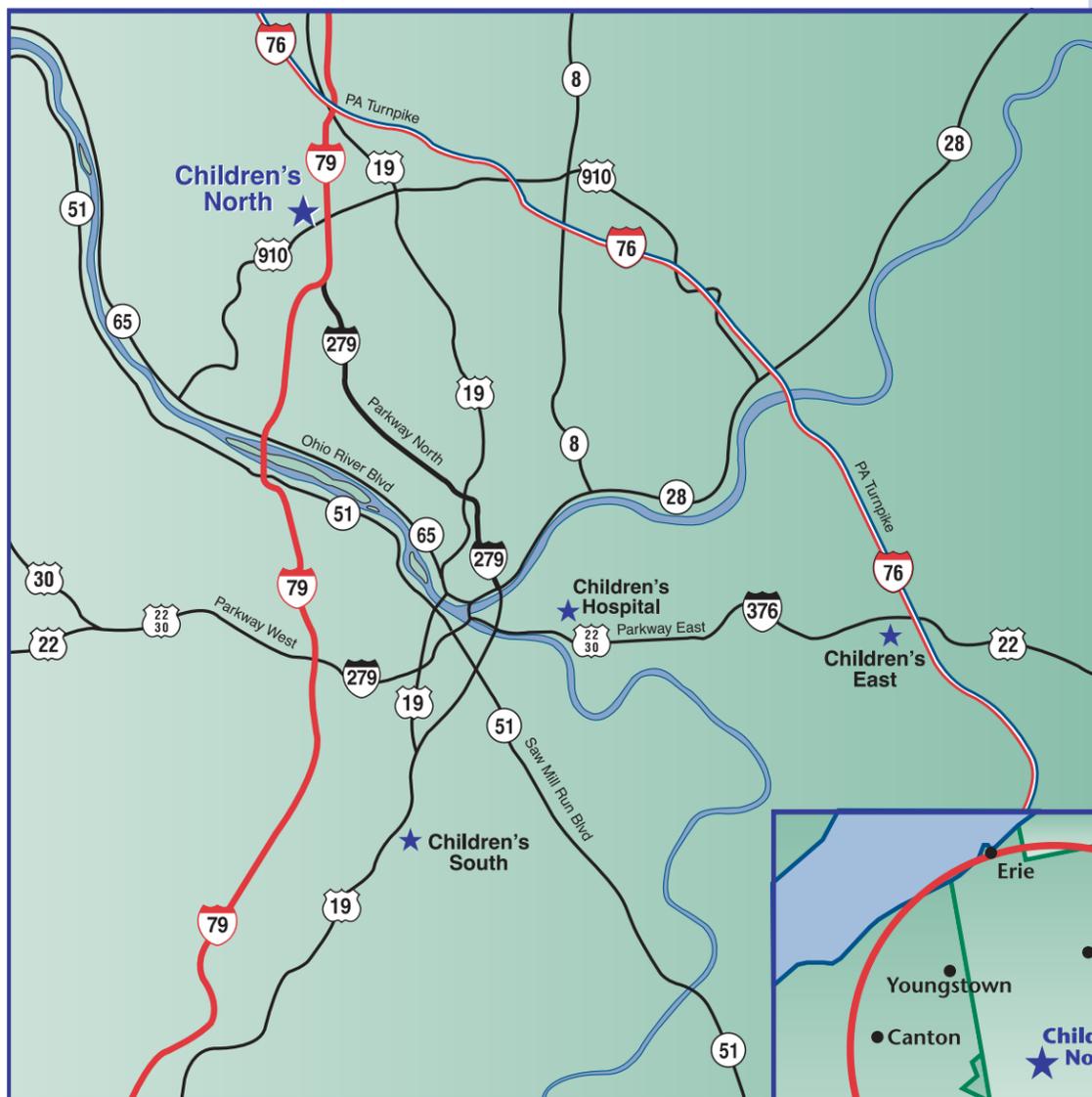
“He really looks great today,” Dr. Mandell tells a pleased Ms. Boyle. “Let’s make sure he stays this way.”



David Mandell, MD, examines Jacob Sprow with the assistance of his mom, Rebecca Boyle.

Continued on page 4

All Roads Lead to Children’s North



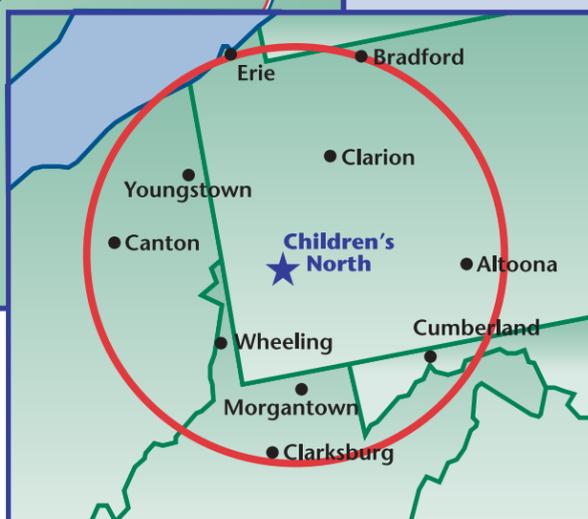
CHILDREN’S NORTH—

in Wexford, Pa.—is less than a two-hour drive from Erie, Pa., Johnstown, Pa., Canton, Ohio, and Clarksburg, W.Va. Children’s North is a half-hour drive from Monroeville to the east of Pittsburgh or Mt. Lebanon to the south of Pittsburgh.

From Washington, Pa., it’s a 40-minute drive and from Weirton, W.Va., or Youngstown, Ohio, the drive time is under an hour.

- **From Johnstown and points east, and Youngstown and points west of Pittsburgh,** take I-76, the Pennsylvania Turnpike, to Exit 28. Then, follow I-79 South for about four miles to Exit 73.
- **From Erie and points north, and Morgantown, W.Va., and points south of Pittsburgh,** take I-79 to Exit 73.
- **From north central Pennsylvania,** take I-80 West to I-79 South to Exit 73.
- **From downtown Pittsburgh,** take I-279 North and merge onto I-79 North to Exit 73.

- **At I-79’s Exit 73** (Wexford/Route 910 exit), follow Route 910 West for about one-tenth of a mile. Children’s North is clearly marked on the right.



Questions about directions?

Please call Children’s Hospital of Pittsburgh’s Direction Hot Line at **412-692-8088**.

Extended Hours

By 5 p.m., the waiting room's train station empties as the last of the "passengers" leaves.

It's not quiet, though.

Downstairs, young patients, including Conner Wilson, 4, and his mother, Renea Wilson, are still arriving for physical therapy appointments, which continue for another two hours.



Mrs. Wilson takes Conner, who struggles with a rare disease that affects the hardening of his bones, for twice weekly physical therapy to strengthen his legs.

"Conner needs this so much," says Mrs. Wilson, who drives her son from their Cranberry Township, Pa., home. "It makes all the difference to have Children's North."

Left, Conner Wilson reaches for puzzle pieces while his right leg pulls against a rubber strap. This is part of his physical therapy to strengthen his legs. Andrew Sutphin, a graduate student in physical therapy at the University of Pittsburgh, guides his steps.

Photos by Lisa Kyle



Readers Welcome



Mike Conroy reads with his grandson, Tanner Bunney, 1.



Many of the books kids enjoy at Children's North have been donated by the customers of the Half Price bookstore on McKnight Road in Pittsburgh's North Hills.

Sisters Sruthi, 7, and Pallavi Muluk, 5, plow through young readers' books while awaiting Sruthi's gastroenterology examination.



Photos by Lisa Kyle

Relief From Muscle Spasms

TREATMENTS FOR MOVEMENT DISORDERS, based on research done by A. Leland Albright, MD, professor of neurosurgery in Children's Hospital of Pittsburgh's Division of Pediatric Neurosurgery, are making a major difference in the lives of children and young adults who have suffered neurological damage from serious head injuries or conditions like cerebral palsy.

"By offering our patients Botox, we are not only relieving their pain, but are helping to prevent musculoskeletal deformities that can be created by repeated spasms."

A. Leland Albright, MD

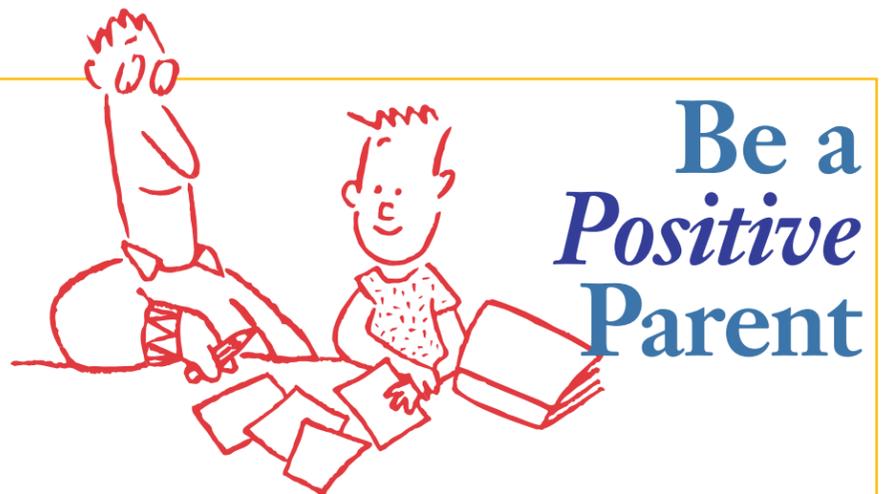
One common treatment pioneered by Dr. Albright a decade ago in the tristate region is the use of Botox—a toxin that, when injected, helps prevent muscles from contracting. Usually administered to children between 2 and 7 years of age, Botox helps prevent muscle spasms. When children are older, they undergo more definitive treatment, such as a rhizotomy, a neurosurgical procedure performed on the roots of nerves exiting the spinal canal.

"By offering our patients Botox, we are not only relieving their pain, but are helping to prevent musculoskeletal deformities that can be created by repeated spasms," says Dr. Albright, a nationally known expert in the treatment of neurological disorders in children.

Dr. Albright and his team of specialists provide Botox injections to about 20 patients one day each month at Children's North. Each appointment includes a series of injections in the affected muscles—up to 20 injections into several spastic muscles over several hours. Children's pediatric anesthesiologists administer a brief (five–10 minute) anesthetic to the younger patients, and the children return every three to four months over the course of several years for continued Botox injections.

Dr. Albright also developed the use of intrathecal (into the spinal fluid) baclofen, a drug used to reduce spasticity and dystonia, two movement disorders that often occur in children with cerebral palsy. The treatment uses an implanted drug pump to release baclofen into a child's spinal fluid.

Moreover, Dr. Albright and his colleagues were the first physicians in the United States to perform deep brain stimulation in children, a procedure in which an electrode is inserted into deep regions of the brain to treat involuntary jerking movements or tremors related to cerebral palsy.



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.

Positive Parenting Class Schedule

| East | | |
|-------------------------------------|---|------------------|
| Family Care Connection, Wilkinsburg | Thu., Jan. 27, Feb. 3, 10, 17, 24, Mar. 3, 10, 17 | 10:30–11:30 a.m. |
| Family Care Connection, Braddock | Tue., Feb. 1, 8, 15, 22, Mar. 1, 8 | 12:30–2:30 p.m. |
| Children's East, Monroeville | Wed., Feb. 9, 16, 23 | 7–9 p.m. |
| Family Care Connection, Oakland | Thu., Feb. 24, Mar. 3, 10 | 7–9 p.m. |
| North | | |
| Children's North, Wexford | Wed., Jan. 26, Feb. 2, 9 | 7–9 p.m. |
| Children's North, Wexford | Tue., Mar. 1, 8, 15 | 7–9 p.m. |
| Children's North, Wexford | Thu., Apr. 7, 14, 21 | 7–9 p.m. |
| South | | |
| Children's South, Bethel Park | Thu., Jan. 20, 27, Feb. 3 | 7–9 p.m. |
| Children's South, Bethel Park | Wed., Mar. 16, 23, 30 | 7–9 p.m. |
| Children's South, Bethel Park | Mon., Apr. 11, 18, 25 | 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

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.

Babysitting 101 – For boys and girls ages 11–13. This class is designed to teach babysitting skills in a fun and interactive way. Students will learn about safety for themselves and the children in their care. First aid basics, choking rescue techniques, child development and routine daily care 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.

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.

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

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.

Discipline – Helpful hints for parents of toddlers and preschoolers. Discover age-appropriate expectations, the difference between discipline and punishment and options for when children test the limits.

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.

Food Fights – Parents know that feeding young kids right isn't always easy. Learn how to handle food fights, picky eaters and suggestions to set the stage for sensible, healthful food choices and eating habits.

Parenting the Adolescent – Explore the challenges of raising teens. Review adolescent development and effective parenting skills to encourage respect, set limits and reinforce positive behavior choices.

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

The Social You, the Sexual You: Growing Up for Daughters and Sons—Understanding Puberty – For families with children with mental retardation and other developmental disabilities. This three-part workshop explores social and sexual development. Parents and their children ages 12–21 will learn about the physical, emotional and social changes of puberty, hygiene, self-care, communication and social skills. Call 412-641-4492 to register.

Talking With Teens About Sexuality – Strategies to help parents talk with their teens about decision making, abstinence, sexual health, pregnancy and disease prevention.

Course Schedule

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

Alone at Home

| | | | |
|---------------------------------|---------------|-------------|------------|
| Children's North, Wexford | Thu., Feb. 17 | 6:30–8 p.m. | \$10 |
| Children's East, Monroeville | Wed., Mar. 9 | 6:30–8 p.m. | per family |
| Children's South, Bethel Park | Thu., Mar. 10 | 6:30–8 p.m. | |
| Family Care Connection, Oakland | Thu., Apr. 7 | 6:30–8 p.m. | |

Babysitting 101

| | | | |
|-------------------------------------|---------------|---------------|------|
| Children's South, Bethel Park | Sat., Jan. 29 | 9 a.m.–4 p.m. | \$35 |
| Children's North, Wexford | Sat., Feb. 19 | 9 a.m.–4 p.m. | |
| Family Care Connection, Oakland | Sat., Mar. 19 | 9 a.m.–4 p.m. | |
| Allegheny Valley YMCA, Natrona Hts. | Sat., Apr. 16 | 9 a.m.–4 p.m. | |
| Children's East, Monroeville | Sat., Apr. 23 | 9 a.m.–4 p.m. | |
| Children's North, Wexford | Sat., Apr. 30 | 9 a.m.–4 p.m. | |

Beginning Cooking for Kids

| | | | |
|---------------------------------|---------------|-----------------|------|
| Children's North, Wexford | Sat., Feb. 26 | 10:30 a.m.–noon | \$15 |
| Family Care Connection, Oakland | Sat., Mar. 12 | 10:30 a.m.–noon | |
| Children's South, Bethel Park | Sat., Apr. 16 | 10:30 a.m.–noon | |

Car Seat Safety

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

| | | | |
|-----------------------------------|---------------|----------------|--|
| White Oak EMS, White Oak | Thu., Jan. 13 | 10 a.m.–2 p.m. | |
| Pittsburgh EMS, Strip District | Thu., Feb. 10 | 10 a.m.–2 p.m. | |
| Berkeley Hills VFD, Ross Township | Thu., Mar. 10 | 3–7 p.m. | |
| Tri-Community EMS, Bethel Park | Thu., Apr. 14 | 3–7 p.m. | |

The Challenging Child

| | | | |
|---------------------------|---------------|-------------|------|
| Children's North, Wexford | Tue., Feb. 15 | 7–8:30 p.m. | \$10 |
|---------------------------|---------------|-------------|------|

CPR (Infant and Child)

| | | | |
|---------------------------------|---------------|-------------|------|
| Children's South, Bethel Park | Sat., Feb. 5 | 9 a.m.–noon | \$30 |
| Children's North, Wexford | Sat., Feb. 12 | 9 a.m.–noon | |
| Family Care Connection, Oakland | Tue., Mar. 8 | 6–9 p.m. | |
| Children's East, Monroeville | Sat., Mar. 19 | 9 a.m.–noon | |
| Children's South, Bethel Park | Sat., Apr. 2 | 9 a.m.–noon | |
| Children's North, Wexford | Sat., Apr. 9 | 9 a.m.–noon | |

Discipline

| | | | |
|---------------------------------|---------------|----------|------|
| Family Care Connection, Oakland | Tue., Jan. 25 | 7–9 p.m. | Free |
| Children's North, Wexford | Tue., Feb. 22 | 7–9 p.m. | |
| Children's South, Bethel Park | Mon., Apr. 4 | 7–9 p.m. | |

First Aid for Kids

| | | | |
|---------------------------------|---------------|----------------|------|
| Family Care Connection, Oakland | Tue., Feb. 15 | 6:30–8:30 p.m. | \$10 |
| Children's South, Bethel Park | Sat., Feb. 26 | 9–11 a.m. | |
| Children's East, Monroeville | Sat., Mar. 5 | 9–11 a.m. | |
| Children's North, Wexford | Sat., Mar. 19 | 9–11 a.m. | |
| Children's East, Monroeville | Wed., Apr. 20 | 6:30–8:30 p.m. | |

Food Fights

| | | | |
|---------------------------------|---------------|----------------|------|
| Children's South, Bethel Park | Wed., Feb. 16 | 7:30–8:30 p.m. | Free |
| Children's North, Wexford | Mon., Mar. 14 | 7:30–8:30 p.m. | |
| Family Care Connection, Oakland | Wed., Apr. 13 | 7:30–8:30 p.m. | |

Raising Responsible Kids

| | | | |
|---------------------------------|---------------|-------------|------|
| Children's South, Bethel Park | Wed., Jan. 12 | 7–8:30 p.m. | Free |
| Children's North, Wexford | Wed., Jan. 19 | 7–8:30 p.m. | |
| Family Care Connection, Oakland | Wed., Jan. 26 | 7–8:30 p.m. | |

Parenting the Adolescent

| | | | |
|-------------------------------|---------------|-------------|------|
| Children's South, Bethel Park | Thu., Feb. 24 | 7–8:30 p.m. | Free |
| Children's North, Wexford | Thu., Mar. 31 | 7–8:30 p.m. | |

The Social You, the Sexual You: Growing Up for Daughters and Sons—Understanding Puberty

Call **412-641-4492** to register. \$50 for the series

| | | | |
|---------------------------------|---------------------|----------|--|
| Magee-Women's Hospital, Oakland | Tue., Mar. 1, 8, 15 | 7–9 p.m. | |
|---------------------------------|---------------------|----------|--|

Talking With Teens About Sexuality

| | | | |
|-------------------------------|--------------|----------------|------|
| Children's South, Bethel Park | Wed., Mar. 9 | 7:30–8:30 p.m. | Free |
|-------------------------------|--------------|----------------|------|

Class size is limited. Call 412-692-7105 to register.

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.

Questions about your child's health? **24/7** Visit the Child Health Library on our Web site at www.chp.edu

TOP 10 Reasons TO GO TO CHILDREN'S NORTH

10. In and out in a timely manner
Easy to park; easy to register; short waits for doctors.

9. Easy directions
Everything is clearly marked, and close to the entrance.

8. Room to move
The waiting rooms are spacious. The whole family fits comfortably in the exam room.



Lisa Kyle

7. Here comes the sun
The entire building (as well as everyone's spirits) is brightened by the natural light that streams in from the skylights and large windows everywhere—including surgery's recovery rooms.

6. Happy parents
Watching children play in the wide-open spaces of the waiting rooms helps ease the minds of parents and caregivers.

5. Always kid-friendly
After walking through the kid-size door into the waiting room, children find a play space filled with nooks and crannies to explore.

4. Easy access
Location. Location. Location. Children's North is conveniently located and easy to get to from I-79, I-279 and the Pennsylvania Turnpike.

3. All your specialty pediatric providers under one roof
Children's North offers 18 clinical and support services.

2. Convenience and skill of outpatient surgery
At Children's North, skilled board-certified pediatric surgeons, assisted by pediatric anesthesiologists, perform more than 4,000 surgeries a year.

#1 Children's North is Children's Hospital of Pittsburgh
At Children's North, the same great doctors care for your children.

Eating Right

Here's a quick, nutritious and easy-to-make snack that takes only five minutes to prepare:

Ants on a Log

Ingredients:

- 2 celery sticks
- 6 Tbsp. peanut butter
- 2 Tbsp. raisins

Directions:

1. Wash the celery and cut into five-inch-long pieces. (Note: Younger children need to be supervised by an adult when using a knife.)
2. Spread peanut butter in u-shaped part of celery—from one end to the other.
3. Press raisins gently onto peanut butter.

Serves: 2

Serving size: 1 celery stick

Nutritional analysis:

- 317 calories
- 12 g protein
- 24 g fat
- 19 g carbohydrate
- 4 g fiber
- 0 mg cholesterol
- 266 mg sodium
- 37 mg calcium
- 1.2 mg iron

Note: Nutritional analysis may vary depending on ingredient brands used.

Recipe Source: kidshealth.org



Staying Fit

Sticking to your exercise routine can be a challenge during the long winter months—especially when there are leftover holiday cookies and candy in the house. Instead of giving in to sitting in front of the fireplace (or television or computer), encourage your family to bundle up and explore your favorite places.

Is there snow on the ground? Build a snowman, or a fort. Your older children can get exercise by shoveling your family's sidewalk, or the sidewalk of an elderly neighbor.

Too cold for outdoor activity? Why not turn up the stereo and dance?

Younger children will be happy to play follow-the-leader with Mom or Dad. See if you and your children can touch your toes, walk like a crab, do push-ups, run in place, and stretch, stretch, stretch for the sky.

Promises

Promises is published four times a year for donors and friends of Children's Hospital of Pittsburgh by the Public and Government Affairs Department. Children's Hospital of Pittsburgh is an equal opportunity employer, and it is the policy of the hospital to admit and to treat all patients without regard to race, color, religion, national origin, ancestry, sex or disability. Children's Hospital of Pittsburgh is a public charity under 501(c)(3) and 170(b)(1)(A) of the Internal Revenue Code. Contributions are deductible to the extent permitted by law. We do not sell or trade our mailing list.



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MISSION STATEMENT

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.

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 - Child Development Unit
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 - Dental Services
 - Gastroenterology
 - General Surgery
 - Neurology
 - Nutrition
 - Occupational Therapy
 - Orthopaedics
 - Otolaryngology (Ear, Nose and Throat)
 - Physical Therapy
 - Pulmonology
 - Radiology
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