

An Integrated Approach  
to Pediatric Therapies



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Certified Orofacial Myologist*

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**Deena O'Connor, MA/CCC-SLP**

**Lisa R. Cohen, MA/CCC-SLP**

*Speech-Language Pathologists  
Articulation, Language, Swallowing, Feeding,  
Cochlear Implants, Cognitive Therapy*

**Kate Guzzetti, OTR/L, SIPT**

**Carol McVey, MS, OTR/L**

*Occupational Therapists  
Sensory Integration,  
iLS Integrated Listening Systems  
School/Home Based Consultations*

**Catherine Chase, MA, LDTC**

*Psycho-Educational Diagnostician*

**Chad Renshaw, MLA, Behaviorist**

*Little Learners Social Skills Group, Floor Time,  
Private Home/School Based Consultations*

**Kelly Dorfman, MS, LDN**

*Health Program Planner and Nutritionist*

**Aurora Goodman, CHC, AADP**

*Certified Health Coach*

## Comprehensive Family-Centered Care

- Case Management Services include referrals to medical practitioners, chiropractic specialists, neuropsychologists, psychologists, audiologists, behaviorists and educational consultants.
- Medical component to therapy helps improve functional outcomes.
- State-of-the-art sensory gym



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# Eosinophilic Esophagitis (EoE)

By Celia Padron, MD, FAAP



**E**osinophilic esophagitis (EoE) is an inflammatory condition in which the tissue just beneath the inner lining of the esophagus becomes filled with large numbers of eosinophils, white blood cells manufactured in the bone marrow.

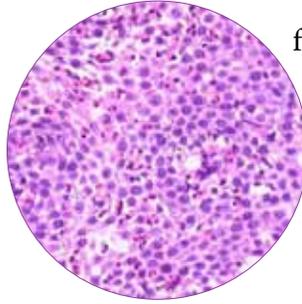
EoE affects both children and adults. For unknown reasons, males are more commonly affected than females and it is most commonly found among young boys.

The major symptom in older children with EoE is difficulty in swallowing solid foods (dysphagia). Specifically, the food gets stuck in the esophagus after it is swallowed. The most common symptoms in younger children are abdominal pain, nausea, vomiting, chest pain, coughing and failure to thrive.

EoE is evaluated by endoscopy, which enables the physician to view the inner lining of the esophagus and obtain tissue samples (a biopsy) that are then examined under a microscope.

Eosinophils are particularly active in the type of inflammation caused by allergic reactions. EoE is a type of esophagitis that is caused by allergy for two reasons. First, eosinophils are prominent in other diseases associated with allergies such as asthma, hay fever, allergic rhinitis and atopic dermatitis. Second, patients with EoE are more likely to suffer from these other allergic diseases.

The theory about the cause of EoE is that it represents allergy to some protein found in food. Evidence has accumulated in children that diets eliminating allergy inducing



food(s) and amino acid base formulas often result in reversal of the esophagitis and disappearing of the eosinophils.

If the elimination diet is ineffective in treating EoE, then medications primarily used are swallowed Fluticasone (Flovent) and proton pump inhibitors. Flovent is a synthetic steroid that has potent anti-inflammatory action. Little of the Fluticasone is absorbed into the body and, therefore, side effects are minimal. Proton pump inhibitors are a very safe and effective treatment for the symptoms of acid reflux and esophagitis since acid reflux may aggravate the esophagitis in patients with EoE.

Complications of EoE are: esophageal strictures and, in younger children, feeding difficulties and feeding behavior acquired during the time that eating was painful. Esophageal strictures are treated with dilatation that involves physically stretching the esophagus and feeding difficulty, due to the fear of eating, is treated by the feeding therapist.

Eosinophilic Esophagitis, a newly recognized disease, is on the rise in the United States. This may be reflective of an increased awareness of EoE among physicians treating reflux symptoms or indicative of a climb in the prevalence of the disease. Understanding the causes, natural history, diagnosis and management is limited and will evolve over the coming years. The current treatments are based on a limited number of the small studies. More studies involving a larger number of patients followed by longer periods of time are necessary to determine the long-term efficacy and safety of the treatment.

EoE is an inflammatory condition that affects children, males more than females.

EoE may be due to a food allergen.

The major symptom in older children is dysphagia for solid foods.

The major symptom in younger children is acid reflux, abdominal pain and failure to thrive.

The diagnosis of EoE is made during an EGD (endoscopy). The diagnosis is confirmed by biopsy.

The treatment is with elimination diet and acid blockers. steroid type medications re used when diet and acid blockers fail.

# Pediatric Feeding & Swallowing Program

Dianne Lazer, MA, CCC-SLP/COM  
Speech-Language Pathologist/Certified Orofacial Myologist

[www.betterspeech.com](http://www.betterspeech.com)



This service evaluates and treats patients with swallowing (dysphagia) and feeding problems that interfere with a person's growth, health, nutrition and development.

Approximately 80% of children with feeding problems have a related medical condition, active or resolved. Feeding difficulties are typically associated with one or more of the following: failure to thrive, failure to advance texture, over selectivity of food, bottle or tube dependence, total or partial food refusal, oral-motor dysfunction,

dysphagia and vomiting, and immature swallowing pattern affecting dentition.

Better Speech and Feeding Center, Inc.'s feeding and swallowing program provides a multidisciplinary therapy approach including medical management, nutrition and, when needed, occupational and behavioral therapy services, to ensure optimal outcomes. The primary goal is to promote safe, efficient eating using mature oral-motor patterns appropriate for the textures of food offered through a variety of therapy approaches.

## Healthy Eating Books for Children

save 20%



*Better Speech and Feeding Center, Inc.* recently teamed up with Dr. Celia Padron, pediatric gastroenterologist, and Rose Payne, Certified Health Coach, to publish a series of four children's books that address healthy eating habits. This book series is an excellent teaching tool that facilitates the treatment of numerous GI issues.

Designed for the four- to eight-year old age group who desperately need to change their eating patterns, the books are colorful, child-friendly and informative. The first two titles include a coloring book that features the main characters in both books allowing children to review the story in a kid-friendly manner. The third book focuses

on the importance of regular bowel movements, which has been very helpful for many young patients struggling with chronic constipation. The fourth book explains the food/mood connection of eating processed foods high in sugar and the negative results that may occur in the child's everyday life.

Many GI problems can be easily resolved once children and parents are given a better understanding of how the foods they eat can contribute to their poor growth and development and might also be the cause of a host of disorders including: reflux, chronic congestion, constipation, and learning disorders, to name a few.

This informative series of books can be ordered from our office (20% discount when you mention this newsletter) or [www.amazon.com](http://www.amazon.com).

# Speech, Language & Cognitive Therapy



**Jennifer Uhl-Bergman, MS, CCC-SLP** is a Pediatric Wellness Network Associate with over 30 years experience. The focus of her practice is to provide evaluations and treatment for children who present with developmental disabilities, including autism and apraxia. Specialized training in PROMPT (Prompts for Restructuring Oral Musculature Phonetic Targets) proves effective in

her treatment of children with apraxia.

Since most of the children Jennifer works with also receive speech therapy services as a part of their school program, she works collaboratively with school-based therapists in order to achieve the best possible outcome.



**Our** newest Pediatric Wellness Network Associate is **Lisa R. Cohen, MA CCC SLP**, a Speech Language and Cognitive Therapist. Lisa delivers comprehensive Diagnostic & Therapeutic Services to children, adolescents and adults. Specialty areas include: Brain Injury Rehabilitation, ADHD and Cognitive Coaching, Social Skill Training, Learning Enhancement Strategies, Language

and Articulation Therapy, Enrichment Groups and Sibling Workshops.

Lisa's approach to intervention is creative, resourceful, and practical. Focused treatment sessions incorporate functional goals, family involvement and training, self awareness and self monitoring techniques, as well as ongoing communication with the educational and medical team. Lisa has extensive clinical experience in a variety of settings including: private practice, in and outpatient rehabilitation, acute care and the school system.

Lisa R. Cohen is available for consultation and is currently accepting new referrals. Please contact her if your patient is experiencing any of the following: academic challenges, memory deficits, inattention, impulsivity, questionable social judgment, disorganization, poor time management and/or communication problems.

*Email address: [lrcohen61@gmail.com](mailto:lrcohen61@gmail.com)*



**S**weet Speech Therapy, LLC is a private speech therapy service provider founded by **Deena Dolce O'Connor, MA, CCC-SLP**. Working closely with families and medical, educa-

tional and therapeutic professionals, Sweet Speech Therapy believes in a total approach to therapy. Deena, a New Jersey certified Speech-Language Pathologist with over twelve years experience working with pediatric speech disorders, received the American Speech-Language-Hearing Association Award for Continuing Education and is considered an expert in the development of language and speech acquisition in the birth to three and preschool populations.

Deena received her Bachelors degree in Communications from Villanova University and received her Masters degree in Speech-Language Pathology from New York University. She was taught hands-on the DIR-Floortime approach to therapy at Montclair State University to facilitate language in children with Autism Spectrum Disorders. She gained experience at the Children's Hospital of Philadelphia in Auditory Verbal Therapy to treat children with Cochlear Implants. Deena continues to work in New Jersey's Early Intervention Program to promote children's speech and language learning in their first years. With a broad base

of knowledge in child development, Deena, along with the rest of the multi-disciplinary team of professionals at the Pediatric Wellness Network, believe in working together to ensure children reach their potential.



[www.sweetspeechtherapy.com](http://www.sweetspeechtherapy.com)

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# Occupational Therapy



**K**atrina L. Guzzetti, OTR/L is a pediatric occupational therapist with over 15 years of experience in working with children and their families. She has experience in the evaluation and treatment of a range of developmental challenges and delays due to birth

injuries, genetic or chromosomal abnormalities, neuromotor dysfunction, autism spectrum disorders and sensory processing disorders.

Kate graduated in 1996 from Thomas Jefferson University and has specialized training in the areas of sensory processing and is SIPT (Sensory Integration and Praxis Test) certified through WPS® (Western Psychological Services).

She has also taken multiple continuing education coursework and received advanced training in the areas of visual-vestibular processing, sensory processing/modulation, handwriting, as well as sound based therapies including Therapeutic Listening® and iLs (Integrated Listening Systems).

[www.klgpeds.com](http://www.klgpeds.com)



**O**ur associate **Carol McVey, MS, OTR/L**, brings over ten years of experience delivering quality care to children (birth through adolescence) who present with Sensory Processing Disorders and Motor Delays.

Her playful and therapeutic approach is family and child centered. Goal oriented sessions address: motor strength and

coordination, visual motor and perceptual skills, attention, personal organization and sensory regulation and coordination issues.

Ms. McVey collaborates with parents to identify helpful strategies that promote the physical, social and emotional skills required to live skillfully at home, school, on the playground and with friends.

Carol is a graduate of Thomas Jefferson University and regularly takes continuing education classes to augment her therapeutic interventions and to use the most effective techniques and approaches.

Please contact **Pediatric Wellness Network** for an occupational therapy consult if your patient experiences:

- Poor school performance due to challenges with inattention, visual motor skills, handwriting or organizational skills
- Avoidance of playground or sports activities
- Clumsiness on the playground or on the ball field
- Performance problems effecting self esteem

# Learning Consultant



**C**atherine R. Chase, M.A., LDTC, a psycho-educational diagnostician and learning and reading specialist, is a graduate of the School of Education, Catholic University of America, in Washington, D.C. She is the first educator to have been awarded a fellowship in Developmental Behavioral Pediatrics at the Boston Children's Hospital and Harvard Medical School, and has advance psycho-educational assessment training at Tufts University. She has over twenty-five years of experience in the field of education.

Catherine is the owner and founder of Chase Psycho-Educational Services, which has been established for students who are experiencing learning differences with attention, learning and behavior, and for students who are in need of educational enrichment.

She holds appointments as an associate at the Pediatric Wellness Network in Cherry Hill, NJ, and as a private practitioner and learning consultant in Cape May, Atlantic and Cumberland Counties, where she provides evaluations and interventions to schools, parents, teachers and student clients.

*Email address: [crchase77@gmail.com](mailto:crchase77@gmail.com)*



# Social Skills



**C**had Renshaw, MLA, is a social skills therapist, behavior assistant and developmental play therapist with more than seven years experience working with children who have special needs.

Trained at Holding Hands Pediatric Therapy

and Diagnostics in Los Angeles, CA, Chad utilizes the Greenspan model of relationship-based interventions to support children in developing social awareness, empathy and coherent, logical ideations through play. Chad specializes in providing in-home behavior support helping families create and implement behavior plans that eliminate maladaptive behaviors by replacing them with positive ones.

Chad provides Social Skill Play Groups at the Pediatric Wellness Network in collaboration with Occupational and Speech-Language Therapy Associates. Play Groups offer therapist-facilitated cooperative play aimed at creating the skills necessary to develop positive social relationships both at school and in the community, and ultimately offers every child the essential building blocks for a more fulfilling and rewarding life.

At the Pediatric Wellness Network, our unique social skills program is designed to prepare children for the Preschool and Kindergarten environments. Set up in three levels designed to focus on your child's current social aptitude and developmental functioning, our groups offer 10-12 session semesters to develop the necessary skills children need to acquire by the time they enter school.



## Pediatric Wellness Network

### *Social Skills Training Group For Children with Social Skills/Communication Difficulties*

**Where:** 1919 Greentree Road, Suite C  
Cherry Hill, NJ 08003

**Who:** Little Learners (Ages 3-4 - Introductory Level)  
Star Learners (Ages 4-5 - Intermediate Level)  
Let's Make Friends (Ages 5-6 - Advanced Level)

**What:**

- Meeting New Friends
- Developing Social Skills
- Following Directions
- Circle Time
- Following A Schedule
- Waiting Patiently
- Taking Turns/Sharing

All programs are \$25/lesson and run for 12 week intervals. To ensure the best possible learning environment for all, as well as for consistency, children are encouraged to attend all sessions. Give your child the building blocks to develop greater empathy and meaningful relationships.

Call Risa at  
**(856) 751-1937**  
to register your child today!

*Pediatric Wellness Network provides comprehensive diagnostic, therapeutic, and consultative services in Occupational Therapy, Speech/Language/Feeding Therapy and Behavioral Therapy through individual and group intervention to address all aspects of our clients' needs.*

# Nutrition & Health Programs



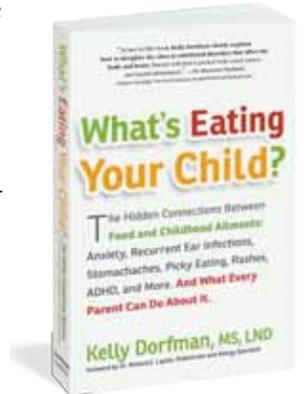
**K**elly Dorfman is a nutrition detective who works collaboratively with other medical professionals around the country to help people with stubborn ailments and symptoms. After twenty-nine years of listening to clients describe their situations, she knows how to identify core issues quickly. She then carefully employs tried and true strategies grounded in research to attain the best results over time.

Kelly's special talent for integrating information from many sources and finding practical solutions has made her a popular speaker and workshop leader. She has lectured extensively throughout the United States and has been featured on numerous television programs including CNN's American Morning and Fox News.

One of Kelly's special interests is children. Her book, *What's Eating Your Child? The hidden connections between food and childhood ailments*, was published by Workman Press in June 2011. Publishers Weekly rave review claimed the book was full of "fascinating and potentially life-changing advice". She also co-founded the non-profit organization Developmental Delay Resources (DDR). The purpose of DDR is to educate parents, teachers and health professionals who deal with children facing attention, behavior and cognitive challenges.

As a go-to expert on nutrition issues, Kelly is frequently featured in magazine and newspaper articles. Marguerite Kelly wrote in the Washington Post, "her insights are excellent, and her advice is just what you need". (June 2011)

Kelly has a master's degree in nutrition/biology and is a licensed nutritionist dietitian in Maryland and the District of Columbia. She resides in Maryland and is the mother of three children.



*Email address: [kelly@kellydorfman.com](mailto:kelly@kellydorfman.com)*

## Through Ms. Goodman's health coaching program, families can expect to gain:

- A meal planning strategy that works with their hectic schedule
- Strategies of how and when to integrate more wholesome foods into the family's daily routine
- Useful tips for eating healthy on the run, on a budget, and with the kids
- Understanding of specific foods that can begin to improve focus, mood, energy and overall health
- A fun and balanced approach to health



**H**ealth Coaching is an innovative approach to health and nutrition combining the knowledge of traditional philosophies with the modern concepts like: USDA food pyramid, glycemic index, The Zone and raw foods.

**Aurora Goodman**, Certified Health Coach, received her Health Coach Certification from the Institute of Integrative Nutrition in New York City so that she could pursue her passion, assisting people make food and lifestyle choices that promote quality health and family life.

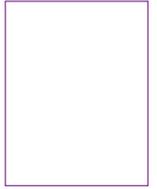


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## A Network of Pediatric Professionals Under One Roof

- Pediatric Gastroenterologist
- Pediatric Feeding & Swallowing Program
- Speech, Language & Cognitive Therapy
- Occupational Therapy
- Social Skills Play Groups/Behavioral Consultations
- Psycho-Educational Diagnostician
- Nutrition & Health Programs

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