



Reflux Digest

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Welcome Summer!

It is hard to believe that we are well into June already! Summer always brings memories of vacation at the beach, backyard barbecues and summer camp. If you have an infant or child with reflux, it probably means you are worried about managing reflux while traveling and if the hotdogs and potato salad will cause a night of stomach distress.

Somehow, we all manage to survive and have fun along the way. Be sure to log onto the PAGER Association website at <http://www.reflux.org> and share ideas with other parents on the forums about how to survive summer and just about anything else.

If you decide to stay home this summer or it is too hot to go outside, be sure to have your kids spend some time making a picture for the [2006 Drawing and Coloring Contest](#), For the Art of GERD sponsored by TAP Pharmaceutical Products, Inc. PAGER Association is proud to co sponsor the contest and we certainly hope a PAGER Association member will be the winner! See the full ad in this newsletter or log onto www.prevakids.com for an entry form and additional information.

Medical News

Does esophagitis disappear when symptoms subside?

A group of infants with symptoms of acid reflux and signs of esophagitis (irritation to the lining of the esophagus) when tested by endoscopy were studied for a year. The purpose of the study was to look at how the disease progressed and the outcome without treatment. Some of the infants had severe symptoms and were offered medication before the end of the study. Of the infants who finished the study without treatment, all were considered to be "completely well" or "improved" by their parents. However, all of the

infants had abnormal endoscopy results. In conclusion, the infants were reported to be free of reflux symptoms at one year but they had abnormal biopsy results with evidence of esophagitis. *Natural history of infant reflux esophagitis: symptoms and morphometric histology during one year without pharmacotherapy* Orenstein, SR, Shalaby, TM, Kelsey, SF, Frankel, E. American Journal of Gastroenterology, March 2006: 101 (3): 628-40.

Do babies really outgrow their reflux?

Dr. Gold provided commentary on the research study by Dr. Orenstein, et al on the natural history of reflux. Dr. Gold believes further research is needed to study pediatric acid reflux and determine how common it is and who is at risk. *Is Gastroesophageal Reflux Disease Really a Life Long Disease: Do Babies Who Regurgitate Grow up to Be Adults with GERD Complications?* Gold BD. American Journal of Gastroenterology, March 2006: 101 (3): 641-4.

Treating reflux can improve swallowing problems

Infants with swallowing disorders and aspiration from acid reflux were studied. After reflux treatment (medication/surgery), there was a significant improvement in swallowing and a marked decrease in aspiration. Further, there was significant normalization of feeding skills. *For Infants with Swallowing Troubles, Treatment of Gastroesophageal Reflux Disease May Help.* www.newswise.com/p/articles/view/520685/ Also cited as: *Improved Infant Swallowing after GERD Treatment: A function of Improved Laryngeal Sensation?* Suskind, DL, et.al. Presented at the American Society of Pediatric Otolaryngology, May 20-22, 2006, Chicago, IL.

Government report comparing various drugs and surgery for GERD in adults

The Agency for Healthcare Research and Quality (AHRQ) is part of the US Department of Health and Human Services. They issued a report comparing GERD treatments. The Comparative Effectiveness Review is the first of many planned for common diseases. The report summarizes studies and gives them a grade (ABC) for quality of evidence. <http://effectivehealthcare.ahrq.gov/synthesize/reports/finalGERD.cfm>

Cautious use of chiropractic treatments may work for colic

(WebMD) – “Parents will go a long way just to quiet a colicky baby. The quest often starts with a baby swing, progresses to 3 a.m. drives around the neighborhood and ends in a pediatrician's office, where parents get condolences and little else. But desperate moms and dads don't have to stop there. Although pediatricians may be baffled by colic, it's still fairly easy to find a doctor who believes the cure is at hand. Just look in the phone book under ‘Chiropractor.’ ” Proceed with caution and read the full story: <http://archives.cnn.com/2000/HEALTH/children/04/11/chiro.forcolic.wmd/>

Liver Success - Emerging Enzyme Test Can Predict Drug Side Effects

(Washington Post) -- “Researchers in the growing field of pharmacogenetics -- the study of how people's genetic make-up affects their response to medicines -- say doctors can screen for genetic variations that often prevent liver enzymes from processing certain drugs properly. When that occurs, a dose may not register at all -- or it may produce a toxic reaction. Cost for the one-time screening? Between \$200 and \$1,400.” Genetic testing can be done to check for liver enzymes that clear proton pump inhibitors to find out if your child is a poor metabolizer or an ultra faster metabolizer who may need very large doses of this medication. For more information, download this article from the Washington Post for a small fee. [There is no genetic test for the enzyme that clears cisapride but an ‘erythromycin breath test’ can give a good indication of P450 3A4 enzyme function. Information on this test appears on several web sites. – Editor]

Hypnosis can improve gastric emptying

Doctors in Italy studied 11 health adults and 15 with delayed emptying. Gut-oriented hypnosis helped shorten gastric emptying both in both groups and was more effective than cisapride. *Prokinetic effect of gut-oriented hypnosis on gastric emptying.* From Aliment Pharmacol Ther. 2006 Apr 15;23(8):1241-9. http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=16611286&query_hl=2&itool=pubmed_docsum

Nexium approved for teens

May 1, 2006 - Wilmington, DE - AstraZeneca announced today that the U.S. Food and Drug Administration (FDA) has approved the use of NEXIUM® (esomeprazole magnesium) delayed release capsules, in children ages 12 to 17 for the short-term treatment of gastroesophageal reflux disease (GERD). For more information contact Dana Settembrino at AstraZeneca . 302-885-6980

GERD in the Press

For adults and teens who need to lose weight to reduce their GERD

Could a special acupuncture earring do the trick? "...Ear-stapling claims its roots in acupuncture with a "western technological twist," according to Ransom's Web site. The procedure places a suture in a specific point in the ear to affect a nerve that in turn will cause appetite suppression in the body...." Read more <http://www.hattiesburgamerican.com/apps/pbcs.dll/article?AID=/20060420/NEWS01/604200301/1002>

Can exercise help trigger an allergic reaction to a food?

"...A couple of years ago, a friend of mine raved about her new "killer" treadmill program. As it didn't actually involve running, I decided to try it. The next morning, panting but proud, I jumped off the treadmill after completing the requisite 20 minutes. Then, I started to itch, all over. I ran to the mirror and saw that I was covered in hives. I went home and took an antihistamine and tried the treadmill again the next day. Hives, again. Being a typical physician, I looked this up on the Internet (rather than actually seeing a doctor) and discovered "exercise-induced urticaria." Various sources mentioned food triggers. Those mornings, I'd eaten toast with almond butter, and I'd also started a multi-ingredient supplement. I quit the supplement, stopped the toast, and the problem went away. It's happened occasionally since, and seems to be triggered by either wheat or almonds in combination with exercise..." Read more about this phenomenon: http://www.medicalpost.com/mpcontent/article.jsp?content=20060326_193523_1124

Raelene Parker of Warrnambool Australia pays it forward.

"...Miss Parker is now a trained foster care provider. "I had a hard time with my babies. They had reflux. They were so restless and only had catnaps," she said. "I called one of the help lines one night and before I knew it I had respite provided one weekend every three weeks. After that help I thought I would go along those lines and help others one day.'" From the Warrnambool Standard. <http://the.standard.net.au/articles/2006/05/30/1148754971676.html>

PAGER News

PAGER staff, volunteers and web site continue to be breathtakingly busy. Here are the MONTHLY stats:

- Web site page visits = 644,000
- New calls from parents wanting information and advice = 50+
- E-mails from parents wanting information and advice = 80+
- New members joining on the web site = 130+

Last month we had web visitors from: United States, Australia, United Kingdom, Canada, New Zealand, Singapore, Germany, Netherlands, Mexico, South Africa, Saudi Arabia, Brazil, Turkey, Italy, Belgium, Japan, France, Poland, Switzerland, Israel and Thailand.

And the web site is growing just as rapidly:

- Web pages = 257
- Discussion board postings = 17,529
- Valid e-mail addresses = 2,500
- Valid mailing addresses = 4,000

PAGER Association sponsored an educational booth at the Children's Fair in Arnold, Maryland. The fair was attended by 10,000 parents and children in the Baltimore/Annapolis region of Maryland. We also attended a mini medical conference on allergies just for non-profit leaders

It's pretty amazing what a few mothers can do when they get together. Please keep those donations coming so we can keep up the pace!! Income has dropped quite a bit since we changed from a fixed membership price to a suggested membership donation.

[JOIN](#)

[DONATE](#)

American Girl Doll Raffle.

PAGER Association is holding a raffle from May 1, 2006 until August 30, 2006. We will raffle off one American Girl Doll (Felicity) to a lucky winner. Tickets cost \$1.00 each or 6 for \$5.00. Please email refluxmom2@earthlink.net to order tickets. Thank you to Pleasant Company for their generous donation of the doll for the raffle. For more information on the American Girl Dolls, visit www.americangirl.com

Do you have a nice item we could raffle off next? Please contact Jan at the e-mail above.

Volunteer News:

Thank you to PAGER mom Lynn Brown of Derry, New Hampshire for giving a presentation on pediatric acid reflux at a local Mom's Club meeting. (We have an outline and materials if you want to do this, too.)

Thank you to PAGER Volunteer Annette Pic for selling a HUGE number of American Girl Raffle Tickets!

Parent Volunteer Chris Jermann recently participated in WalkNationwide sponsored by her employer, Nationwide Insurance and raised \$85.00 for PAGER Association. Thank you Chris!

Good Luck to PAGER Volunteer Moria Callaghan and her family. Her whole family is moving from Virginia to Russia. We know it will be challenging to find medical services and food for two refluxers. We thank you for your years of dedicated service to PAGER Association!

PAGER Publications

The Journal of Neonatology Nursing May/June issue has an article written by PAGER Director, Beth Anderson and Ronnie Goulet MD. It is about the use of H2 blockers in Premies.

Just a few of the New Web Pages on REFLUX.ORG

The autonomic nervous system is the "autopilot" of the brain. It controls heart rate, breathing rate, blood pressure, sweating, temperature, blood flow, dilation of pupils, digestion, etc, etc. Autonomic instability has a huge variety of symptoms and each patient has different clusters. Many patients have significant GERD. The symptoms can wax and wane a lot. Females may have monthly symptom spikes. It runs in families. See the new page in the Reading Room– Advanced Topics.

PAGER Volunteer Stephanie Petters runs the support group in North Atlanta. She led the group in a discussion about coping and avoiding burnout. Stephanie wrote up summaries and discussion points to share with the rest of us. They are now posted in the Coping section of the Reading Room.

Want to know more about who we are and what we do? There is now a fact sheet about PAGER in the About GERD section of the web site.

We have uploaded many of our printed documents to the web site. Do you need a flyer? A brochure? A symptoms list? Now you can print them day or night at your convenience. Please let us know if you distribute them. We keep counts.

Office help needed

Do you know how to do basic office work? Type names in a database? Pay bills? Surf the net to find information? Do you know a friend or relative who has time on their hands and some of these basic skills? We need all the help we can get in the Frederick and Annapolis Maryland offices. Even half a day per week would be very helpful.

News of Interest

Kids Create – Parents Relate Coloring and Drawing Contest

Remember the amazing calendars that TAP produced this past winter? They are doing another one. PAGER is a co-sponsor of the project. Here are all the details. Good luck!



Draw "where it hurts"



When it comes to your child's health, understanding how your child feels through words alone can be challenging. Drawing and coloring can be powerful tools to help your child talk about his or her health. Many health care providers often ask their young patients to draw "where it hurts." A child's artwork may help you identify and understand symptoms he or she is having.

The 2006 Drawing and Coloring Contest for The Art of GERD™ Kids Create. Parents Relate.

For kids with gastroesophageal reflux disease (GERD), it can be hard to describe when a stomachache isn't just a stomachache. This program helps children better describe what it feels like to have GERD and rewards them for their creativity. And better descriptions can help parents better recognize the symptoms of GERD in their children.

This year's national contest is being sponsored by The Pediatric/Adolescent Gastroesophageal Reflux (PAGER) Association, ClubMom®, Kaboose™, and Prevacid®.

Highlights of the 2006 Drawing and Coloring contest:

- Contest runs from June to September 5, 2006.
- First-place winners will receive a \$10,000 education scholarship and \$1500 for art supplies; winning artwork will be featured in the 2007 The Art of GERD Kids Create. Parents Relate. calendar.
- Second-place winners will receive a \$2500 education scholarship and \$1000 for art supplies; winning artwork will be featured in the 2007 The Art of GERD Kids Create. Parents Relate. calendar.
- Third-place winners will receive a \$1000 education scholarship and \$500 for art supplies; winning artwork will be featured in the 2007 The Art of GERD Kids Create. Parents Relate. calendar.
- Honorable mention winners will receive a \$500 education scholarship and \$250 for art supplies; winning artwork will be featured in the 2007 The Art of GERD Kids Create. Parents Relate. calendar.

Children of all ages are encouraged to draw or color how they feel when they experience frequent stomachaches or other symptoms of GERD, such as throwing up, weight loss, coughing, and a hoarse or scratchy voice.

Let this summer's project be a creative one! [Register your child for the contest.](#)

Examples
of past
winners



Book Review – Updated book just released

Making Life Better for a Child with Acid Reflux is the continuing story of Tracy and Mike Davenport's quest to help their son, Ben, who has severe reflux. This new edition is updated and has technical chapters written by members of Ben's medical team. For ordering information, visit www.makinglifebetter.org/

From the Trenches

There has been a lot of discussion on the boards about the fear of having another child and the possibility of dealing with reflux all over again.

GERD in future children

My husband and I always thought we would have 2-3 children. Now after having D, who had pyloric stenosis, and now has GERD and delayed gastric emptying, we have really reconsidered having anymore children. Is it more possible for each of our future children to have GERD since D? I don't know I could go through this again.

Unfortunately yes it is quite possible. Research has mapped a gene linked to GERD. You can read about the research in the reading room. Having said that, my husband and I waited 4 1/2 years to have a second child in order to recover from our first child's horrific GERD years and our second child did not have reflux.

It is such a tough decision you face, but I think you may come to a point where you're ready to try again. My story: I have a fourteen year old son who had pyloric stenosis and some other unrelated medical problems. It took me 10 years to try again. #2 (no GER, no pyloric stenosis) is now 4 years old. #3 is now 5 months old with GERD. It's been incredibly hard with #3 being sick, but looking at #1 (the 14 year old) who's now healthy and taller than I am, and #2, healthy and goofy as only a preschooler can be, I can see some light at the end of the tunnel. I think with any pregnancy and child, you worry about the what-ifs. If you do decide to have more children, you at least know your strengths in dealing with GER. Whatever you decide, it will be the right thing for you.

Just went through this . It is such a tough decision. I was in a PAGER support group and a good friend of mine decided not to have another one. I think the risk was around 50/50 last I heard and I decided to take the chance. Now, I have a 6 week old with bad reflux and honestly sometimes regret my decision. Even if you have been through this before and know what to do, it is still hard at night when you get no sleep, hard to watch your baby suffer and think it your fault (because I knew the risks), and hard to navigate the medical system (because you have a new patient you have to wait longer to get in). Make your GI appointments when you are 8 months pregnant! Anyway, I feel that way about every other day. On good days, I cry good tears and look at this little miracle who will be there for my daughter long after I am gone. He already makes me laugh, too. He is 6 weeks old and laughs when he passes gas, just like a typical guy! Anyway, it is really hard the second time around, I will be honest. But there is a difference in that you do know it will end someday and that kinda gets you through the day.

I can hear the pain and exhaustion in your post. I feel just as you do at times. My 20 month old does not have reflux. She is an invitro baby after trying for 9 years. Such a miracle she is. My 3 month old daughter does have reflux and was unplanned. Go figure! After 9 years of infertility I get pregnant when my older daughter was only 8 months old. It was indeed a miracle too, however I sometimes feel a little bad because all the happiness and joy we had with my older daughter is pretty much gone. Our time is spent in doctors' offices, hospitals and pacing the floor with a crying infant. I look at our happy toddler and feel tremendous guilt about what we can't give her in terms of our time. We used to laugh and play, now it is all we can do to get through the day with our sanity intact. My husband and I get short with each other a lot because we are just both so tired of being tired. Don't get me wrong, we love our new baby so much, but it does make me long for the one on one time with our other daughter. The joy we so longed for in becoming parents was short lived. Now each day is long and exhausting with very little fun.

Necessity is the mother of Invention

Meet the inventors of the products we advertise

From the Kenner Star – Interview with the inventor of the [Tucker Sling](#)

It is said that necessity is the mother of invention, but, for one Kenner mom in the early 1990s, the motivation that led to the creation of a device that would ultimately bring comfort to thousands of infants was not so much necessity, as it was love. From the beginning, Terry Jarrett struggled with the challenges that her newborn son, Keith, constantly faced. I could not put him down," Jarrett recalls. "Formula would come out of his nose and mouth as he choked. He was inconsolable. The only time he seemed to find relieve was then I held him, which was ten to twelve hours every day." Read the full interview on our web site in the Reading Room - Products



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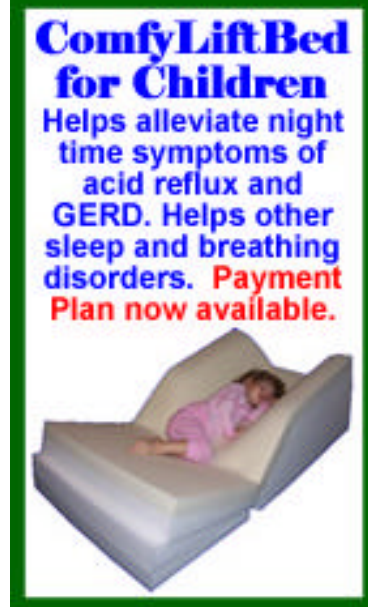


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Get the practical help you need

Volunteers are standing by to take calls from parents. Our 40 amazing volunteers are well-trained and all have gerdlings of their own.

Participate

This is YOUR newsletter. What would you like to see? We try to have a mix of news and "human interest" pieces – stories from the media or from our members that relate to acid reflux. Send us clippings, comics, internet sites, interesting products or your GERD story. Send them to gergroup@aol.com

Sharing is nice

Please pass this newsletter along to friends and family who have reflux. We hope they will subscribe once they see what we offer.

Why ads?

Because they help defray the cost of our web site, newsletter, volunteer training, travel to medical conferences and insurance. If your corporation wants to sponsor an issue or place an ad, please [contact us](#).

Why subscribe?

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When you join PAGER or make a donation, you are allowing us to offer much-needed support and information to parents and patients. You also help us to be able to collect the cool information we bring you. Donations are tax deductible. Suggested donation is \$25+ to call yourself a "supporting member"

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Reflux Digest is produced by:

Pediatric Adolescent Gastroesophageal Reflux Association – PAGER

Beth Anderson and Jan Gambino, Editors

PO Box 486

Buckeystown, MD 21717-0486

USA

301-601-9541 Message Line

gergroup@aol.com

www.reflux.org

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