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Research Presented at National Meeting—Members of the Center staff present research findings

Questions for the IBD Center Staff—Get to know more about Center staff & why they chose careers in pediatrics

Save the Date:

Lecture & IBDkids Chat: Tuesday December 4th 6:30-8:30pm
Updates in Crohn’s & Colitis for Families
Englewood Hospital Center

Research Presented at National Meeting

Several research projects conducted by staff at the Children’s IBD Center were presented at the recent national meeting of the Society of Pediatric Gastroenterology, Hepatology and Nutrition in Utah. The Center is actively involved in multiple research initiatives both at the clinical level and in the laboratory. Sharing research findings with colleagues across the country is essential to improving life with gastrointestinal diseases such as Crohn’s and ulcerative colitis and working towards a better understanding of the cause of these conditions and eventually a cure.

David Dunkin, MD, Attending Physician, presented work on the mechanism of action of a Chinese herbal preparation in the treatment of IBD and promising early results of its anti-inflammatory effects on blood samples from children with IBD.

Keith Breglio, MD, Attending Physician, presented work on referral patterns and patient follow-up in ulcerative colitis and how this impacts the care families receive.

Shari Shefin, MD, Pediatric Gastroenterology Fellow, presented a case report of a unique surgical technique only offered at Mount Sinai.

Join Dr. Benkov and Dr. Pittman for our next lecture & IBD Chat group. This special program, entitled Updates in Crohn’s & Colitis for Families, will feature a panel of expert physicians who specialize in IBD presenting topics including: new treatments, research, immunology, surgery, and transitioning from pediatric to adult management of IBD.

When: Tuesday, December 4, 2012
Where: Englewood Hospital and Medical Center, 350 Engle Street 2nd floor, Conference Rooms A & B, Englewood, NJ 07631

Kids - please join us for the next IBDChat group which will take place at the same time as the lecture: For children and teens with IBD and their siblings, run by Licensed Clinical Social Worker, Bambi Fisher, IBD Center Child Life Specialist, Yuki Takahashi, and Englewood Hospital Child Life Specialist.
Questions for the IBD Center Staff

The IBD Center has staff from a range of medical disciplines to provide the best care to the families who are followed by the Center. We asked the staff a series of questions and here are their answers.

Keith Benkov, MD
Medical Director

What made you want to work in healthcare?
I wanted to do something where I would be able to help people on a regular basis and not have to think about it, to just let it become second nature. I also wanted to do something that was challenging on many levels and valued.

What do you enjoy the most about your work at the IBD Center?
I like the patients, families, and my colleagues. I like being able to work with different people from different backgrounds. I like taking a potentially serious disease and making it less serious.

Lots of changes have occurred in the past 10 years since the IBD Center was started; what changes do you think will happen in the next 10 years?
I think we will understand the illness even better and that we will find better ways to educate families so that they can participate further in the care of their children and make good decisions.

David Dunkin, MD
Attending Physician

What made you want to work in healthcare?
I was motivated to become a physician by my desire to combine science and the ability to help people. Pediatrics in particular appealed to me because you are able to help children lead healthy lives and you can in fact change their lives by treating diseases and providing preventive care.

What do you enjoy the most about your work at the IBD Center?
The ability to help children with a chronic disease (IBD) lead normal lives. It’s amazing to follow them and watch them grow into healthy young adults.

Lots of changes have occurred in the past 10 years since the IBD Center was started; what changes do you think will happen in the next 10 years?
For the future I foresee more individualized care where we can choose medications based on tests and know that those are the medications that are likely to work best. For the Center, I foresee more research and collaboration with other IBD centers in the country so that we continue to provide the most cutting edge care.

Laura Reigada, Ph.D.
Psychologist

What made you want to work in healthcare?
As a psychologist, being in healthcare was ideal as there is such a strong connection between mind and body. There are a lot of kids that have physical symptoms related to their emotional health and other kids with medical conditions which cause a tremendous amount of stress. Combining mental health services with medical treatment just makes sense.

What do you enjoy the most about your work at the IBD Center?
While this may sound cliché, the staff really make my job enjoyable. They are welcoming, knowledgeable and really support holistic patient care.

Bambi Fisher, LCSW
Social Worker

What made you want to work in healthcare?
I was attracted to using my social work degree in healthcare because I enjoy working with a multidisciplinary team in a way that could make a difference in people’s lives. I wanted work that is diverse and stimulating which occurs every day in healthcare!

What do you enjoy the most about your work at the IBD Center?
Lots of changes have occurred in the past 10 years since the IBD Center was started; what changes do you think will happen in the next 10 years?
I would imagine the IBD Center will continue to expand their multidisciplinary services and contribute to scientific research in the field. As these are the areas that have been fostered for the last 10 years it is not hard to imagine the IBD Center will continue to move along this path.

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What made you want to work in healthcare?
When I was in high school, my cousin was in a serious car accident and was hospitalized for quite some time. I would visit her often and found that even at a young age I was not scared or intimidated by the hospital setting. In fact, I was drawn to it and remember how wonderful all of my cousin’s physicians and nurses were. I soon realized that I wanted to pursue a career in medicine. I wanted to be able to help other families and children who were ill, just as I had experienced.

What do you enjoy the most about your work at the IBD Center?
First off, I enjoy the relationship I get to build with my IBD patients. Treating them over the years, I get to experience their growth, development, and progress through grade school, high school and in many cases, even college. I enjoy being a part of their lives and seeing them grow into amazing young adults. Secondly, I enjoy the team atmosphere we have at the IBD center. Working together with

Erica Ilton, RD, CDN
Dietician
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 and Center staff
- IBDChat, an interactive group for kids with IBD and their siblings
- IBD Parent Chat, a support group for parents by parents
- IBD Tuesdays, where you can see our Social Worker, Child Life Worker, Psychologist, Nurse Practitioner and Dietician in the Faculty Practice
- A website of resources for families at www.IBDKids.org

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  **Please email us so we may add you to our contact list and keep you updated on Center activities!**
**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.