

*“Because children are still growing and developing, they experience different types of injuries when compared with adults.”*

*Stephen Swirsky, DO*

# ADOLESCENT & SPORTS







As part of Miami Children's Hospital's commitment to offering a full spectrum of pediatric specialty care services, the hospital has recently recruited physicians specializing in adolescent medicine and sports medicine to its ranks.

### Division of Adolescent Medicine

Teenagers can present special challenges, not only for their parents, but for their pediatricians, too. Enter the MCH Division of Adolescent Medicine, with specialists who partner with area pediatricians to help address complex patient and family issues associated with puberty.

"We deal with medical, social and behavioral problems, which in many cases are interrelated," said Dr. Lorena Siqueira, Director of the Division of Adolescent Medicine and a board-certified pediatrician who is fellowship trained in adolescent medicine.

Each year, one board-eligible pediatrician (internist or family practitioner) is accepted into the three-year program to prepare for an academic career.

Services provided by the Division of Adolescent Medicine include:

- Medical care for acute and chronic illness
- Evaluation and treatment of issues related to puberty
- Evaluation and treatment of menstrual issues
- Gynecological exams
- Family planning services
- Evaluation and treatment of sexually transmitted infections (STIs)
- Helping parents cope with sexually active teens
- Behavioral issues and interventions
- Treatment of eating disorders and obesity
- Smoking/tobacco cessation
- Treatment of substance abuse
- Helping families deal with parent-teen conflict.

For more information on adolescent medicine services, please call (305) 668-5525.

# MEDICINE NOW AT MCH

"For instance, a girl who becomes an adult physically at an early age may be pressured into sexual behaviors. Or a boy who develops more slowly may unfairly need to compete in sports with much larger classmates."

One of the main challenges of adolescent medicine is sorting out the emotional from the physical, as well as providing preventive care. "Adolescents' physical, emotional and behavior issues are very different from young children," said Dr. Siqueira. "Teenagers also need to be treated differently in the physician's office."

Many referrals to the Division of Adolescent Medicine are related to puberty issues. The division's services include evaluation and treatment of a wide range of concerns, from eating disorders to gynecological issues. Despite the belief that adolescence is a turbulent period for young adults and their parents, Dr. Siqueira reports that the majority of teenagers do quite well during this time. "Adolescents need a significant amount of reassurance, guidance and support to make the right decisions, and our division is part of that supporting team, which includes their primary care physicians and their parents," she said.

In 2004, the newly formed Division of Adolescent Medicine received accreditation for a fellowship program to train future adolescent medicine specialists. It is the only such program in Florida.

### Sports Medicine

Children and sports go together like bats and gloves. So it's only fitting that the Orthopaedics Division at MCH has recently added to its team one of the region's first pediatric sports medicine specialists. Stephen Swirsky, DO, brings a special focus on treatment and prevention of sports injuries. He served as an athletic trainer and physical therapist before earning his medical degree at Nova Southeastern University and completed an orthopaedic surgery residency at Jackson Memorial Hospital. Today, Dr. Swirsky is dedicated to the treatment of pediatric sports injuries. "Because children are still growing and developing, they experience different types of injuries when compared with adults," he said. "If a child encounters something other than a bruise, it should be evaluated by a physician," said Dr. Swirsky. "Most of the time you can tell when kids are hurt, but not always. They may try to hide pain because they do not want to miss practice or a game," he said.

Dr. Swirsky conducts sports physical exams for Miami-Dade County high school athletes and is team physician for Michael Kropp High School.

For more information on sports medicine services, call (305) 662-8366.

## THE RIGHT TREATMENT RIGHT NEXT DOOR

2004 began with a jolt for the Fuerst family of Palmetto Bay. Gregg and Trisha Fuerst were eager to learn the cause of their 4-year-old son Ryan's regular headaches. But they were not prepared for the diagnosis that would follow.

In January, Ryan's pediatrician referred the chatty and inquisitive preschooler to a neurologist to investigate the source of the headaches he had been experiencing on an almost nightly basis. Ryan underwent an MRI at Miami Children's Hospital. Then came a call from Dr. John Ragheb, Director of the Division of Neurosurgery at Miami Children's. This division receives referrals of challenging neurosurgical cases from throughout the country.

"Dr. Ragheb explained that Ryan had a rare condition. An arachnoid cyst was embedded at the center of his brain. The cyst was inhibiting the flow of spinal fluid within his brain, causing pressure to build dangerously," recalled Trisha. She was told that Ryan would need to undergo surgery right away.

"This was such a traumatic moment, but somehow Dr. Ragheb made us feel from the very start that everything would be alright," said Trisha. "Looking back, I'm not sure

how we got through it. I think it was Dr. Ragheb's manner and his confidence that he could help Ryan."

Ryan benefited from a new minimally invasive surgical technique that enabled the team to remove the plum-size cyst without creating a large opening in Ryan's skull. Instead, a tiny portal was made in the skull through which a three millimeter neurosurgical endoscope and miniature surgical tools were inserted. The cyst was punctured and collapsed through this small hole in Ryan's scalp.

The Fuersts are delighted with the outcome. "Within minutes of emerging from surgery, Ryan was talking," Trisha recalled. "We knew then that he was going to be fine." Today, Ryan is a playful, enthusiastic preschooler who loves to talk and asks a million questions.

"We are so grateful. If it weren't for this excellent team, we might have had to travel out of state for care. We received the best care available, right near home," said Trisha.



*"Within minutes of emerging from surgery, Ryan was talking. We knew then that he was going to be fine."*

*Trisha Fuerst, mother of Ryan Fuerst*

## A HEART-SAVING GIFT FOR RAEGAN

When Kurt and Lorrie Hertzog of Rochester, Pennsylvania received a gift subscription to *Reader's Digest* in 1999, they never imagined that this would be one of the most important gifts of their lives.

The Hertzogs were then new parents of a tiny little girl with some very big medical problems. Born without a pulmonary artery and with a hole between the lower chambers of her heart, 10-month-old Raegan was severely ill. Already, pediatric heart specialists in Pittsburgh had told the family there was nothing they could do for the child.

That's when the Hertzogs opened the gift magazine and read about a little girl born with similar heart complications who was thriving after surgery at the Congenital Heart Institute at Miami Children's Hospital.

After Raegan was evaluated at Miami Children's, Drs. Redmond P. Burke, Director of Cardiovascular Surgery, and Evan Zahn, Director of Cardiology, met with the Hertzogs and described a care plan that they believed would offer Raegan at least a 50 percent chance for survival. "That was such a moment for us. It was the first hope that we had since Raegan was diagnosed," said Kurt, an Army reservist.

The biggest initial hurdle for the interventional team was the pulmonary artery. Raegan was without even the beginnings of an artery, which would make her surgery especially challenging. In the first stage of this complex procedure, Dr. Burke used donor tissue to create an artery and connect it to the child's heart.

Next, the team focused on expanding the two undersized arteries connected to Raegan's lungs that were inhibiting blood flow. Over several years, Raegan had multiple interventional catheterization procedures at Miami Children's that gradually expanded the arteries, which were especially small and non-elastic.

In 2004, Dr. Zahn employed an innovative "cutting balloon" device that proved effective in opening the child's constricted arteries. Later that same year, Drs. Burke and Zahn collaborated for a surgical/catheterization hybrid procedure during which they replaced the initial donor tissue with a larger one more appropriate for Raegan's age and further expanded her small lung arteries with the use of intraoperatively implanted metal stents.

All of this has paved the way for the final phase of Raegan's heart repair, expected to take place in 2005. After Dr. Zahn further enlarges the stents in the catheterization laboratory, Dr. Burke is slated to close the hole in the lower chambers of Raegan's heart, which will allow the organ to function completely normally for the first time.

To meet Raegan today, one would never guess all that she has faced in her short life. The dynamic 6-year-old loves dinosaurs and alternately makes plans to be a paleontologist, surgeon or veterinarian. She enjoys singing and dancing, and knows all the songs to the Broadway show "Cats." "Raegan is a determined child who will not take 'no' for an answer," said Lorrie. "I think having all this in her life has given her tremendous strength."



*"That was such a moment for us. It was the first hope that we had since Raegan was diagnosed."*

*Kurt Hertzog, father of Raegan Hertzog*



## RICKY'S ROAD TO REMISSION

Ricky Oxenhandler was right in the middle of an extremely active and athletic childhood when he awoke one morning with surprising stiffness and pain in his lower legs.

The busy 10-year-old tried to shrug off the discomfort. But a few days later the stiffness was back with a vengeance and Ricky found that he was unable to walk.

So began a six-month odyssey for the Oxenhandler family of Cooper City, Florida as they visited area specialists in search of the cause of the debilitating pain and stiffness that was increasingly encroaching on Ricky's once carefree life.

"The pain was very intense and surprising. It seemed to come out of nowhere," Ricky said. "One night I would be out with my friends and the next morning I wouldn't be able to get up at all."

In June of 2000, Ricky was referred to Miami Children's Hospital when the family sought more specialized help. It was during this hospitalization that the Oxenhandlers finally obtained a diagnosis. Dr. Rafael Rivas-Chacon, Director of the Miami Children's Division of Rheumatology, determined that Ricky had juvenile spondyloarthritis, a form of arthritis that affects the spine and lower portions of the body.

Under the care of the Miami Children's Division of Rheumatology, Ricky began treatments with medications and regular physical therapy that helped him regain function lost as a result of his arthritic flare-ups. Each flare-up required several months of therapy and hard work to get him back on his feet. "Ricky is a remarkable boy," said Dr. Rivas-Chacon. "He had to learn to walk three times while recovering from arthritic episodes. He is a wonderful inspiration for other children with arthritis."

After three more episodes, Ricky's arthritis finally went into remission. Today, the high school freshman and honors student is back playing his favorite sport, basketball. He also is a soccer referee and during the summer serves as a counselor for Camp Funrise, the hospital's summer sleep-away camp program for children with rheumatologic conditions. Ricky has also served as a spokesperson for the Arthritis Foundation's Broward County Region and is a three-time Junior Marshall for the chapter's annual fundraising walk. He has personally raised more than \$8,000 for the Arthritis Foundation.

"We are grateful to Miami Children's for providing us with a diagnosis and for setting us on the path to restoring Ricky's health," said Marla Oxenhandler, Ricky's mother.



*"We are grateful to Miami Children's for providing us with a diagnosis and for setting us on the path to restoring Ricky's health."*

*Marla Oxenhandler, mother of Ricky Oxenhandler*

## SOFIA'S SECOND CHANCE

In the first hours of 2004, Marta Blanco felt as though she was waking from a nightmare. It was New Year's Day and Marta's 4-year-old daughter Sofia had just opened her eyes for the first time since she was brought to Miami Children's in critical condition in December of 2003.

"She opened her eyes and I told her she had been a very sick little girl, but that I was with her and lots of people were going to take care of her until she got better," said Marta.

The life and death drama began weeks earlier, when Marta noted an enlarged lymph node in Sofia's groin during bath time. The child's pediatrician indicated that the lump was caused by an infection. But days later, Sofia's health was rapidly declining as antibiotic treatments failed to curb the apparent infection. Sofia was admitted to an area hospital with a high fever and labored breathing.

While hospitalized, Sofia's condition worsened dramatically and doctors began to suspect they were battling a very different foe: cancer. But time was needed to obtain a definitive diagnosis and Sofia's hours were clearly numbered. In late December, the critically ill child was transferred to Miami Children's Hospital where she could receive Extracorporeal Membrane Oxygenation (ECMO), a heart and lung bypass therapy that would enable Sofia's failing heart and lungs to rest and recuperate while a diagnosis was made.



At Miami Children's, Dr. Enrique Escalon, Director of the hospital's Cancer Center suspected the culprit was Non-Hodgkin's Lymphoma, a difficult-to-diagnose cancer of the lymph system. Concerned by the aggressive nature of the cancer, Dr. Escalon persuaded Marta and Marta's father, a New Orleans-based physician, to permit the team to give Sofia chemotherapy while the child was still on ECMO. This treatment seemed the only hope for a little girl in such rapid decline.

"Dr. Escalon asked us to take a leap of faith and we are so glad that we did," said Marta. Within days of the start of chemotherapy, Sofia was rallying.

Today, Sofia is a happy 5-year-old who loves playing with her younger sister and looks forward to entering the classroom in the fall.

"We have so much to be grateful for," said Marta.

"I am thankful for the doctors who knew when to send us to Miami Children's and to Dr. Escalon for urging us to forge ahead with the chemotherapy. And we love the doctors and nurses from the Pediatric Intensive Care Unit. They were amazing and so supportive of us every step of the way."

*"We have so much to be grateful for. I am thankful for the doctors who knew when to send us to Miami Children's and to Dr. Escalon for urging us to forge ahead with the chemotherapy."*

*Marta Blanco, mother of Sofia Blanco*



# FROM NORTH TO SOUTH THE PICTURE OF HEALTH

*Offering pediatric services throughout South Florida*

## Miami Children's Hospital Dan Marino Center



Miami Children's Dan Marino Center added magnetic resonance imaging (MRI) and aquatic therapy to its scope of services in 2004, while the center's popular therapeutic summer day camp celebrated its third successful year.

In April, the Dan Marino Center became the first and only facility in Broward County to offer pediatric MRI imaging. The service duplicates the quality of care available at Miami Children's, as radiologists at the main campus monitor each MRI performed via a high-speed data connection. MRI technologists at the Dan Marino Center are highly trained and experienced in imaging children.

The new Aquatic Therapy Program utilizes the properties of water combined with traditional therapy techniques to help children with a variety of conditions, including cerebral palsy, Down's syndrome, muscular dystrophy, juvenile arthritis, perceptual difficulties and sensory integration dysfunction.

Camp DMC continued to offer families of children with autism, developmental disabilities and social skills deficits with a day camp program that combines fun and fellowship with therapeutic activities to enhance skills. The program has rapidly become an important fixture in the community. Families of camp participants consistently report that their children have made significant progress as a result of their camp experience.

# BRINGING KIDS





The Dan Marino Center provides specialized services for children at risk for developmental and psychological problems and experienced more than 50,000 patient visits in 2004. The center has realized double-digit growth since its inception in 1998. This increase has led to a planned 5,000 square-foot build out scheduled to begin construction in March 2005. Services at the center include speech, occupational and physical therapy, neurology, psychology and behavior modification, educational services, EEGs, video EEG telemetry and evoked potential studies. At the center, children with developmental disabilities and chronic medical problems receive the most comprehensive and integrated treatment available in an outpatient setting.

The Dan Marino Center is located at 2900 South Commerce Parkway in Weston. For more information, please call (954) 385-6200.

#### **Miami Children's South Dade Center**

The Miami Children's South Dade Center continued its remarkable growth in 2004, with its Rapid Care Center

In addition subspecialty services, including adolescent medicine, are available during the week as well. The Miami Children's Hospital Preventive Medicine/Health-on-Wheels program is also based at the South Dade Center. The Health-on-Wheels van visits schools throughout the region, offering medical and dental exams, and immunizations to children in need.

The South Dade Center is located at 17615 SW 97th Avenue in Palmetto Bay. For more information, please call (786) 268-1776.

#### **Miami Lakes Rehabilitation Center**

Miami Children's Miami Lakes Rehabilitation Center continued to offer convenience to families located in the northern part of the county. The Center, which provides audiology, and physical, occupational and speech therapies, provided on-going treatment for hundreds of children in 2004.

The center is located at 14505 Commerce Way, Suite 450. For more information, call (305) 512-1550.

# HEALTHCARE CLOSER

experiencing a 31 percent increase in patient volume. The number of patient visits for the year totaled 11,243, compared with 8,551 in 2003. The Rapid Care Center offers after-hours care for children with minor illnesses or injuries. Service hours are 3 p.m. to midnight Monday through Friday and 11 a.m. to midnight Saturday and Sunday. Plans are underway to expand hours in 2005.

In addition to the Rapid Care Center, the South Dade Center offers comprehensive rehabilitation services which include audiology, and physical, occupational and speech/language therapies. The center's Early Steps Program is designed to help children from birth to 36 months of age who have been identified as having, or being at risk for, developmental delays.

#### **Kidsville Program**

Miami Children's Kidsville program enables families seeking care at other hospitals in the region to benefit from Miami Children's pediatric care leadership. The program includes three Kidsville emergency care centers located at Palms West Hospital in Palm Beach County, North Collier Hospital in Naples and Kendall Medical Center in Miami.

During 2004, the Kidsville program saw increased patient volume built on the strength of the Miami Children's Hospital brand name. The Kidsville facilities extend Miami Children's presence within the community and support the hospital in building referrals of children requiring additional care.

*The Miami Children's South Dade Center continued its remarkable growth in 2004, with its Rapid Care Center experiencing a 31 percent increase in patient volume.*



# SPECIAL CAMPS FOR SPECIAL KIDS

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## *MCH specialty camps offer play and fellowship for children with chronic illnesses*

A cool pool on a warm day. Hanging out with friends without feeling "different." Vacationing away from the confines of home or hospital. These are some of the simple joys of childhood that can seem out of reach for children with chronic health conditions. As part of its holistic approach to the care of critically ill children, Miami Children's Hospital offers a series of special camps that have enriched the lives of thousands of children from South Florida and beyond.

"Our camp program offers children with special needs the chance to escape some of the restraints of illness, giving them the opportunity to enjoy activities and friendship with children with similar needs in a safe and supportive setting. This experience can build confidence and can be extremely liberating for the child and the family," said Janet Bell-Taylor, Director of Patient and Family Services at MCH.

### **Diabetes Youth Camp**

Children ages 6 to 12 from throughout the United States and South America gather to participate in the Diabetes Youth Camp each summer. Managed by the Department of Endocrinology, the camp features two week-long sessions designed to help children enjoy camaraderie with others with similar health concerns, while developing confidence and independence. The camp is sponsored in part by the Lions Association and the hospital.

*"I started camp when I was 6 and it was there that I learned to take my own blood sugar and give myself insulin injections. Learning how to manage my own health gave me a lot of confidence and made me feel more independent. But most of all I just had fun doing activities and going on field trips with other kids who have diabetes. Now that I am a counselor, I have the chance to share what I learned with other children."* --Paula Zamudio, age 16, Diabetes Youth Camp counselor and former camper.

# KIDS JUST WANT TO

Each camp is conducted by a team of medical experts from Miami Children's who work to ensure that each child's health is managed appropriately. But most of all, the camps are about having fun. Activities include day trips to special attractions located in South Florida and Orlando, as well as camp-based swimming, games, crafts and entertainment.

The hospital's sleep-away camp programs are held at A.D. Barnes Park, a 65-acre urban park in Miami-Dade County that includes cabins, a swimming pool and activity rooms.

### **Camp Funrise**

Camp Funrise is the first camp in Florida for children with arthritis and related conditions. Conducted by the Miami Children's Division of Rheumatology, the free, week-long summer sleep-away program is offered to children ages 8 to 12 whose special needs make it impossible for them to attend other camps. The camp is offered without charge thanks to sponsorship by the hospital, Dr. Rafael Rivas-Chacon, the Arthritis Foundation and several pharmaceutical companies.

*"Camp helped me by teaching me that I can still do things even though I have arthritis. I wanted to attend camp to get away from the house, meet new friends with medical conditions and have a terrific time."* --Bryann Murray, age 12, 2004 Camp Funrise participant.

### **Camp United Order True Sisters**

This seven-day, sleep-away camp is for children ages 7 to 17 who have cancer. The camp helps the children develop self-reliance, self-esteem and strength, while forming bonds with other children with cancer as well as with the counselors, nurses and doctors. A highlight of the program includes swimming with dolphins and visiting Orlando amusement parks. The program was founded in 1991 by the Miami Children's Hospital Cancer Center and the United Order True Sisters charitable organization, which has supported Miami Children's for 45 years.

*"Mark had never been away from home before. And after all the therapy he'd been through, I was reluctant to let him go to the camp. But the Cancer Center staff encouraged me to let him participate. At the end of the week, we went to pick him up and he hardly remembered that he had a family. He had such a blast! It was wonderful, because he had been so sick and it was the first time in a year that he could do kid stuff."* --Elizabeth Perez, mother of 2004 camp participant Mark Perez, age 8.

### **VACC Camp**

Miami Children's VACC (Ventilation-Assisted Children's Center) Camp, managed by the Division of Pulmonology, was formed in 1986 and was the nation's first camp for ventilation-assisted children and their families. Overnight campers come from throughout the United States, while local families join as day



*“Our camp program offers children with special needs the chance to escape some of the restraints of illness, giving them the opportunity to enjoy activities and friendship with children with similar needs in a safe and supportive setting.”*

*Janet Bell-Taylor, Director of Patient and Family Services at MCH*



# HAVE FUN





campers. The program's goal is to provide families with opportunities to socialize with peers and share activities not readily accessible to technology-dependent children, including swimming and sailing. The camp is offered without charge, thanks to sponsorship by camp founder Dr. Moises Simpser, the Miami Children's Hospital Foundation and broad support from the community.

*"We're so busy taking care of the children's medical needs that there's usually no time for fun. VACC Camp is a time when the kids have a chance to do all the things that they can't do for the rest of the year—dancing, swimming and flirting. It's just a wonderful, incredible adventure for all."* --Mark Chibis, a volunteer for a facility in Broward County for children with medical conditions.

#### **Camp DMC**

A relative newcomer to the MCH camp calendar is Camp DMC (Dan Marino Center), a multi-week therapeutic day camp for children with autism or related disorders. The camp is staffed by licensed professionals in education, speech-language pathology and occupational and physical therapy. The camp's objective is to provide fun-filled age appropriate activities while enhancing each child's social, communication, fine motor and gross motor skills.

*"We love camp DMC. The therapeutic focus of the program makes it possible for Caroline to continue to make progress during the summer months. She has really enjoyed the special activities and the opportunity to be with other children with special needs."* --Charlene Hamblin, mother of repeat Camp DMC participant Caroline Hamblin, age 10.

*Miami Children's VACC (Ventilation-Assisted Children's Center) Camp, managed by the Division of Pulmonology, was formed in 1986 and was the nation's first camp for ventilation-assisted children and their families.*



# AWARDS AND RECOGNITION

## NATIONAL HONORS AND AWARDS

### **MCH Receives Continued Magnet Status**

The American Nurses Credentialing Center (ANCC) has confirmed the hospital's continued standing as a Magnet hospital. MCH was first recognized as a Magnet facility in July 2003. The hospital is required to present an annual report to the ANCC Commission on Magnet as part of the yearly designation procedure. Site visits by the ANCC are conducted every four years.

### **Bone Marrow Program Nationally Recognized**

Miami Children's Hospital in 2004 became the only freestanding pediatric hospital in the state of Florida to be granted accreditation by the Foundation for the Accreditation of Cellular Therapy (FACT). FACT is a non-profit organization developed by the International Society for Cellular Therapy and the American Society of Blood and Marrow Transplantation for the purposes of voluntary inspection and accreditation in the field of hematopoietic cell therapy.

### **Miami Children's MRI Services Receive Accreditation**

Miami Children's Hospital has been awarded a three-year term of accreditation for its MRI services as a result of a recent survey by the American College of Radiology (ACR).

### **Child Care Center Receives Accreditation**

The Miami Children's Hospital Child Care Center has been accredited by the National Association for the Education of Young Children (NAEYC). NAEYC is the largest and most widely recognized accreditation system for early childhood schools and child care centers. The Child Care Center provides care for children of Miami Children's Hospital employees.

### **Dr. Lou Romig Receives National Emergency Medical Services Honor**

Miami Children's Hospital emergency medicine physician Dr. Lou Romig received the Emergency Medical Services for Children (EMSC) 2004 National Heroes Award for Provider Leadership. Dr. Romig is recognized nationally as an educator, speaker and author on topics related to out-of-hospital emergency care for children and pediatric disaster management, and has participated with numerous national-level programs and advisory committees.

### **Jeanette Diana Receives Pediatric Surgical Nurse Award**

Jeanette Diana, ARNP, Pediatric Surgery Nurse Practitioner at MCH, received the national Founder's Award from the American Pediatric Surgical Nurses' Association (APSNA). The award is presented to a nurse who has made a significant contribution to the care of pediatric surgical patients and provided leadership within the hospital and the community at large.

### **Pat Messmer Wins Nursing Award**

The American Nurses Credentialing Center (ANCC) has awarded its 2004 Certified Nurse Award to Patricia R. Messmer, PhD, RN, BC, FAAN, Nurse Researcher at Miami Children's Hospital. The honor was awarded in recognition of Dr. Messmer's longstanding involvement in the ANCC Certification and Magnet Recognition programs and her leadership in initiating regional nursing research.

### **Website Honored**

The Miami Children's Hospital website, [www.mch.com](http://www.mch.com), was honored by *eHealthcare Strategy & Trends* in its fifth annual eHealthcare Leadership Awards. The site was awarded the Silver Award for "Best Employee Recruitment" among hospitals nationwide with 200 to 399 beds.