



Children's Health Matters

ISSUE 1

MARCH 2011

THE CHILDREN'S CLINIC
49 GROSVENOR STREET
WOOLLAHRA
NSW 2025

TEL: 9369 5757
9369 5679

FAX: 9387 7841

EMAIL:

info@thechildrensclinic.
com.au

WE'RE ON THE WEB: www
thechildrensclinic.com.au

INSIDE THIS ISSUE:

Our Doctors 2

Young
Wheezers 3

Our Allied
Health 4

Introducing:

The Children's Clinic

Providing your children's specialist healthcare needs

Welcome to the first Newsletter from The Children's Clinic.

Our vision is to deliver world-class private paediatric health care in an environment which is

- Child focussed
- Child friendly
- Child first

Children are not "little adults"- they have unique needs which change with age.

We care for children and young adults in an environment which is the 'art, science and soul' of paediatrics in a setting where children look forward to returning.

Our clinic provides paediatric healthcare for:

- Sleep
- Allergy
- Immunology
- Respiratory
- Pain
- Nutrition
- Physiotherapy
- Psychology
- Social Work

All of us have previously provided private healthcare at other clinics and have teamed up to develop this unique clinic.

We aim to continue to grow in the future and attract more paediatric specialists to provide a wider-range of world class quality health care for all your child's health care needs- a "one stop shop".

Please ask your GP or general paediatrician for a referral to our clinic.



Who are we?

We are a team of well respected paediatric health professionals specialising in caring for the health of children.

All our professionals have been trained at world leading children hospitals, and many of us still hold appointments at Sydney Children's Hospital, Randwick, and Children's Hospital at Westmead.

Educational events

As renowned experts in their fields, our health practitioners regularly lecture to fellow health professionals. We also organize and lecture at National and International conferences.

One of our aims is to develop and provide educational events for parents.

Please email us any suggestions you have for topics you would like to learn more about.



**Allergy
Services
Available:**

- Allergy testing
- Desensitisation
(Immunotherapy)
- Food challenges

“Opening
4th April
2011”

Dr Adam Jaffé BSc (Hons) MBBS, MD, FRCP, FRCPCH, FRACP



Dr Adam Jaffé is a **Paediatric Respiratory Consultant**. He is Head of the Respiratory Department at Sydney Children's Hospital and a conjoint appointee Associate Professor at the University of New South Wales. He trained in London and in Sydney and was consultant at Great Ormond Street Hospital for

Children for 5 years before returning to Sydney. He specialises in children who have chest problems such as cough, asthma and recurrent chest infections. He has published over 100 research papers on children with lung disease.

He is chairman of the NSW Health Aiming for Asthma Improvement in Children Program. His patients have access to one of the best respiratory diagnostic laboratories in the world at Sydney Children's Hospital. He is an acknowledged expert in flexible bronchoscopy.

Dr Brynn Wainstein MBChB, PhD, FRACP



Dr Brynn Wainstein is a consultant specialist in **Paediatric Allergy and Immunology**. He is a Staff Specialist in the Department of Immunology and Infectious Diseases at Sydney Children's Hospital Randwick. Brynn has a PhD

on peanut allergy in children. Brynn has expertise in many paediatric allergic and immunologic conditions with a particular interest in food allergy. His other interests include allergic conditions such as eczema, allergic rhini-

tis, asthma, recurrent hives and insect sting allergy. In addition Brynn is a specialist in the investigation and management of children with primary immunodeficiencies and recurrent infections.

Dr Preeti Joshi MBBS (Hons), DCH, FRACP, PhD



Dr Preeti Joshi is a consultant specialist in **Paediatric Allergy and Immunology**. She is a Staff Specialist at the Department of Allergy and Immunology at The Children's Hospital, Westmead. Preeti graduated with honours from the University of Sydney in 1990 before completing her specialist training in paediat-

rics. She completed a PhD in the development of allergy in children before working in New York with Professor Hugh Sampson, a world expert in food allergy. Preeti has an active role in teaching and research in addition to running a busy practice in clinical allergy and immunology. Her special interest includes paediatric

food allergy, eczema and allergic rhinitis. She has wide experience in the management of many allergic and immunologic conditions in children. Preeti has recently co-authored and published a book for parents and carers entitled "Managing your child's food allergies" (Harper Collins 2009).

Dr Greg Blecher MBBCh, FRACP, Grad Dip Epi



Dr Greg Blecher is a consultant specialist in **Paediatric Sleep Medicine**. He did his medical degree in South Africa. He trained in London and in Sydney. He is a Staff Specialist at Sydney Children's

Hospital and VMO at Liverpool Hospital. He specialises in children with sleep disorders such as obstructive sleep apnoea, restless leg syndrome, night terrors and difficulties sleeping.

His patients have access to sleep studies at Sydney Children's Hospital, St George's Private Hospital (Kogarah) and St Lukes Hospital (Potts Point).

Dr Simon Cohen BSc, MBChB, MRCPCH, FRACP



Dr Simon Cohen is a paediatrician with an interest in **Pain Medicine**. Simon qualified in the UK in 1995 and has been a children's doctor for over 14 years dealing with new born babies to 16 year old children. As a consultant

Paediatrician with a wealth of experience in the UK and Australia, he is able to deal with all aspects of a child's health, development and general wellbeing. He has an understanding of the difficulties and challenges of looking after

a child with chronic pain and how this can impact on the family. By combining the latest in pain medicine knowledge and careful use of medications with a broader, holistic approach he aims to improve the function and quality of life of a child who has chronic pain.

My Young Child Wheezes— is it Asthma? By Dr Adam Jaffe

What is a wheeze?

A wheeze is a high pitched musical note caused by turbulent air flowing through an airway tube which has narrowed, either by contraction of the muscle surrounding it or because there is inflammation or mucus present. In many languages there is no word for wheeze and some translate it as a whistling sound. It is no surprise, therefore, that many parents (and junior doctors) get confused with the sound their child is making. A rattle is often mistaken for a wheeze. This is caused by pooling of secretions in the back of the throat making a type of gurgling sound which can be transmitted through the chest wall which is why parents often say they can feel it in their child's chest when they hold him/her. It is much louder than a wheeze which is often heard close to the child or through a stethoscope.

If my pre-school child wheezes is it asthma?

We know that there are many causes for why pre-school children wheeze. If mothers smoke in pregnancy their child has smaller airways at birth and are more prone to wheezing but they are likely to grow out of it.

Most preschool children are “transient early wheezers” and will develop wheezing before they reach 3 years of age. They tend to wheeze every time they get a cold but most will grow out of it by 6 years of age. The symptoms which are highly suggestive of “classical” asthma are:

- Wheezing in the first 3 years of life and persisting beyond 6 years of age
- Frequent wheeze occurring more than once a month
- Cough/wheeze caused by exercise or tickling
- Cough at night without a cold
- No seasonal variation

What tests can my doctor do?

Children have to be at least 4 or 5 years of age to test lung function to help make the diagnosis. There are some lung function tests that do not require cooperation and can be done in babies but these are used for research at the moment. A skin prick test will help to see if your child has

an allergy to common airborne allergies such as house dust mite, dogs, cats, grasses and cockroaches.

Can I do anything to prevent the episodes?

“Until the 19th century fever was regarded as a disease, maybe in 20, 30 or 50 years’ time we will look back at asthma in the same way”.
Fernando Martinez

As most cases of wheeze under 5 years of age are due to viruses it is difficult to avoid these. Most children get 8 colds a year on average and this is increased if they go to childcare or have older siblings who go to school. There is no evidence that avoiding milk or dairy products has an effect in the majority of children. For house dust mite, there is not much evidence to show that changing to special expensive bedding or

removing carpets causes wheezing to improve. Avoiding house dust mite does make nasal allergy better though.

Avoiding smoking definitely helps. Smoking destroys the protective lining of the airways and even if parents smoke outside, the poisons are transmitted in their clothes and hair and transferred to their child when they cuddle him/her.

What treatment options are there?

Blue **reliever** medications are used only when there are symptoms. They should be used with a spacer device and mask in children under 3 years of age, and a spacer with mouthpiece in older children. Inhaled **controller**-steroids (orange/brown) are used to improve persistent symptoms such as cough or wheeze. They should be used with a spacer and your child should be encouraged to brush his/her teeth afterwards or have a drink to remove mouth deposition.

Are steroids safe?

Steroids used in appropriate doses are safe. They are not the same as the steroids that body builders use to build muscles. We do know that taking inhaled steroids can cause growth to become slightly delayed but the good news is that final genetically determined height is not affected; it just means that children may reach it 1 or 2 years later than their friends. It is important to balance this risk against not treating a chronic respiratory illness properly which results in the use of extra energy to breathe and may also affect growth. Children on inhaled steroids should be monitored regularly by a doctor.

Is there an alternative to steroids?

Yes. Montelukast, or Singulair, is a tablet which can be chewed once a day. It is not a steroid and works on a different inflammation pathway.

It is licensed in Australia from 2 years of age for asthma and allergic rhinitis.

Will my child grow out of it?

One in 9 children in Australia have asthma. If your child has a wheeze before 3 years of age and either parent has a history of asthma, allergy, hay fever or eczema, or if your child wheezes without colds, has hay fever or allergy, then there is a high chance of your child going onto get classical asthma. However, the good news is that most preschool children will outgrow it and never have to come back to the clinic again.

Useful Asthma Websites

www.kidswithasthma.com.au

A great site for children with asthma games

www.asthmafoundation.com.au

Asthma Foundation of Australia- a great resource

www.nationalasthma.org.au

National Asthma Council of Australia with great resources such as inhaler videos and action plans



Tamarah Katz MSc



Tamarah Katz is a **paediatric dietitian**. She graduated with a Masters of Nutrition and Dietetics degree from Sydney University in 2001. She specialises in paediatric nutrition and works at Sydney Children's Hospital, Randwick.

Her experience includes the nutritional management of: food allergies and intolerances (including eosinophilic oesophagitis, cows milk protein intolerance, FPIES); coeliac disease, constipation; failure to thrive; vitamin and mineral deficiencies; overweight;

children following a vegetarian and vegan diet; and children who are extremely fussy and eat a very limited diet. She has experience working with all ages of children from infants to adolescents. She is an accredited practising dietitian.

Nadia Reid BAppSc(Phy), MHLthSc(Paed Phy)



Nadia Reid is a **paediatric physiotherapist** and is a Senior Paediatric Physiotherapist at the Royal Hospital for Women. She graduated from the University of Sydney in 2001. After completing her intern year at Liverpool Hospital in 2002 Nadia and spent two years working as a physiotherapist in

England. On returning to Australia Nadia gained further clinical experience working at Bankstown Hospital, St George Hospital and Sydney Children's Hospital. Nadia completed a Masters Degree in Paediatric Physiotherapy at the University of Sydney in 2008. Nadia has extensive experience

in assessing and treating newborns, infants and children with respiratory, neurological and musculoskeletal conditions as well as those with delayed gross motor development. Nadia is passionate about helping every child reach their full potential in a supportive and fun environment.

Dr Meagan Lang B.A. Psych (Hons I), MSc, DCP



Meagan Lang is a **paediatric clinical psychologist**. She graduated with a Doctorate in Clinical Psychology in 2003. Meagan also works at Sydney Children's Hospital, Randwick. She works with young people with disabilities, chronic illness and mental health

concerns. She has experience working with families with children from infancy through to young adulthood. Meagan enjoys working with young people presenting with a broad range of clinical issues incorporating components of different treatment approaches

(including Mindfulness Based Cognitive Therapy and Acceptance and Commitment Therapy) to inform her use of Cognitive Behaviour Therapy (CBT) to support young people and their families in improving their functioning and overall quality of life.

Jennifer Cohen MSc



Jennifer Cohen is a **paediatric dietitian**. She graduated with a Masters degree in Nutrition and Dietetics from the University of Sydney in 2001. She has worked as a Dietitian in both an adult and paediatric hospitals including

3 years at Royal Prince Alfred Hospital and 6 years at Sydney Children's Hospital where she currently works. She has extensive experience across all areas of children's nutrition and specialise in patients with poor growth,

nutritional deficiencies, allergies and intolerance, diabetes, coeliac disease, overweight and fussy eating. She is undertaking a PhD on the nutritional management of children with cancer.

Talya Linker BSW



Talya Linker is a **paediatric social worker**. She graduated from University of New South Wales in 1998. Talya has worked at Sydney Children's Hospital for the past 10 years. She currently works in the Child Protection Unit at Sydney Children's Hospital counselling

children, young people and their families. Talya has extensive counselling experience in both individual and family therapy. She believes in a systemic way of working where the family is involved in the process as well as the individual

child who requires counselling. Talya has experience dealing with issues such as mental health and eating disorders in young people, loss and grief, diagnosis of illnesses and the impact on the child and family.

Parking:

Free 2 hours on street and at Westfield's, 5 minutes walk away. Please ask us for more information.

