



Summer 2010

THE CHILDREN'S IBD CENTER AT MOUNT SINAI NEWSLETTER



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Generous Teens Give Back to Their Community by Fundraising for The Children's IBD Center

The teenagers from the JCC program donated \$4,000 to the IBD Center
Team IBDkids Runs the Marathon Again

TEAM IBDkids will be running in the New York City Marathon on November 7th. Come cheer them on!

Interviews with the Gastroenterologists at the Children's IBD Center

A teen volunteer at the IBD center interviews the pediatric gastroenterologists to learn more about them and IBD.

The IBD Center Welcomes Yuki—Child Life Assistant

A teen volunteer at the IBD Center interviews Yuki, a new Child Life Specialist.

SAVE THE DATES:

Parent Lectures & IBDChat will be offered on the following days, 6:00-7:00pm

Oct. 12th

Dec. 14th

Feb. 8th

April 12th

Generous Teens Give Back to Their Community by Fundraising for The Children's IBD Center

By Thomas Fitzsimmons, MFA and Kathy Hoffstadter-Thal, CPNP

The Teen Philanthropy Institute of Bergen County, NJ has awarded the Children's IBD Center a \$4,000 grant for the continued development and evaluation of its programs for children and teens with IBD and their families.

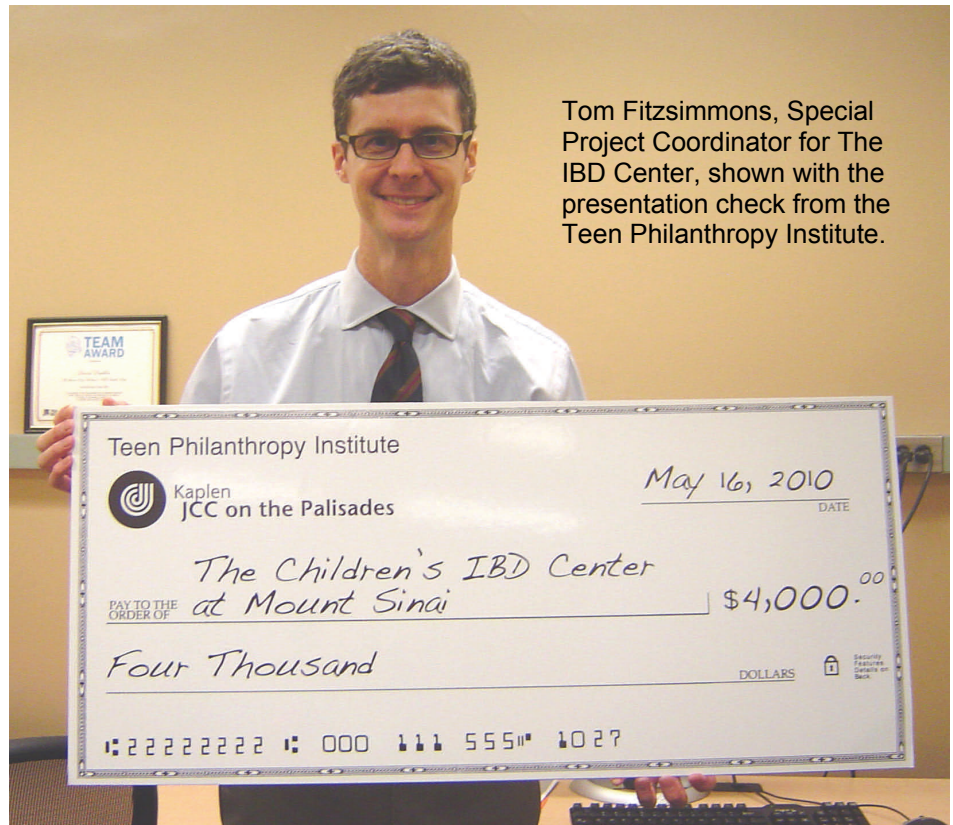
Based at the Kaplen JCC on the Palisades, the Teen Philanthropy Institute (TPI) is a group of ninth to twelfth graders from Bergen County, NJ, all of whom are interested in making a positive impact on the community. Each participant

makes a contribution that is matched by a donor. The contributions are used to fund grants for projects or agencies that address medical research and healthcare, hunger, children in need, poverty and the homeless, assisting the elderly and disabled, and education.

Michael Landes, the TPI's Program Educator and Facilitator, said that the decision to award the grant to the Children's IBD Center came "after a lengthy process of researching organizations, reviewing grant proposals, and debating over allocations."

On May 16, Kathy Hoffstadter-Thal, the research

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Tom Fitzsimmons, Special Project Coordinator for The IBD Center, shown with the presentation check from the Teen Philanthropy Institute.

The 2010 ING New York City Marathon

On the morning of Sunday, November 7th, thirty determined people will lace up their running shoes and make their way to the Staten Island side of the Verrazano Bridge and the starting line of the ING New York City Marathon. These thirty people are Team IBDkids and they have committed to run the 26.2 mile course in support of the Children's IBD Center, raising funds and awareness about pediatric IBD.

The proceeds realized through support and sponsorship of Team IBDkids will be used for increased education, support and patient services for children suffering from these diseases. The Children's IBD Center is supported in large part through philanthropy, so the effort of these runners and commitment of everyone who supports the team is crucial to the Center's ongoing work.

Team IBDkids is one of the original designated charity partners of the New York Road Runners and this is the fifth year in a row that the team will run the marathon. Leading the team is Dr. Keith Benkov, Chief of Pediatric Gastroenterology at Mount Sinai Medical Center, Medical Director of the Children's IBD Center and a veteran of 36 marathon runs – most recently the Boston Marathon this past April.

The team roster is filling up but there are still a few openings left for runners who want to run the race and help the cause. You don't have to be a runner to participate. Anyone connected with the Center can join our cheering section on November 7 in front of Mount Sinai's Kravis Children's Hospital on Fifth Avenue near 98th Street. You can also join us for our marathon day brunch on the roof of the hospital. The hospital's location on Fifth Avenue is within the last 3 miles of the race. Come out to help cheer our runners through the final miles to the finish line. If anyone would like to participate as a runner, a non-running fundraiser, or a donor, please visit our website at www.ibdkids.org for more information.

The IBD Center Welcomes New Child Life Assistant

By: Shane
Summer Volunteer

Yuki Takahashi is a Child Life Assistant at Mount Sinai in the Zone, a play place and children's center in the hospital where kids and their families can do activities and learn. Child Life Specialists work to help children and their families to cope emotionally and physically when faced with things such as hospitalization and disease. Yuki is from Japan and she loves working with kids. She is going to start working with IBD patients in the waiting room on IBDdays. IBDdays take place on Tuesday afternoons at the Faculty Practice.

I recently had the pleasure of interviewing Yuki about her job as a Child Life Assistant here at Mount Sinai.

Q: What do you currently do at Mount Sinai?

A: I am a Child Life Assistant in the Zone. I lead the group activities here. On the weekends, I also do several activities with patients at their bedsides.

Q: What inspired you to become a Child Life Specialist and to work with children?

A: I am from Japan, where there are no Child Life Specialists. I was originally a nursery school teacher. As a teacher, I learned about the career and I was interested in it. I came to America to study to become a Child Life Specialist, and I liked it. I love kids!

Q: Why did you decide to work with IBD patients?

A: I work with the patient population of Mount Sinai. I work with some IBD patients and with other patients. I think it is a good experience for me to work with children in the out patient area.

Q: What is your favorite part about your job as a Child Life Specialist?

A: My favorite part is probably seeing the patients' happy faces and smiles.

Q: How have you liked your experience at Mount Sinai Hospital so far?

A: It has been very good. I love the people that I work with and I feel like every day I have new experiences.

We look forward to having Yuki at our IBDdays! Make sure to come and say hello to her if you have a Tuesday appointment!

Teen Fundraising

(Continued from page 1)

coordinator of the Children's IBD Center, attended the TPI's ceremony and reception to accept the grant award for the Center.

At the ceremony, awards were presented by the different age groups to worthwhile organizations. The teens, their families, and the award recipients viewed video clips of weekly meetings. "I was impressed as I watched the video clips of the teen philanthropists as they collaborated, argued and supported the applications that were being presented for funding by different charitable organizations. The video clips impressively showed the teen meetings as they were allocating funds, debated community impact and at times even discussed potential bias of teen philanthropic members as they deliberated how to best disperse of the funds. What really impressed me is that while other kids their age are playing video games or chatting online, these teens are willing to give up their time to make an impact on the lives of those in need."

In the end, it was a democratic vote and the Children's IBD Center was the proud recipient of the grant.

The Children's IBD Center is grateful for the generosity of the TPI and honored to have been selected as a grant recipient.

Interviews With the Pediatric Gastroenterologists at The Children's IBD Center at Mount Sinai

By: Gabriella
Summer Volunteer

While I was volunteering at The Children's IBD Center this summer, I had the opportunity to interview the four Pediatric Gastroenterologists who work here to find out more about them, their work with families and children who have IBD and their research.

Q: Why did you choose to be a pediatric gastroenterologist?

A: Dr. Breglio- "I always liked children and enjoyed being with them. I also like the continuity with GI patients."

Dr. Benkov- "I choose to be a pediatric gastroenterologist because I love working with kids. Being a pediatric gastroenterologist is also very intellectually stimulating. There is also a big need for pediatric GI doctors. This career is also very interesting."

Dr. Pittman- "I always wanted to be a pediatric doctor because I love working with kids. I wanted to take care of children with a chronic illness and GI had the right balance of chronic illness and routine pediatric problems. I also wanted to focus on one specific area."

Dr. Dunkin- "I was originally interested in pediatrics and general surgery. I liked abdominal pathologies. A pediatric gastroenterologist is a balance of both."

Q: What keeps you motivated each day?

A: Dr. Breglio- "Knowing that I can make a difference in a child's life and making their life more normal for them."

Dr. Benkov- "I have a very lucky position, because I can improve the quality of care that GI patients are receiving. It motivates me to see how I help improve a patient's life."

Dr. Pittman- "I love what I do. I love the people that I work with and my patients. It is very rewarding to help children. It is such a good feeling."

Dr. Dunkin- "On the days that I have patients I am motivated by being able

to help them and meet new patients. On the days that I research in the lab I am motivated by the fact that I am solving a new puzzle in the research world which will eventually help patients."

Q: Was being a pediatric gastroenterologist something that you wanted to be when you were younger? If not, what was your dream job?

A: Dr. Breglio- "I always knew that I wanted to be a doctor especially because I would be helping others. In high school I realized that I wanted to be a pediatrician and in medical school I wanted to be a gastroenterologist."

Dr. Benkov- "I always wanted to be a doctor and generally a pediatrician. Being a gastroenterologist stood out at me during my studies at medical school. I also saw how there was a big need for pediatric gastroenterologists."

Dr. Pittman- "I always wanted to be a pediatric doctor because I love working with children and seeing them progress throughout the years. I originally wanted to be a pediatric cardiologist but after my internship at Mount Sinai I gravitated to be with GI patients and changed to GI."

Dr. Dunkin- "As a kid I always wanted to be a farmer. When I

turned ten I experienced a great loss in my family so I changed my dream job to do something with medicine."

Q: What current research projects have you been working on to help your patients here at the Mount Sinai IBD center?

A: Dr. Breglio- "Currently, I have been looking at the use of a medication called methotrexate which is an alternate treatment for Crohn's disease. I am looking to see how it will benefit patients and to see if it is an adequate medication to use. I am also working at the basic science laboratory to look at T cells in the development of IBD. This study is also helping me see the process of IBD and how it can benefit our research with methotrexate to help our patients."

Dr. Benkov- "Currently, I have been working on a study to see how to improve the growth of patients suffering from IBD. I have been looking to see what medication would be beneficial to improve growth in the patients as well. "

Dr. Pittman- "Right now I am working with Dr. Dunkin to try and gather specimens to see if there is a Chinese herbal remedy for Crohn's disease."

Dr. Dunkin- "Currently, I am working with Dr. Mayer looking at the cow's milk allergy which affects 6% of children. I am also working with Dr. Benkov and Dr. Li to find an herbal formulation to help kids with Crohn's disease."



Gabriella interviewing Dr. Dunkin

Can You think of creative ways to support The Children's IBD Center? Targeted grant money, donations to our existing programs and your ideas and participation all help. Please contact us at childrenIBD@mssm.edu to discuss your ideas and help support our work.

Volunteers: Is your High School or College age student looking for a summer experience? Volunteer opportunities are available at The Children's IBD Center. Minimum 6-8 hours a week. Contact 212-241-5415 or childrenIBD@mssm.edu for more information.

We want to hear from you:

To contact us or to receive updated information about Center events, please contact us:

E-MAIL: ChildrenIBD@mssm.edu

PHONE: 212-241-5415

WEB SITE: www.IBDKids.org

The Children's IBD Center at Mount Sinai is funded in large part through philanthropy. Please contact us if you are interested in making a contribution to support our Center or in learning about other ways that you can help.

Resources for Families:

www.IBDKids.org

www.CCFA.org

www.medlineplus.gov

The Children's IBD Center at Mount Sinai offers the following services for families:

- **Regular lectures where you can learn more about the disease and meet other families & Center staff**
- **IBDChat, an interactive group for kids with IBD & their siblings**
- **IBD Parent Chat, A support group for parents by parents**
- **Tuesday Talks, open discussions on topics of interest to families with IBD, held on Tuesday afternoons in the Faculty Practice**
- **A website of resources for families www.IBDKids.org**



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