Caring for kids with celiac disease

The gluten-free lifestyle that’s gained traction in recent years might be just a diet preference for some. But for people with celiac disease, including kids, eliminating gluten can provide relief from bloating, diarrhea, abdominal pain, unintended weight loss and other symptoms. People with celiac disease are permanently intolerant to gluten, which is a protein found in all forms of wheat, rye, barley and – surprisingly – to many – in many everyday processed foods and ingredients such as emulsifiers. For these people, eating gluten triggers an immune response in the body. This causes inflammation and damage to the small intestine and interferes with the absorption of nutrients from food.

Impact on kids

An estimated one in 100 children has celiac disease, making it one of the most common gastrointestinal health conditions in kids. Uma K. Pisharody, M.D., FAAP, pediatric gastroenterologist, says celiac is so frequently the answer to questions about food intolerance that, “when a child comes into our office with any conditions concerning their gut, we inevitably screen for celiac disease.”

Dr. Pisharody says celiac disease can be overlooked in kids, especially, because they tend to downplay symptoms or may have simply gotten so used to discomfort that they don’t realize it’s abnormal. Pediatric patients who end up with a celiac disease diagnosis are often referred by their primary care provider because of complaints of low energy, headaches or lack of weight gain.

“Many kids come in saying they feel fine, but the blood test shows they have celiac disease. Then it’s only later, when they’ve stopped eating gluten for a few weeks – they can’t believe how good they feel.”

A “positive” diagnosis

Celiac disease is a lifelong condition, there is no way to reverse it, and someone who is intolerant to gluten will not develop tolerance over time. However, Dr. Pisharody says that, of all the diagnoses she has to deliver to parents and patients, celiac disease is one of her “favorites.”

“I tell kids; yes, you have a disease – but there’s a cure for it,” she says. “The cure is to take gluten out of the diet. Celiac disease requires no medicine, there are no side effects, and by making these changes, our patients feel so much better.”

Dr. Pisharody says parents’ usual response after a celiac disease diagnosis for their child is relief. The next step: a joint appointment with the family physician and dietitian for education and counseling to support the diet changes.

“For a family who has been searching for an answer for months or years, when something is just not right and they don’t know what it is, this is a huge relief. They finally have an answer, and a path forward.”

Hepatitis: The ABCs

When all is well with your liver, you rarely give it a thought. It just does its job: breaking down fats, recycling blood cells, and cleaning your blood of toxins. However, because of its important role, it’s a cause for concern when something goes wrong.

One potential health problem is hepatitis, or inflammation of the liver. Hepatitis is the eighth largest killer in the world and just one type – hepatitis C – kills more Americans than HIV. Millions of Americans are living with chronic hepatitis, and most don’t even know they have it.

The types

The most common types of hepatitis in the U.S. are A, B, and C, and they are three different diseases (Types D and E are uncommon in the U.S.). Each type is caused by a different virus and is spread in different ways. Key facts:

- Hepatitis A does not usually cause a long-term infection, although it can make people very sick. (Very rarely, less than 1% of the time, it can cause life-threatening liver disease.) Acute inflammation of the liver caused by hepatitis A almost always gets better on its own. It can be more serious in older people.

- Hepatitis B can be both acute (short-term) and chronic (ongoing), and is spread through blood or other body fluids in various ways. Most adults who contract the virus resolve the infection within six months, though rarely it can cause long-term infection that can lead to liver damage. You can spread this virus even if you have no symptoms. There is a vaccine to prevent hepatitis B.

- Hepatitis C virus spreads only by blood. Approximately 80-85% of people who contract the virus will become chronic carriers. A long-term infection can lead to cirrhosis, a scarring of the liver. There’s no vaccine to prevent hepatitis C. The good news? Treatments are evolving quickly. Most people with hepatitis C require no treatment except to relieve temporary symptoms. While there is no cure for hepatitis B virus infection, there are effective medications to help manage symptoms and slow liver damage. And for most people, hepatitis C can be completely cured.

Should I be screened?

A screening blood test is the only way to know if you have been infected with hepatitis, and there are different screening recommendations for each type. Talk to your Swedish primary care provider to find out if you should be tested.

To find a primary care provider, visit www.swedish.org/findadoctor

You can take a Hepatitis Risk Assessment from the Centers for Disease Control and Prevention at www.cdc.gov/hepatitis/riskassessment

NEWS BRIEFS

Construction update

Our First Hill campus is undergoing construction. There will be flaggers in place on Minor and Cherry streets to ensure continuity of traffic. Please check www.swedish.org/locations/first-hill-campus/construction-projects for more information, and please allow yourself plenty of time to arrive at the hospital, find parking and get to your appointment.

Sorry for any inconvenience.

Circle by Swedish

Health app adds up-to-date women’s health information

Circle by Swedish, the free health app, now offers health information for all women in addition to valued content for expectant moms and moms with kids. Text CIRCLE to 90938 for a link or download Circle by Swedish from the App Store or Google Play Store.

How do you like our new look?

We launched a new brand campaign in May, Health for Good. We hope you like our new newsletter design, but Health for Good is not just for looks. It’s personal. It’s about tending to our individual health and well-being so that we can flourish for years to come. It’s about health that lasts – and using our strength of body and mind to take care of each other and our community.

Join us in doing Health for Good at www.swedish.org/healthforgood
O ur country’s drug and opioid overdose epidemic is in the news daily; it is one of our most pressing public health challenges. But behind the headlines and the stigma are millions of people who suffer and struggle with chronic pain, some with related addiction problems. Patients need compassionate and effective care and support.

Last fall, the Centers for Disease Control and Prevention released a report estimating that 50 million Americans — just over 20 percent of the adult population — have chronic pain. About 20 million of them have “high-impact chronic pain,” defined as pain severe enough that it frequently limits life or work activities.

**Going beyond traditional pain treatment**

Swedish is leading the way in the efforts to find new, better approaches to help people with chronic pain. Swedish Pain Medicine and Services targets physical, psychological and social factors that contribute to chronic pain.

Our physicians are leaders in the field of pain management and addiction. They work alongside a multi-disciplinary team, including physical and occupational therapists, nurse educators, behavioral health specialists (such as pain psychologists) and relaxation therapists. Additionally, the team provides patient training in mindfulness approaches such as tai chi, qigong and acupuncture.

Rehabilitation approaches are integrated with traditional, evidence-based pain therapies. More traditional therapies include interventional procedures, such as neuromodulation (spinal cord stimulation and drug delivery through implanted devices) and spine injection therapies.

**New ways to treat scoliosis**

Scoliosis is a musculoskeletal disorder that causes the spine to take on a curved appearance, sometimes similar to an “S” or “C” shape. The condition is complex, and severe cases can be debilitating. Fortunately, exciting medical breakthroughs and treatment options developed in the last few years are giving people with scoliosis the ability to live rich, active lives.

**Scoliosis treatment at Swedish**

At the Swedish Neuroscience Institute, our doctors specialize in treating scoliosis and offer leading-edge technical expertise and technology to help patients stay active and healthy.

Jeffrey S. Roh, M.D., an orthopedic spine surgeon at Swedish, says many people with scoliosis experience a worsening physical deformity over time. Without treatment, some people suffer from decreasing neurological function and severe pain caused by compression of the spinal cord or nerves.

Dr. Roh says the first step in treatment for most patients is conservative care, which in many cases can effectively treat pain and help patients maintain their current level of activity and quality of life. (Conservative treatment includes physical therapy, massage therapy, steroid injections, acupuncture and various other methods of pain management.)

For those who do not improve after several weeks or months of conservative care, or those with more progressive symptoms, surgery may be recommended. Surgery is the only treatment that can make the spine straight. It can also correct posture and reduce or relieve pain.

**Surgery with less scarring**

Dr. Roh says he and his colleagues at Swedish specialize in “endoscopic” spine surgery — a new and growing field. During endoscopic spine surgery, the surgeon accesses the vertebral column through narrow tubes, rather than through a large incision, as in traditional surgery. This minimally invasive approach causes less blood loss and less trauma to surrounding tissues, it also reduces risk of infection.

**Did you know?**

Most scoliosis occurs at the onset of puberty, around ages 10 to 16 years. However, degenerative scoliosis, also known as adult-onset scoliosis, can occur when the normal wear and tear on the lower back as a person ages leads to the development of a curve in the spine.
Infant Safety and CPR

This class is recommended for parents, grandparents, and anyone caring for an infant up to 1 year of age. Your CPR certified instructor will help you learn when and how to perform CPR on your baby. You will also learn common choking hazards and how to manage choking. Participants will be taught step-by-step technique to increase household safety and decrease the risk of SIDS for your new baby. Fee: $360/two participants. Offered several times every month at Ballard, First Hill and Issaquah. Please visit www.swedish.org/childbirthclasses or call 1-800-SWEDISH to find out more and to register.

Breastfeeding and Returning to Work

Returning to work or school while breastfeeding can be a stressful transition. This class will help you develop a plan to meet the unique needs of a breastfeeding family. Topics include: feeding schedules, maintaining milk supply, pumping tips and techniques and developing a plan around balancing breastfeeding and other commitments.

Fee: $450/pair (in-person class); $360/pair (online).

Call 1-800-SWEDISH to find out more and to register.

Conscious Fathering

This class is for expectant and new dads or father-figures. The course empowers new fathers with practical hands-on skills that they can immediately use to help bond with their new baby. Some topics include: meeting baby’s five basic needs, supporting your partner and defining what kind of father you want to be. Class can be taken at any time, but we recommend one to four months before the baby arrives.

Fee: $450 per participant. Offered several times every month at Ballard, First Hill and Issaquah. Please visit www.swedish.org/childbirthclasses or call 1-800-SWEDISH to find out more and to register.

Decreasing Your Risk for Postpartum Depression

Postpartum depression is one of the most common complications of pregnancy. About 20% of women will experience a perinatal mood or anxiety disorder. During this class you will develop a postpartum plan to support your emotional well-being while you are getting to know your new baby. Topics will include: risk factors, warning signs, protective factors, resources in the community and at Swedish and knowing who to call when you have concerns.

Fee: $90/one participant. Offered once a month at First Hill. Please visit www.swedish.org/childbirthclasses or call 1-800-SWEDISH to find out more and to register.

CANCER EDUCATION

The Swedish Cancer Institute (SCI) offers free programs for cancer patients, family, friends, and caregivers to the community to help the mind, body and spirit to heal. For questions or feedback, please contact the Swedish Cancer Education Center at 206-386-3200 or SCI.Education@swedish.org

If you have any cold or flu-like symptoms, please do not attend the program. All symptoms are gone. For more programs and information, visit www.swedish.org/classes

MD Modified Mat & Chair Pilates

Participate in gentle exercises that strengthen, tone and lengthen your muscles and improve your posture, flexibility, balance and core strength.

For more information or to register, please call 206-991-2099

Cherry Hill — MS Center: Mondays & Fridays, 10 a.m. - 11 a.m. 

Music & Wellness Group

Experience the healing benefits of music through activities such as listening to music, instrument playing, songwriting and singing. The group is open to all oncology patients and their loved ones. No music experience or confidence required.

Drop-ins welcome. For more information or to register, please call 206-386-6711

SCI First Hill: Thursdays, 12:15-3:30 p.m.

Tools for Healing

This class offers a holistic perspective on healing the body, mind and spirit regardless of the treatment phase or stage of cancer. We offer methods and tools to help reduce fear and anxiety for better well-being. If you are unable to come to one session, please contact, please call 206-215-6558

Ukulele Club

Experience how playing the ukulele can improve your mood while reducing stress and anxiety. No prior music experience required. This drop-in group is open to all oncology patients and their loved ones. For more information or to register, please call 206-386-6711

SCI First Hill: Wednesdays, 2-3 p.m.
New ways to treat scoliosis health (cont.)

The advantages: quicker healing, less need for post-operative pain management, including opioid medications, and a quicker return to work and activities. Most endoscopic spine surgeries are done on an outpatient basis.

Dr. Roh says Sweden is one of the only centers in Washington who do minimally invasive scoliosis reconstructive surgery, and he and his colleagues perform more minimally invasive spinal procedures than any other surgical facility in the state. “At Swedish, we have the most sophisticated technology platform available for spine surgeries, and we do endoscopic spine surgeries day in and day out,” Dr. Roh says. “This level of experience goes a long way toward making sure we are able to provide safe and successful treatment for our patients.”

Scoliosis Institute diagnose and treat:
• Scoliosis, kyphosis and other spine deformities
• Degenerative spine diseases such as spinal stenosis and spondylolisthesis
• Benign and malignant bone and spinal column tumors
• Fractures and other spine injuries
• Disc herniation

For more information, visit www.swedish.org/scoliosis-treatment

SAFETY AND INJURY PREVENTION

HeartSaver First Aid, CPR and AED
Learn how to save a life using proper first aid, automated external defibrillator (AED) and CPR techniques for adults, children and infants. Participant certifications are valid for two years.

Two 30-minute sessions.

First Aid: $50

Full payment due in advance to register.

Cost includes: Sign-up fee, CPR/BLS AED class and CPR/BLS AED kit.

See your doctor and register online at www.swedish.org/first-aid

CPR/BLS for Healthcare Providers
This course is for healthcare providers working in and out of a wide variety of hospital settings the need to recognize life-threatening emergencies, provide CPR, use an AED and relieve choking in a safe, timely and effective manner. Participant certifications are valid for two years.

Class includes: Adult, infant and child CPR, Adult, infant and child AED, Adult and infant choking (conscious and unconscious), and basic first aid.

First Aid: $50

Full payment due in advance to register.

Cost includes: Sign-up fee, CPR/BLS AED class and CPR/BLS AED kit.

See your doctor and register online at www.swedish.org/first-aid

Contact Information

Swedish Campus Locations

Swedish Ballard 1-800-292-2792
Swedish First Hill (Seattle) 1-800-320-2000
Swedish Edmonds 425-660-4000
Swedish First Hill (Seattle) 1-800-368-8000
Swedish Issaquah 425-312-4000
Swedish Hill Creek 425-357-3900
Swedish Redmond 1-800-310-5190

For addresses, visit www.swedish.org/locations

Swedish Primary Care

Ballard Clinic 425-227-8590
Ballard Family Medicine 425-227-8590
Bellevue Clinic 425-452-1013
Cancer Education Center 425-230-4488
Cove Health Clinic 425-230-2444
Downtown Seattle Clinic 425-640-4900
Edmonds Clinic 425-640-4900
Edmonds Internal Medicine 425-640-4900
Edmonds Pediatrics 425-673-3468
Factoria Clinic 425-661-4600
First Hill Clinic 425-386-9953
Greenlake Clinic 425-320-3400
Issaquah Clinic 425-394-0700
Klahanie Clinic 425-394-0620
Magnolia Clinic 425-390-3384
Meadowbrook (Issaquah) Pediatrics 425-394-0685
Mercer Island Clinic 425-394-0650
Millican Clinic 425-397-3700
Pine Lake Clinic 425-455-2867
Portland Clinic 425-455-2867
Redmond Clinic 425-310-5190
Redmond Pediatrics 425-883-5417
Renton Clinic 425-394-0750
Richmond Beach 425-533-2800
Sand Point 425-302-8050
Stepanich Clinic 425-455-2867
Thanksgiving Harbor Clinic 425-239-5900
West Seattle Clinic 425-320-3399
West Seattle Pediatrics 425-306-5760

For addresses, visit www.swedish.org/primarycare

General Information

Swedish Ballard
Community Health Education 1-800-316-2523
Cancer Education Center (Swedish Cancer Institute) 1-800-386-3200
Medical/Dental 1-800-998-9238

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