

October
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THE CHILDREN'S HOSPITAL

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

Safely treating you better...for life.

With the new school year underway, parents know all too well how quickly children can get sick. With small children, it can be a challenge to know what illnesses are bothering them since they can't say what they are feeling. Ear, nose, and throat (ENT) problems are the primary reasons why parents take their children to the doctor every year. Pediatric otolaryngologists, commonly referred to as ENT doctors, specialize in diagnosing and treating issues such as sinusitis, tonsillitis and ear infections in children.



Parents, Listen Up! What to Know About Your Child's Ear Infection

"Ear infections are the most common type of illness in children, accounting for approximately 30 million visits to a physician each year," said Diana Traquina, MD, a pediatric otolaryngologist in the Division of Pediatric Otolaryngology at The Children's Hospital at Saint Peter's University Hospital. "It's important to involve an ENT specialist in your child's health care because even though ear infections are common, they can result in hearing and speech problems if left untreated."

What causes an ear infection?

You may notice that your child will get an ear infection after or while they are suffering from a sore throat, cold or upper respiratory infection. The bacteria or virus from the sore throat, cold or respiratory infection can spread from the throat to the ear through the eustachian tube, which is what connects the back of the nose to the ear. When your child has an ear infection, there is swelling and blockage of the eustachian tube, which allows fluid to build up in the middle ear. The trapped fluid can become infected.

Why do children get ear infections more than adults?

"Children get ear infections more frequently due to the anatomies of the eustachian tubes, along with their underdeveloped immune systems. Because the eustachian tubes are horizontal in young children, they can become inflamed and trap fluid in the ear when the child catches a cold," said Kianoush Sheykholslami (Dr. Shey), MD, PhD, FACS, chief of ENT and Head and Neck Surgery at Saint Peter's University Hospital. "As children grow, the eustachian tubes elongate, making it easier for fluid to drain."

When should my child see a pediatric ENT?

Consult a pediatric ENT if your child has:

- More than four ear infections per year
- Speech delays due to ear infections
- Fluid in the ears for more than three months
- Ruptured an eardrum during an infection
- Needed multiple antibiotics to treat one ear infection
- Medication allergies or the inability to take oral medications
- Severe diarrhea, vomiting, or nausea with infections

"The younger a child is when they have their first ear infection, the more likely they are to continue developing repeat infections," said Dr. Traquina. "Most ear infections can be treated with antibiotics but by visiting a pediatric otolaryngologist, you can determine if your child needs a surgical procedure or additional services like speech and language therapy."



What is ear tube surgery?

Ear tube surgery can drain fluid from the middle ear, avoid future infections, and help your child hear properly again. While your child is under anesthesia, the ENT specialist creates a small hole in the eardrum that allows fluid to drain and equalizes the air pressure on both sides of the eardrum.

"We perform ear tube surgery on some of our patients. Tiny, hollow cylinders are inserted into the eardrum," said Dr. Shey. "The surgery is a quick outpatient procedure and most children won't need surgery to have the tubes removed since they fall out on their own."



To learn more about Saint Peter's Division of Pediatric Otolaryngology, visit saintpetershcs.com/pedsENT

The Children's Hospital at Saint Peter's University Hospital offers comprehensive audiology services for children including hearing (audiological) evaluations, hearing aid evaluations and fittings, auditory steady state response testing (ASSR) and auditory processing disorder examinations.

For more information or to make an appointment, call 732.937.6026.

Saint Peter's speech and language therapists use fun and motivating activities designed to encourage children to participate and learn new and necessary skills. **Call 732.745.8570 for information or to make an appointment.**

What are some ear infection symptoms?

If your child complains about pain inside or around their ear, it can be a sign of an ear infection. If your child is not old enough to speak or if they are nonverbal, it can be hard to figure out if they have an ear infection. Watch out for these signs if your child cannot verbally communicate with you:

- Tugging or pulling the ear
- Crying
- Increased fussiness
- Loss of appetite
- Difficulty getting settled or sleeping
- Fever, especially in younger children
- Fluid draining from the ear
- Loss of balance
- Difficulty hearing
- Vomiting or diarrhea

Seek medical attention immediately if your child experiences a high fever, severe pain or bloody or pus-like discharge from the ears.



Saint Peter's Breast Center Earns National Reaccreditation

Saint Peter's Breast Center has once again earned accredited status from the National Accreditation Program for Breast Centers (NAPBC), a quality program administered by the American College of Surgeons (ACS). This is the fifth time Saint Peter's Breast Center has been recognized by the NAPBC for its excellence in the delivery of comprehensive, patient-centered, multidisciplinary care.

Accreditation by the NAPBC is granted only to those programs that are committed to providing the best possible care to patients with breast cancer. Saint Peter's Breast Center features a team of experts in multiple specialties who design customized treatment plans for each patient using the latest technology, medications and surgical procedures available. Patients have access to:

- comprehensive care, including a full range of state-of-the-art services
- a multidisciplinary team approach to coordinate the best treatment options
- genetic counseling

- information about ongoing clinical trials and new treatment options
- psychosocial support
- rehabilitation services
- survivorship care

To achieve voluntary NAPBC accreditation, Saint Peter's Breast Center demonstrated compliance with the NAPBC standards that address a center's leadership, clinical services, research, community outreach, professional education, and quality improvement for patients.



Saint Peter's is also the recipient of the Women's Choice Award for Best Breast Centers and Mammogram Imaging Centers, the only award recognizing excellence in patient services based on robust criteria that consider patient satisfaction and clinical excellence. Saint Peter's Women's Imaging Center, accredited by the American College of Radiology as a Breast Imaging Center of Excellence, offers Hologic®Genius™ 3D Mammography™, technology that has been proven to detect 20-65% more invasive breast cancers compared to traditional 2D mammography. Additional diagnostic breast services include ultrasound, ultrasound-guided breast biopsy, MRI-guided breast biopsy, stereotactic biopsy and needle localization.



To learn more about Saint Peter's Breast Center and its services, visit saintpetershcs.com/breastcenter or call 732.339.7704.

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

The Craniofacial & Neurosurgical Center at The Children's Hospital at Saint Peter's University Hospital comprehensively treats conditions such as cleft lip and cleft palate.



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

COVID-19 Moderna and Pfizer COVID-19 Vaccines

Available at Saint Peter's University Hospital and Saint Peter's Family Health Center

saintpetershcs.com/covidvaccine

Support Groups

Bariatric Nutrition Support Group

2nd Thursday of each month
Next meeting: October 13 • 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: October 9 • 3 pm
Call 877.886.9462 or email info@mygoalautism.org for virtual meeting details

SHARE

3rd Thursday of each month
Next meeting: October 20 • 7 – 9 pm
Call 732.745.8522 or email imariano@saintpetersuh.com for Zoom link

Spouse/Partner Caregiver Support Group

Call for information: 732.745.8600, x8653

Weight Loss Seminars

4th Tuesday of each month
Next meetings: October 25
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.



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State-designated children's hospital and regional perinatal center

