

Cook Children's Family News

parents  partners



Gastroenterology Family Advisory Council

Volume 2, Issue 1
Fall 2014

Getting to Know the GI Team



Group Photo Back Row: Allison Holt, MSN, RN, CPNP, Nicholas Ogunmola, M.D., Bankole Osuntokun, M.D., Samson Cantu, M.D., Front Row: Jane Keng, M.D., Lyn Hunt, M.D., and Robin Henson, DNP, RN, CPNP-PC Left Photo: Danny Rafati, M.D., Ph.D Right Photo: Lori Thompson, DNP, RN, CPNP-PC

We provide care for children and teenagers with diseases and disorders of the digestive system. Offering educational resources and support to our patients and families

Clinic Holiday Closing

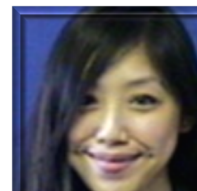
Monday, September 1st
CLOSED

Thursday, November 27th
CLOSED

Friday, November 28th
CLOSED



Welcome Our New Staff



Dieuan "Ann" Vu
Medical Assistant

What's New at Cook Children's Gastroenterology & Nutrition Clinic

The GI Clinic is excited to welcome our Clinical Therapist:

Kate Strickland, M.Ed., L.P.C.



Please talk with your Gastroenterologist if you believe your child may benefit visiting our Clinical Therapist.

Counseling with Kate

"Back to school is an exciting and busy time, but it can also be a time of worry for children. Many children have worries or fears, also known as anxiety, about starting school. Things to keep an eye out for include school refusal, difficulty separating from caregivers, nervous habits, obsessions or compulsions, nightmares, constantly complaints of not feeling well, or even panic attacks or phobias. If you notice your children seem anxious, stop and take a few deep breaths with them. Model for them what it's like to breathe deeply and evenly. You'll also be modeling what it's like to take care of yourself. Next, instead of telling your children, "It will be okay," try empathizing with them- understanding and sharing their feelings. For example, "It must be really tough having to wake up so early when you're used to sleeping in over the summer" or "I see it is really hard for you to separate from mom when we get to school- it seems like it makes you really sad to have to be away from her." Once your children are calm, start brainstorming possible solutions. And lastly, give yourself credit. You are a fabulous parent who is helping your children learn how to manage their anxiety."

Kate Strickland, M.Ed., L.P.C.



Special Dates & Events

September 6, 2014 @ 11 a.m. – CCFA Take Steps Kick Off, Fort Worth Food Park behind Target at Montgomery Plaza 2509 Weisenberger St. 76107, for more information email ajames@ccfa.org

October 1, 2014 @ 5:30 p.m. – Dinner Tonight! Healthy Cooking School, Tarrant County College District- Trinity Rivers Campus, Texas Health Fort Worth, 300 Trinity Campus Circle, 4th floor, FtW 76102, For more information contact 1-877-847-9355. Seating is limited. Cost \$20 per person

October 18, 2014 – CCFA Take Steps for Crohn's & Colitis Walk, Trinity Park Shelter House, 2300 W. 7th Avenue, Fort Worth, TX, for more info contact Al James at 972-386-0607 x5 or ajames@ccfa.org

October 28, 2014 @ 6:30 p.m. – Gluten Free 101 Class, Living Well Dallas office, 14330 Midway, Dallas 75245, Seating is limited, you must RSVP: 972-930-0260

November 15-16, 2014 @ 9a - 3p – Gluten & Allergen Free Expo, Dallas Market Center, 2100 Stemmons Freeway, Dallas 75207, For more information contact (214) 655-6100 or (214) 744-7444

Cook Children's Pharmacy – Fort Worth is NOW OPEN!!!

Why make an extra stop on the way home when you can fill your child's prescriptions right here? Just let your nurse or doctor know you'd like to have your prescriptions filled in [Cook Children's Pharmacy](#) and we'll take care of the rest. Our expertise in pediatric medications goes beyond the expected and includes: [*Pharmacy Services](#)

[*Compounding of prescriptions](#)

[*Online refills at \[cookchildrens.org/pharmacy\]\(http://cookchildrens.org/pharmacy\)](#)

[*Kid-friendly flavors for liquid medications](#)

[*Delivery of medications to the clinic during your child's exam](#)

[*Medication assistance program for those who qualify](#)

[*For A full list of services visit \[www.cookchildrens.org\]\(http://www.cookchildrens.org\)](#)



How to Find Us

Our pharmacy is conveniently located on the 1st floor of the medical center, next to the Emergency Dept., 801 7th Avenue, Suite 1700, Fort Worth, TX 76104, 682-885-3142 phone, 682-885-6916 fax

Talk to a Pharmacist

Have questions or concerns about your child's prescription? Need a medication checkup? No worries. Give our pharmacy a call. We are here to help.

Call us: 682-885-3142 Email us: pharmacy@cookchildrens.org

Open 7 days a week! Monday-Friday, 8 a.m. to midnight and Saturday-Sunday, 10 a.m. to midnight! Call us at 682-885-3142.

G - BUTTON CLASSES FOR PATIENTS & FAMILIES

Dates: First & Third Tuesdays of every month

Location: NICU Classroom (2nd Floor)

Time: 2:00 p.m. – 3:00 p.m.

Topics include: Types, care and troubleshooting

[RSVP to Carol Wise by phone at 682-885-7199 or \[carol.wise@cookchildrens.org\]\(mailto:carol.wise@cookchildrens.org\)](#)

Staff are also welcomed to attend!



Trick or Treating Safety Tips

- 1) Stay on the Sidewalks
- 2) Never enter a home, car or apt. unless your parent says it's okay.
- 3) Stay on the sidewalks
- 4) Walk, don't run
- 5) Stop at curbs and corners
- 6) Cross streets at intersections and stay in cross walks. Look right and left to be sure there are no cars.
- 7) Do not walk around or between parked cars.
- 8) Wait for traffic signals and "walk" signs.
- 9) Only go to houses of people you know, and only go if the porch light is on.

www.imsafe.com/

Resources

Matustik Family Health Library

The Matustik Family Health Library has professional librarians available during the following hours to help families find information:

Monday - Friday 9 a.m. - 5 p.m.

Saturday Closed

Sunday Closed

Stop by the Library today and ask for a Patient Resource Folder for Chronic Diagnosis given to families free of charge.

The Library staff is happy to look up information on diagnosis and either print it and send it to your home address or scan docs and send them via email. Please send requests to family.library@cookchildrens.org

The Matustik Family Health Library can be found in the Family Plaza on the first floor of the Cook Children's Medical Center near the exit to the Dodson Specialty Clinics building.

Contact the library by calling 682-885-3060



G-Button Reference Book is available!

If you are interested in a copy of our G-Button Reference Book, please contact Tanya Kimmey at 682-885-1978 or discuss with your Gastroenterologist.

GI Support Groups

GUTS Group

For parents who have a child with **Short Gut Syndrome or Motility Disorders.**

Volunteers available to sit with young children during group

Cook Children's
Family Support Meeting Room
3rd Tuesday of EVERY MONTH
6:00pm-8:00pm

Jill Finto: Heather.finto@cookchildrens.org

Crohn's and Colitis Pediatric Support Group

For patients age 5 and up
Cook Children's
Pavilion Classrooms-rooms will vary
3rd Tuesday of EVERY MONTH
6:00pm-8:00pm

Brenda Sonnier, CCLS
Child Life Specialist
Office: 682-885-4822
brenda.sonnier@cookchildrens.org
Sommer Mims, RN
Sommer.mims@cookchildrens.org

Crohn's and Colitis Parent Support Group meet at the same time and location (separate room)

Keeping up with Cook Children's



Cook Children's Gastroenterology Group page



Cook Children's



cookchildrens



Cook Children's@CookChildrens



Join your GI Doctor in the 2014 CCFA Take Steps Walk for Crohn's & Colitis on October 18th!

Each physician has a team and is asking for your help!

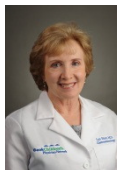
Please visit the team page of your choice and sign up to WALK or DONATE to your Doc's Team!!!



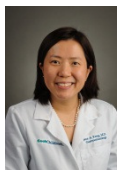
Join Dr. Osuntokun's Team : <http://online.ccfa.org/goto/DrOsuntokun>



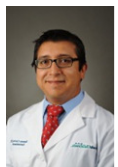
Join Dr. Ogunmola's Team: <http://online.ccfa.org/goto/DrOgunmola>



Join Dr. Hunt's Team: <http://online.ccfa.org/goto/DrHunt>



Join Dr. Keng's Team: <http://online.ccfa.org/goto/DrKeng>



Join Dr. Cantu's Team: <http://online.ccfa.org/goto/DrCantu>



Join Dr. Rafati's Team: <http://online.ccfa.org/goto/DrRafati>





Gluten-Free Reuben

This recipe for Gluten-Free Reubens is made with gluten-free caraway seed bread and all of the traditional ingredients that make a Reuben a Reuben - mounds of thinly sliced corned beef, Swiss cheese, tangy sauerkraut and Thousand Island dressing.

Recipe from About.com <http://glutenfreecooking.about.com/od/entrees/r/glutenfreereubensandwichrecipe.htm>

Ingredients

- 8 slices Gluten-Free Caraway Seed Bread OR your favorite GF sandwich bread
- 8 slices GF Swiss cheese
- 1/2 pound thinly sliced GF corned beef
- 16 ounces well-drained sauerkraut (squeeze out moisture by hand)
- 2 tablespoons butter OR butter substitute
- 1/4 cup GF Thousand Island dressing plus more for dipping

Prep Time: 0 minutes

Total Time: 0 minutes

Preparation

Preheat oven to 375° F / 190° C

Line a large baking sheet with parchment paper

1. Butter one side of each piece of sliced bread. Place 4 slices, buttered side down on baking sheet.
2. Spread 1 tablespoon of GF Thousand Island dressing on the 4 slices of bread. Evenly add about 2 tablespoons of well-drained sauerkraut to each slice of bread. Add 1 slice of Swiss cheese and layer with about 2 ounces of corned beef. Add another slice of Swiss cheese and another layer of sauerkraut.
3. Spread about 1 tablespoon of Thousand Island dressing on each of the 4 remaining slices of bread. Place this slice on top of the layered slice of bread and gently press down. Repeat this layering process until all 4 sandwiches are complete.
4. Bake in preheated oven until sandwiches are golden brown and cheese is melted. Serve warm with dill pickles.

Makes 4 sandwiches

Reminder: Always make sure your work surfaces, utensils, pans and tools are free of gluten. Always read product labels. Manufacturers can change product formulations without notice. When in doubt, do not buy or use a product before contacting the manufacturer for verification that the product is free of gluten.

Sweet Potato Pie for the Holidays!



What's a better healthy dessert to serve during the Holidays than Sweet Potato Pie? High in fiber and nutrients, and satisfies your sweet tooth with minimal added sugar--I don't think there is one.

Here's a quick recipe for Sweet Potato Pie...perfect for Thanksgiving!

Recipe from <http://fiberfoodscoach.com/sweet-potato-pie.html>

Ingredients:

- 9 inch Whole Wheat Frozen Pie Shell (available at Whole Foods)
- 2 large sweet potatoes, boiled, peeled and mashed
- 2 large beaten eggs
- 1/4 cup of fat free Half and Half
- 1/8 cup of raw brown sugar
- 1 ounce of honey
- 1/2 teaspoon of ground nutmeg
- 1 teaspoon of cinnamon
- 2 teaspoons of vegetable or canola oil
- 2 teaspoons of vanilla extract
- 1 teaspoon of almond extract
- 1/2 teaspoon of fresh lemon juice
- pinch of sea salt

Boil potatoes in a covered pot for about 40 minutes. Test that the potatoes are cooked by pricking with a fork. They should be soft. Remove cooked potatoes from the pot and run under cold water until they are not hot to the touch.

Peel the potatoes and place them in a deep bowl. Mash potatoes and set aside.

Pre-heat oven to 350 degrees Fahrenheit.

Beat the two eggs. Add the Half and Half, sugar, honey, ground nutmeg, cinnamon, vanilla extract, almond extract and pinch of salt. Fold this mixture into the mashed sweet potatoes. Add the lemon juice and oil.

Whip the mashed sweet potato ingredients until it is a smooth filling. Pour filling into pie dish. Bake for 60 - 65 minutes. Pie should be firm to touch when ready to eat. Allow pie to cool before serving it to your Holiday guests.

