

August
2022



THE CHILDREN'S HOSPITAL

AT SAINT PETER'S UNIVERSITY HOSPITAL
A MEMBER OF SAINT PETER'S HEALTHCARE SYSTEM

Safely treating you better...for life.

Understanding **Autoimmune** and **Inflammatory Diseases** in Children

The immune system is a complex network of cells and organs that protects the body from outside threats like bacteria or viruses. When children have an autoimmune disease, the immune system wrongly attacks healthy cells and tissues instead of outside threats. These attacks can be on almost any part of the body, leading to inflammation and tissue damage.

Pediatric rheumatic diseases are autoimmune and inflammatory diseases that cause the immune system to attack the body's joints, muscles, bones and organs. They are chronic conditions that affect a child's growth, development, physical function and quality of life. Children can remain undiagnosed or are misdiagnosed as parents search for answers. Early diagnosis and treatment are the keys to preventing long-term issues or disabilities.

The Children's Hospital at Saint Peter's University Hospital can diagnose and treat complex rheumatic diseases, including juvenile idiopathic arthritis and systemic lupus erythematosus.



How is juvenile idiopathic arthritis treated?

Although juvenile arthritis has no cure, treatment options can help children lead active lifestyles by reducing pain and stiffness. With appropriate treatment, children with juvenile arthritis can continue to be children—by playing with their friends during recess, enrolling in after-school sports and keeping active without pain or discomfort.

Treatment may include medicines such as:

- Nonsteroidal anti-inflammatory medicines (NSAIDs)
- Disease-modifying antirheumatic medicines (DMARDs), such as methotrexate
- Biologics that interfere with the body's inflammatory response

A child's physician or primary healthcare provider will discuss and recommend the best medical treatment options available. The treatment plan will be individualized depending on the child's age, symptoms and overall health.

Non-medication treatments and lifestyle changes may include:

- Physical therapy to improve and maintain muscle and joint function
- Occupational therapy to improve the ability to do activities of daily living
- Nutrition counseling
- Regular eye exams to find early eye changes from inflammation
- Regular exercise and weight control
- Getting enough rest

What is lupus?

Another common pediatric rheumatic disease is systemic lupus erythematosus, a chronic disease that ranges from mild to severe. Lupus causes a child's immune system to attack healthy cells and tissues, resulting in inflammation in various organs causing symptoms such as rashes, fatigue, pain and fever. Experts think lupus may be caused by a mix of genes and various environmental factors. The hormone estrogen is linked with lupus and the disease occurs most often in females in their late teens.

What are the symptoms of lupus?

Lupus can affect the joints, skin, blood vessels and blood cells, and organs like the heart, lungs, kidneys and brain. Some of the common symptoms of lupus are:

- Butterfly-shaped rash on the nose and cheeks of the face (malar rash)
- Fatigue
- Fever
- Hair loss
- Loss of appetite
- Memory problems
- Pale, blue or red fingers triggered by cold, stress, or illness (Raynaud phenomenon)
- Raised rash on the head, arms, chest or back
- Rashes caused by sunlight
- Easy bruising or heavy periods
- Sores in the mouth or nose
- Swollen glands
- Swollen or painful joints (arthritis)
- Weight loss

Lupus can be difficult to diagnose because the symptoms of the disease can look like other health issues. Lupus has no known cure, but there are treatment options and medications that can help manage symptoms. Treatment will be based on the child's age, overall health, the extent of the condition and the organs that are affected.

What is juvenile idiopathic arthritis?

Juvenile idiopathic arthritis is a form of arthritis in children that causes joint inflammation and stiffness. Like adult rheumatoid arthritis, juvenile arthritis is an autoimmune disease, which means the body's immune system attacks its own healthy cells and tissues. A combination of genetic and environmental factors contributes to this immune system dysfunction. Juvenile arthritis should be diagnosed and treated early and appropriately because it can profoundly affect the quality of life as well as proper growth and development in children.

What are the symptoms of juvenile idiopathic arthritis?

Although each child's symptoms will vary, common symptoms include:

- Swollen, stiff, warm, and painful joints
- Morning stiffness or limp
- Eye inflammation
- Less ability to use one or more joints, difficulty keeping up with sports and physical activities
- Fatigue, poor weight gain, and slow growth



The clinical care team at The Children's Hospital at Saint Peter's University Hospital is committed to providing high-quality medical care to children and adolescents who are diagnosed with pediatric rheumatic diseases. In addition to juvenile arthritis and lupus, the clinical care team can diagnose complex rheumatic diseases such as fibromyalgia, juvenile dermatomyositis, vasculitis, fever syndromes and other inflammatory conditions. In a family-centered environment, the team focuses on providing comprehensive treatment to patients, education to patients and parents alike, and follow-up care as the child ages.

To learn more about pediatric rheumatology at The Children's Hospital at Saint Peter's University Hospital, please visit saintpetershcs.com/PediatricRheumatology

Saint Peter's Pediatric Emergency Department Earns National Lantern Award and 2022 Women's Choice Award®



The Dorothy B. Hersh Pediatric Emergency Department at The Children's Hospital at Saint Peter's University Hospital has earned the prestigious Lantern Award from the national Emergency Nurses Association and a Best Hospitals for Pediatric Emergency Care award from the Women's Choice Award®, America's trusted referral source for the best in health care. When it comes to health care, children are different and deserve health care designed specifically to meet their needs. Children's hospitals are specifically designed to take care of the child through a family-centered approach to medicine and serve kids at each stage of growth and development, requiring differently sized equipment and a range of expertise.



"The Pediatric Emergency Department at The Children's Hospital at Saint Peter's University Hospital is the only pediatric emergency department in New Jersey to receive the prestigious Lantern Award," said Pam Harmon, DNP, MSN, RNC-NIC, nursing director of Saint Peter's Women and Children's Division. "Earning the Lantern Award and the Women's Choice Award shows that The Children's Hospital at Saint Peter's has met the highest standards for pediatric emergency care. Our nurses strive to provide the highest level of patient care and service excellence every day."

The Lantern Award is a visible symbol of an emergency department's commitment to quality, safety, a healthy work environment, and innovation in nursing practice and emergency care. Achievement of the Lantern Award indicates that Saint Peter's Pediatric Emergency Department exemplifies outstanding and exemplary performance in the core areas of leadership, practice, education, advocacy and research.

The Women's Choice Award identifies children's hospitals that parents can take

their children to with the expectation that they will receive excellent care geared towards children. The Best Pediatric Emergency Care designation is based on self-reported data from children's hospitals across the nation and is earned by those hospitals with a dedicated pediatric emergency department, a pediatric intensive care unit (PICU) and a high rating for its emergency department staffing.

"It is an honor for Saint Peter's Pediatric Emergency Department to be recognized with the Women's Choice Award. A trip to the emergency room can be scary for both children and their families, but our staff strives to provide a safe and comfortable

environment for each patient while also providing high-quality care," said Todd Mastrovitch, MD, director of the Dorothy B. Hersh Pediatric Emergency Department at The Children's Hospital at Saint Peter's.

In addition to an award-winning pediatric emergency department, Saint Peter's Pediatric Intensive Care Unit recently earned a Beacon Award for Excellence from the American Association of Critical-Care Nurses.

To learn more about the Dorothy B. Hersh Pediatric Emergency Department at The Children's Hospital at Saint Peter's, please visit saintpetershcs.com/PedsED

FREE COVID-19 Vaccine Clinics

Walk-ins Welcome

August 6 • 8:30 – 11:30 am
Saint Peter's Family Health Center, New Brunswick
For questions or an appointment, call **732.745.8519**.

August 16 • 5 – 7 pm
Saint Peter's University Hospital, New Brunswick
For questions or an appointment, call **732.339.7909**.



Community Calendar

For more information or to register for a program, call the contact number listed or visit saintpetershcs.com/Events. Most programs are **FREE** unless noted; please call for information.

Cancer Support

Bone Marrow Transplant

For patients who have had an allogeneic transplant
Call for information: 732.235.8522

Breast Cancer

Call for information: 732.235.7011

Gynecologic Cancer

In partnership with the Cancer Support Community Central New Jersey
Call for information: 732.235.6792

Living with Cancer

Call for information: 732.235.7557

Diabetes Education*

For information about classes, call the numbers listed below.

Diabetes Self-Management Education

Call for information: 732.339.7630

Gestational Diabetes Self-Management Education

Call for information: 732.339.7630

Prevent T2 Program

Call for information and registration: 732.339.7772

SAVE OUR SUPERHEROES BLOOD DRIVE

SEPTEMBER 1, 2022 • 12 - 6 PM

SAINT PETER'S UNIVERSITY HOSPITAL

Call to make an appointment: 732.235.8100, ext. 221

THE CHILDREN'S HOSPITAL
AT SAINT PETER'S UNIVERSITY HOSPITAL
A MEMBER OF SAINT PETER'S HEALTHCARE SYSTEM

Parent Education

Parenting classes are currently being held online. Register at saintpetershcs.com/Services/Parent-Education. Once registered for a class, access information will be provided to you. For information about the following classes, please call **Parent Education at 732.745.8579**

Baby Care

Birth Center Class
(for moms under midwifery care)

Breastfeeding Class

Breastfeeding Support Group

Grandparents Class

Hypnobirthing

Marvelous Multiples

New Daddy Class

New Mom Support Group

Prenatal Yoga & Exercise Class

Prepared Childbirth/Lamaze Classes

Sibling Class

Spinning Babies (New!)

PRESIDENT'S GOLF CLASSIC

THE RIDGE AT BACK BROOK
BENEFITING SAINT PETER'S HEALTHCARE SYSTEM

SEPTEMBER 12, 2022

For sponsorship information, contact 732.745.6678
or spfoundation@saintpetersuh.com.

SAINT PETER'S FOUNDATION
A MEMBER OF SAINT PETER'S HEALTHCARE SYSTEM

Support Groups

Bariatric Nutrition Support Group

2nd Thursday of each month
Next meeting: August 11 • 6 – 7 pm
Call 732.339.7450 for Zoom meeting information

Bereavement

Call Pastoral Care for information: 732.745.8565

Craniofacial Teen Girls

Call for information: 732.745.8600, x8113

MyGoal Autism Family

2nd Sunday of each month
Next meeting: August 14 • 3 pm
Call 877.886.9462 or email info@mygoalautism.org for virtual meeting details

SHARE

3rd Thursday of each month
Next meeting: August 18 • 7 – 9 pm
Call 732.745.8522 or email imariano@saintpetersuh.com for Zoom link

Spouse/Partner Caregiver

Call for information: 732.745.8600, x8653

Weight Loss Seminars

4th Tuesday of each month
Next meetings: August 23
English 4 – 5 pm • Spanish 5 – 6 pm
For information call 732.745.8555



Need a doctor? To find a Saint Peter's physician, visit saintpetershcs.com/findaphysician. Online scheduling is also available with select Saint Peter's Healthcare System physicians via Zocdoc at BookMySPDoc.com

This calendar is for information only. Do not rely on it to make healthcare decisions on your own; instead, talk with your healthcare provider for advice and treatment. Do not ignore medical advice or delay seeking it because of something you read here. We do not suggest or endorse that you have any tests, use products, or use other information in this document without advice from your healthcare provider.



Sponsored by the Roman Catholic Diocese of Metuchen
State-designated children's hospital and regional perinatal center

