Summertime Safety: Tips from the Pediatric ER

Pediatric emergency rooms see a dramatic rise in injuries and trauma in the summer. Following the safety tips below can help protect children from the risks more likely to occur this time of year.

Reduce risks on the road
Families commonly travel long distances in cars for vacation. For safe car travels, make sure the driver is well rested and sober and that the front passenger can help keep the driver alert and focused on driving. Always make sure all passengers in the car are adequately restrained, car seats are properly installed, and luggage is appropriately secured in the vehicle. (To locate a certified child passenger safety technician in your area, visit the Car Safety page of the Safe Kids Virginia website at www.vcuhealth.org/virginiasafekids/) Also, children 14 years old and under should not ride in the front passenger seat.

Heed the hot weather
When the temperature soars make sure your child is adequately hydrated with water or electrolyte solutions. Sunscreen and hats with a brim will decrease the risk of sunburn and the later development of skin cancer. Also, never leave children alone in a car. Temperatures in a vehicle in the summertime can be in excess of 120 degrees within minutes.

Watch closely near water
In the summer small children have easier access to bodies of water such as pools and hot tubs and must be constantly monitored in and out of the water. If your child does not know how to swim, he or she should always be accompanied by an adult in the water and enrolled in swimming lessons which are usually available at community centers or local YMCA's. If your child is participating in water sports, make sure he or she completes a boater safety course and wears an appropriately fitting life vest at all times when near or in the water. Boater safety courses are available online for Virginia residents, for details see the Boating Safety & Education page at www.dgif.virginia.gov/boating/

Minimize risk of stings, bites, poison plants
Stings and bites are common problems in the summertime. Apply appropriate insect repellent for protection and examine your children nightly for ticks. When choosing an outdoor area for family play, be mindful of hidden dangers like bee hives or snakes in the surrounding brush. Teach children to avoid playing with bees, wasps, spiders and caterpillars and to recognize and avoid poison ivy and poison oak (or wear long sleeves/pants if near these plants).

Best foot forward
When participating in water or land activities, make sure your child has appropriate foot covering to minimize the risk of injuries, cuts and abrasions from stepping on rocks, branches and sharp objects.

If you are concerned about a child’s symptoms, call 911 or your family doctor. If a child may have swallowed or been exposed to poison or a toxic substance, call the Virginia Poison Center at 1-800-222-1222.

Dr. Robin Foster
Director of Pediatric Emergency Services
Children’s Hospital of Richmond at VCU (CHoR) opened a new pediatric emergency room in 2010. Located at the Critical Care Hospital on the MCV Campus, it is the only facility of its kind in Central Virginia to offer 24-hour access to every type of pediatric subspecialty for the care of critically ill and injured children.
Healthy Choices: The Lowdown on Labels

by Kelly S. Leonard, Registered Dietitian

Selecting healthy products for your family can be a challenge with so many items to choose from. Here are some label-reading tips that will help you make healthier choices:

Fiber

Fiber comes from plant foods and helps improve digestion and maintain normal blood sugar levels. Low-fat diets rich in fiber-containing grain products, fruits and vegetables may reduce the risk of some types of cancer and heart disease. Be sure to include plant foods in your family’s diet. Nuts, seeds, whole grain products, fruits and vegetables including beans are good sources of fiber. To compare fiber content and ensure your family is getting the recommended amount of fiber, look at the grams of Dietary Fiber on Nutrition Facts labels. As outlined in the fiber chart (right), recommended daily fiber intake varies by gender and age.

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<thead>
<tr>
<th>Ages 14-18</th>
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<th>Ages 31-50</th>
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<td>Female</td>
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<tr>
<th>Ages 1-3</th>
<th>Ages 4-8</th>
<th>Ages 9-13</th>
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<td>Female</td>
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Saturated Fat

Children ages 2 and older and adults should consume less than 10 percent of daily calories from saturated fat. As a general guideline for not exceeding the recommended daily amount, choose products with 1 gram or less of saturated fat per serving on the Nutrition Facts label. Lean meat and poultry products and fat-free and low-fat milk, cheese and yogurt are good choices. Watch for saturated fat in desserts and in meats such as bacon, sausage and ribs. Choose cooking methods such as grilling or roasting. Diets low in saturated fat may reduce the risk of heart disease.

| Terms for added sugars: | Sugar
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<tbody>
<tr>
<td>agave syrup</td>
<td>cane sugar</td>
<td>liquid fructose</td>
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<tr>
<td>anhydrous dextrose</td>
<td>corn syrup solids</td>
<td>malt syrup</td>
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<tr>
<td>beet sugar</td>
<td>crystal dextrose</td>
<td>maloses</td>
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<tr>
<td>brown rice syrup</td>
<td>evaporated cane juice</td>
<td>raw sugar</td>
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<tr>
<td>brown sugar</td>
<td>high-fructose corn syrup</td>
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Sodium

Sodium is a very important mineral that our bodies need in limited amounts, but many are getting more than they need. People who do not exceed the recommended levels of sodium may reduce their risk of high blood pressure. Look for the term “low sodium” on packaging and be sure to examine the Nutrition Facts label for sodium content. A product that is labeled “low sodium” has 140 milligrams or less of sodium per serving. Soups, canned vegetables, pasta sauces, packaged meals, frozen dinners, processed or cured meats, cheese, salad dressings, and marinades are examples of products that may be high in sodium. The 2010 Dietary Guidelines for Americans recommends reducing daily sodium intake to less than 2,300 milligrams. Individuals who are 51 and older and those of any age who are African American or have high blood pressure, diabetes or kidney disease should consume no more than 1,500 milligrams per day.

One-quarter teaspoon of salt (4 to 5 shakes) is approximately 590 milligrams of sodium. A great way to reduce sodium intake is to start experimenting with herbs and spices for added flavor instead of adding salt or using products with high sodium levels. For recipes and information on how to use spices, visit www.cfsauer.com (the website for Richmond spice-producer C.F. Sauer Company).

Adequate daily sodium intake levels for children are:

- Ages 1-3: 1,000 milligrams per day
- Ages 4-8: 1,200 milligrams per day
- Ages 9-13: 1,500 milligrams per day

Sugar

Nutrition Facts labels list grams of sugar per serving. This includes natural sugar found in fruit and milk products as well as sugars added during processing. Choose products with lower sugar content. Watch for added sugars on the ingredients list such as those listed below.

Often products with added sugar are high in calories and low in essential nutrients. Beware of sugary beverages including soda, energy drinks, sports drinks and fruit juice as well as desserts and candy. These products can contribute to cavities as well as weight gain.
Fresh Peach Salsa

1 ripe peach
1/3 cup fresh cilantro
1 tomato
1/3 cup red onion
2 garlic cloves, minced
Lime juice
Coarse salt and pepper to taste

1. Dice peach, tomato and onion into small pieces and mix together.
2. Add minced garlic and freshly chopped cilantro.
3. Squeeze desired amount of lime juice on top (to taste).
4. Add a dash of salt and pepper and enjoy!

The peach salsa goes well with chicken, salmon, white fish and shrimp.

Seasonal Recommendation
PEACHES

Virginia’s peach season runs from mid-July to Labor Day. The state has approximately 2,000 acres of commercial peaches. Add peaches into recipes and enjoy them while in season!

The following is a recipe recommendation from Children’s Hospital of Richmond at VCU’s T.E.E.N.S. Program (Teaching, Encouragement, Exercise, Nutrition and Support).

Limited time, resources or knowledge may cause you to ditch your best intentions of cooking your own food. While buying prepared foods, boxed meals, frozen dinners or restaurant food is an acceptable solution occasionally, a diet that frequently consists of these foods may provide more calories, sugar, sodium and fat than needed. If you make your own meals you can manage what ingredients are going on the plate. Here are some time-saving tips:

• Start planning by making a list of meals and snacks that you and your family enjoy. List the main ingredients first, and then check recipes for additional ingredients you may need to add to the list. If you do this on the computer you can save it, make changes and additions each week, and print it to take with you to the grocery store.

• You may want to organize your list by the food groups: fruits, vegetables, grain foods, protein foods, and dairy foods and dairy substitutes or by the sections of the grocery store – whatever works for you.

• A trip to the grocery store can be more time-consuming and costly than necessary if you don’t plan, so try to take a few minutes to plan your meals before heading out each week to save time while you’re at the store and in return trips.

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Organic and More
The National Organic Program regulates all organic crops, livestock and agricultural products certified to the United States Department of Agriculture (USDA) organic standards. The USDA Organic seal indicates that the food or other agricultural product is certified organic.

Organic farming operations follow strict regulations to protect and conserve natural resources. They use only approved environmentally sound substances and farming practices resulting in healthier animal and plant products. Organic livestock are raised using 100 percent organic feed and provided with access to the outdoors. They are not given antibiotics or growth hormones and all guidelines of the animal health and welfare standards are followed.

Organic farming is considered sustainable farming because the resources used to produce food today are treated with care to prevent environmental risks which could affect food quality now and in the future. Consider supporting organic farmers by purchasing organic products as often as possible. Look for organic labeling on packaged foods and look for organic signage in the produce department.

For information on other terms you may see on labels and signs such as natural, cage-free, grass-fed, free-range, pasture-raised and humane, go to the USDA’s Agricultural Marketing Service website (www.ams.usda.gov) and click on National Organic Program, Consumer Information. Some of these labels are not regulated by the USDA and some apply only to certain types of products.

The Bottom Line
Compare products, learn something new and apply what you already know. Get children in the kitchen and let them help measure, chop, count or stir. These types of experiences will help them make a healthy connection to food and to you!
Summer Fun: Keep Core Muscles Active and Strong

The muscle groups in the back, stomach, hips and shoulders are known as core muscles. When worked and strengthened, these muscles provide the steady support and balance needed to begin all other movements. It is important to keep core muscles strong and active throughout life. To encourage active play that can build core muscle strength and other physical skills, Occupational Therapist Pat Stevens suggests the following get-off-the-couch activities involving some popular (and inexpensive!) summer toys.

**Pool noodles**

Did you know pool noodles are not just for the pool? There are many ways to use pool noodles for activities that build core strength and support other skills like arm strength and bilateral coordination (the ability to use both sides of the body at the same time). For example:

- Have players use both hands to swing the noodle and knock over stacked boxes or plastic bowling pins. Set up a challenge course with different targets at different heights!
- Have a “pirate battle.” Participants can stand on the “plank” (a piece of lumber on the ground, approximately 1” high) with a friend and each use a noodle. Hit the noodles, not each other!
- Hang up a hula hoop as a target and have players practice throwing the pool noodle “javelin” through the hoop!
- Encourage two or more friends to play tug-of-war with a pool noodle! (This requires good core and hand strength.)
- For younger children, cut up 3-5” sections of a hollow noodle and get a cord to make giant stringing beads. (Note: Always watch children closely during any activities involving a rope or cord.)

**Hula hoops**

- “Hula hooping” involves all core muscles working together and provides great aerobic exercise. Have a contest to see who can “hula hoop” the longest. Stack more than one hula hoop on and continue the challenge. Play music on your iPad, CD player or a favorite instrument and “hula hoop” to the beat. (Moving to fast and slow beats can both be challenging.) Encourage children (and adults) to try to “hula” on other parts of their bodies, such as arms or legs, or to try using the hoop like a jump rope.
- Hoop toss games can help build eye-hand coordination and throwing-control strength. Have players toss hula hoops onto tree branches, over a clothesline or to different distances for points. Or, hang a hula hoop from a branch or deck and have players toss a ball to each other through the target. (This is a great way to practice a football pass.) You can also lay the hoop on the ground and see who can toss the most bean bags into the target.

**Family Fun Tid-Bit**

Imagination is a great skill to develop. Let your children come up with their own games and teach you how to play!
Beach balls

Beach balls are fun to throw, catch, hit and kick, and they can be very successful for the young child just learning to throw and catch a ball. Older children and teens love to have a lot of beach balls to keep up in the air. Beach balls are easy to catch and large enough so that both hands are needed for a big catch, throw or motion that uses all the big muscles of the core. With a group of two or more friends or family members:

- Use a blanket to bounce balls up and keep them off the ground, like a parachute game.
- Place the beach ball on top of a stand and have players use their arm as a “bat” to hit the ball as hard as they can for a fun twist on backyard T-ball.
- Set up laundry baskets or boxes at different heights and distances for practice throwing to targets.
- Put up a net or rope for volleyball. (Too easy? Encourage participants to use their heads to hit the beach ball and keep it in the air.)
- Have participants sit on the ground with their hands propped behind them and legs in the air and kick the beach ball back and forth.

Beach ball partner games can be fun too:

- How can two people carry a ball to a finish line without using their hands? Hint: Hold the ball back-to-back and walk sideways together or head-to-head with the ball between them.
- For the Under-Over Pass, partners stand back-to-back a little bit apart and pass the ball to each other – over the head then back through the legs! See how many times they can do it without dropping the ball or how many passes they can complete in a minute.

Beach pails

Large plastic beach pails make good “weights” for core strength activities. Here are some ideas:

- Fill buckets with water and have participants carry them to a finish line in a race. Vary how the buckets are carried – arms outstretched with buckets in both hands or one bucket held over the head. (If the water “sloshes” over the sides, consider it cool off time!)
- Try a Bucket Brigade. Set up a wading pool of water at one end and a large bucket at the other, and have participants run back and forth to see who can fill the large bucket first.
- Try the Under-Over Pass game described above with water buckets…expect to get wet!
- Walking on a plank, such as a 1" high piece of lumber or a jump rope laid on the ground, while “balancing the bucket on your head” requires lots of strength and focus and is another fun activity involving pails.

Ping pong balls

Ping pong balls come in a variety of colors or you can use permanent markers to color your own. These balls can be used in games, obstacle courses and races. When using arms and hands to keep control of the ball, participants use their whole body to support (stabilize) movement, which requires core strength!

- For fun at the pool, get a bunch of ping pong balls and gather some friends, then assign a color for each person to swim to and retrieve while in the pool!
- Try a Ping Pong Race! Ping pong balls, a large spoon and a bucket are all that are needed. Scoop the ball up and race to the bucket! Participants have to keep their hand (or hands) steady to carry the ball on the spoon. [No holding on to the ball with your fingers!] See how many each participant can do in a row without dropping the ball or assign teams for a relay-style race.
- A-Maze-ing Fun: Find a big, sturdy box lid. Cut 2-5 holes in it big enough for a ping pong ball to fit through. Have a child place a ping pong ball at one end of the box lid, and then try to tip and turn the lid to navigate the ball around the holes to the other side of the box. Tape a cup to the bottom of the box under one of the holes for a target to sink the ball. Rule change! Avoid all the holes except this one, aim for the cup, sink it and win! Encourage participants to try these activities while standing or walking!
- Hover Ball: Bend a flexible straw so the short end is sticking straight up. With scissors, cut a fringe into the end of the straw, not quite to the bend. Bend out each piece of the fringe to create a place for the ball to sit. Now place a ping pong ball on the bentout fringe and have the child blow on the other end of the straw to make the ball hover. Once they are able to do this, have “slow races” where participants try to walk around obstacles while keeping the ball in the air.

Safety Tip+Bit

Always watch young children closely during any activity involving small balls or other small items.

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SPECIAL FOCUS: Tips for Breastfeeding Success

The American Academy of Pediatrics, World Health Organization and United States Surgeon General recommend breastfeeding as the superior choice for feeding infants. Human milk has been scientifically proven to provide babies with all the nutrients needed to grow into healthy children.* Breastfeeding also offers benefits for the mom.* While many women choose to breastfeed, it does not always come naturally. Here are a few tips for breastfeeding success:

BEFORE YOUR BABY IS BORN
• Learn as much as you can about breastfeeding before you give birth. Breastfeeding is a process that needs to be learned and many hospitals offer breastfeeding classes.
• Talk with your health care provider about your desire to breastfeed. Make sure your health care provider is aware of your medical and medication history to help you plan for any problems.
• Establish a breastfeeding support network which may include family, friends, health care providers, WIC breastfeeding peer counselors or anyone who will positively influence your breastfeeding success. (WIC is the name for the Special Supplemental Nutrition Program for Women, Infants and Children. The program’s website is: www.fns.usda.gov/wic/)

WHILE IN THE HOSPITAL
• Make sure all health care providers are aware of your plans to breastfeed.
• Breastfeed within the first hour of your infant’s birth.
• Plan to breastfeed at least 8-12 times in a 24-hour period in the first few days of life. In the first few days of life, your baby’s tummy is about the size of a marble. In this time period, infants do not require large amounts of breast milk. It is important to feed frequently and on demand. Ask to have your baby in the room with you so you can observe your baby’s hunger cues and then feed on demand.
• Have a lactation consultant or nurse check how your baby latches on when you begin a feeding so they can offer advice about how to minimize any discomfort.

Baby Friendly Hospital Initiative:
The Baby Friendly Hospital Initiative (BFHI) was launched by UNICEF and the World Health Organization to help improve breastfeeding practices and increase exclusive breastfeeding rates. Many area hospitals – including VCU Medical Center – are in the process of initiating BFHI’s 10 steps to successful breastfeeding. The first few hours and days after delivery can be critical for breastfeeding success and having the support of a facility that participates in this initiative can be helpful.

WHEN AT HOME
• Have a place where you can feed that is comfortable for both you and your baby and make sure you are drinking plenty of water and keeping yourself well nourished.
• Every day things are changing and new breastfeeding questions may arise. If you have questions or concerns, have your infant’s health care provider examine a breastfeeding session or refer you to someone who is trained in breastfeeding support to help.
• Seek out breastfeeding support groups if you think they would be helpful. Ask your health care provider to direct you to these groups.
• Take advantage of the support of family and friends to help you with daily chores so you can concentrate on successfully breastfeeding your baby.
• Every baby and breastfeeding experience is different. Don’t compare yourself with others. Babies have different nursing styles. Some like to eat quickly and others take their time. What matters most is that your baby is gaining weight and growing appropriately.
• Have patience. It may take a few months for breastfeeding to be well established.
• Talk with your employer about your plans to continue breastfeeding. They can provide you with a safe, clean and private place to pump. Prior to returning to work, talk with your child care provider and WIC to enlist their support for continuing to provide breast milk for your baby.

The American Academy of Pediatrics Recommends:
Scheduling an appointment with your baby’s health care provider at 3-5 days of age. Close follow-up can help identify and minimize breastfeeding issues.

Exclusive breastfeeding for six months, with continuation for one year or longer as mutually desired by mother and infant.

Don’t expect overnight perfection. There will be times when your infant may not latch perfectly. It’s OK. Take a break and try again. You are both learning!

Your baby does not need water or other sources of nutrition unless there is a medical issue. Your baby’s health care provider will let you know if anything other than breast milk is needed. Introducing anything other than breast milk at this stage may reduce chances of breastfeeding success.

* A baby who does not receive breast milk is at a greater risk for: hospitalizations, ear infections, diarrhea, respiratory infections, obesity, diabetes, asthma, eczema, sudden infant death syndrome and leukemia. Mothers who breastfeed reduce their risk of diabetes, breast, ovarian and cervical cancer, osteoporosis, postpartum depression, and heart disease. They also burn 300-500 extra calories each day.

Dr. Gauri Gulati
Division of General Pediatrics
Dr. Gulati is a member of Richmond’s recently established Breastfeeding Commission which is currently developing a plan for offering education, resources and support in an effort to increase the number of women who breastfeed. As a pediatrician, lactation consultant and mother of three, she encourages breastfeeding for a healthy start in life.

Appointments: 804-828-9338

Appointments: 804-828-9338
Committed to Advancing Children’s Health

Dear Friends:

Because children are not simply “little adults,” Virginia Commonwealth University (VCU) Medical Center is committed to investing in the people, programs and facilities that support the specific needs of children. Beginning with the creation of Children’s Hospital of Richmond at VCU (CHoR) in 2010, significant investments have been made in people, programs and facilities to enhance comprehensive, coordinated pediatric care for children and their families in Central Virginia. Some of these investments include:

• **Increasing top pediatric specialists** by 20 percent over the past two years, thereby improving access for community pediatricians and their patients.

• **Investing in pediatric critical care services** through construction of a 40-bed private room Neonatal Intensive Care Unit in 2008.

• **Opening a new pediatric emergency room** in 2010 – the only one in Central Virginia to offer 24-hour access to all pediatric specialists for the care of acutely ill and injured children.

• **Opening a new Center for Endocrinology, Diabetes and Metabolism** in 2011 that offers added convenience and improved access to care by bringing together clinical and specialized support services for children with diabetes, obesity and other endocrine disorders. The new facility is the region’s only American Diabetes Association recognized pediatric endocrinology center to offer treatment, clinical trials, education, medical nutrition therapy and psychological support in one location.

• **Breaking ground this summer on a state-of-the-art ambulatory pavilion dedicated to children** in order to meet the growing demand for outpatient services. The new pavilion will include a multi-story parking deck, physician clinics and pediatric-specific imaging and surgical services, among other features to improve care coordination and the patient experience.

From asthma and diabetes management to the separation of conjoined twins, Children’s Hospital of Richmond at VCU is treating the acute, chronic and complex health care needs of our children. VCU’s vision is to ensure that the community has a sustainable, world-class hospital dedicated to advancing children’s health today – and well into the future.

Leslie G. Wyatt, RN, MS
Vice President of Children’s Services
Executive Director, Children’s Hospital of Richmond at VCU

Committed to Changing Lives

Three weeks after undergoing complex separation surgery, formerly conjoined twins Teresa (pictured left in both photos) and Maria Tapias shared some playtime with their mom Lisandra Sanatis in the inpatient toddler playroom on CHoR’s MCV Campus. This past November, a team of CHoR medical specialists successfully separated the girls during a 20-hour procedure. When the twins returned home to the Dominican Republic in late December, they were eating well, growing, and able to walk almost independently. (photos by Allen Jones, VCU Creative Services)

For additional news, information and health tips for your family, like us on Facebook (facebook.com/chrichmond).

Virginia Commonwealth University (VCU) Children’s Medical Center and Children’s Hospital joined in 2010 to form Children’s Hospital of Richmond at VCU (CHoR), a full-service children’s hospital within the VCU Medical Center. To keep the community informed about the advances in care made possible by this joining, updates about CHoR’s services and growth are now included in Tidbits newsletters.
SUMMER 2012 EVENTS CALENDAR

May 31
Specialists from Children’s Hospital of Richmond at VCU (CHoR) will discuss concussions and other sports-related injuries at a free seminar, “Play Ball! Sports-Related Health for Children and Teens.” The seminar is open to the public and will take place at 6 p.m. at CHoR’s Brook Road Campus, 2924 Brook Road, Richmond, Va. Call (804) 828-0123 to register.

July 20-22
Sign up to host your own LemonAid stand and help raise funds to support oncology services at Children’s Hospital of Richmond at VCU. Participation in the 11th annual Anthem LemonAid event is free, and supplies are provided! Visit www.anthemlemonaid.com or call (804) 228-5929 for details.

July 26
Enjoy a Blizzard from a participating Dairy Queen on Miracle Treat Day, and $1 for each Blizzard purchased will be donated to Children’s Miracle Network Hospitals. Visit www.miracletreatday.com to find a location near you.

September 22
Save the date for the Children’s Hospital Foundation 4-Mile Walk/Run! Bring the whole family for this walk/run through Richmond’s scenic Northside. For registration information and other details, visit www.chfrace.org or call (804) 228-5827.

Like us on Facebook!