Doernbecher offers ketogenic diet program for children with epilepsy

For treating medically intractable childhood epilepsy, a dietary approach is once again increasing in popularity, including the classic ketogenic diet, with its 4:1 ratio of fat to carbohydrate and protein.

The Ketogenic Clinic, part of the Friends of Doernbecher Childhood Epilepsy Program, offers a comprehensive, multidisciplinary team that includes Carter Wray, M.D., pediatric neurologist and Karrie Stuhilsata, R.D. The program offers dietary therapy for medically intractable seizures and works with patients, pediatricians, neurologists and all referring providers to help manage the care of children with epilepsy.

The best candidates for dietary therapy are young children or those who are formula-fed. Multiple forms of childhood epilepsy have been shown to improve with a ketogenic diet, including:

- Infantile spasms
- Stastic brain injury
- Myoclonic seizures
- Severe epilepsy associated with mental retardation

Cognitively capable children with epilepsy who have been resistant to other medications have been shown to also benefit from the ketogenic diet or a milder form of it, the modified Atkins diet.

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Children and their parents first meet with Dr. Wray and Karrie for an evaluation and discussion of the diet and its suitability for the child and laboratory tests are done to rule out contraindications such as metabolic problems.

To start children on the full ketogenic diet, children are typically hospitalized for approximately three days to assess their tolerance of the diet, while monitoring blood sugar and pH levels. Parents are educated on meals, food preparation and acclimating their child to the diet.

Following the hospitalization, children are seen for a one-month follow-up; for the first year, they are seen every three months, then every six months.

The Ketogenic Clinic is located on the 7th floor of Doernbecher. If you think your patient is a candidate for the ketogenic diet, please call 503 346-0644 or 888 346-0644 to speak with a member of our epilepsy team.

The Ketogenic Clinic is located on the 7th floor of Doernbecher. To learn more, call: 503 494-5856.

S.T.E.P. clinic: Comprehensive care for pediatric urology

Doernbecher’s S.T.E.P. (Step up to elimination problems) voiding and incontinence clinic is Oregon’s only comprehensive, multi-specialty clinic for children with day and nighttime wetting problems, urinary tract infections, reflux and bowel control issues. With the only pediatric doctors in Oregon board-certified by the American Urological Association, Doernbecher provides more medical and surgical services than any other pediatric urology program in the state.

The clinic uses a multidisciplinary approach, involving specialists from areas including GI, oncology, urology, psychiatry, pediatric anesthesia, acupuncture and physical therapy. Key in the clinic’s methodology is education—teaching children how to listen to their bodies, as well as instructing their parents on positive reinforcement.

Doernbecher’s S.T.E.P. clinic offers two nurse practitioners, Erin Anderson, N.P. and Heather Schlessman, R.N., Ph.D., C.P.N.P. and three pediatric urologists, Christopher Austin, M.D.; Aaron Bayne, M.D. and Steven Skoog, M.D., FAAP, in addition to a team of nurses and medical assistants. The clinic is located on the 7th floor of Doernbecher and is open five days a week.

For more information or to refer a patient, please call: 503 346-0644 or 888 346-0644.

Orthopaedic care: Just for kids

Pediatric patients who require orthopedic care can see specialists on Marquam Hill in and in Beaverton at the Doernbecher Pediatric Orthopaedic Clinic.

The clinic, ranked among the nations best by US News and World Report, is recognized for a multidisciplinary approach to clinical care, surgery and outpatient follow-up for children and adolescents with bone, muscle and joint problems. The staff partners with you to ensure treatment for your patients with issues including fractures, overuse injuries and congenital or developmental abnormalities of the musculo-skeletal system.

Matthew Halsey, M.D., Assistant Professor of Orthopaedic Surgery and Rehabilitation (pediatrics), along with Jodi Yaver, N.P., offer comprehensive evaluation and treatment solutions. Dr. Halsey has additional expertise in pediatric skeletal injuries and disorders; he is especially interested in club foot, hip dysplasia, slipped capital femoral epiphysis (SCFE) and scoliosis.

Clinic locations include the Specialty Clinics on the 7th floor of Doernbecher Children’s Hospital and at the Orthopaedic Surgery office at Cornell West in Beaverton.

For more information or to make a referral, please call 503 346-0644 or 888 346-0644.

Vitamin C and respiratory disease

A pilot study from OHSU shows pregnant patients who are unable to quit smoking may be able to alter the fetal origins of respiratory disease by taking Vitamin C.

Babies born to pregnant smoking women who took 500 milligrams of Vitamin C daily during their pregnancy had significantly improved pulmonary function tests approximately 48 hours after delivery compared with the newborns of smoking women who received a placebo, as measured by standard newborn pulmonary function testing (TiffTof and Cxs).
Children and their parents first meet with Dr. Wray and Karrie for an evaluation and discussion of the diet and its suitability for the child and laboratory tests are done to rule out contraindications such as metabolic problems. To start children on the full ketogenic diet, children are typically hospitalized for approximately three days to assess their tolerance of the diet, while monitoring blood sugar and pH levels. Parents are educated on meals, assessing their tolerance of the diet, while monitoring blood sugar and pH levels. Remission of seizures is typically hospitalized for approximately three days to assess their tolerance of the diet, while monitoring blood sugar and pH levels. Parents are educated on meals, assessing their tolerance of the diet, while monitoring blood sugar and pH levels.

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Md4Kids: Now available on both Droid and iPhone

MD4KIDS. Doernbecher's app for both Droid and iPhone, provides decision-making support and health information for more than 80 topics, from bee stings to earaches to rashes to stomachaches. By entering the child's symptoms, parents can determine what level of medical care is needed, when to call their doctor and how to provide relief for minor illnesses and injuries at home. The app uses Barton Schmitt protocols, the same processes that our trauma nurses use to evaluate patients.

This app is free. Tell your patients to search “MD 4Kids” on their phone's apps selection or visit www.ohsudoernbecher.com/md4kids.

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