

# Cook Children's Family News

parents  partners



Gastroenterology Family Advisory Council

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## Getting to Know the GI Team



Left Photo: Danny Rafati, M.D., Ph.D. Group Photo Back Row: Allison Holt, MSN, RN, CPNP, Nicholas Ogunmola, M.D., Bankole Osuntokun, M.D., Samson Cantu, M.D., Front Row: Jane Keng, M.D., Lyn Hunt, M.D., and Robin Henson, DNP, RN, CPNP-PC Right Photo: Lori Thompson, DNP, RN, CPNP-PC

We provide care for children and teenagers with diseases and disorders of the digestive system. Offering educational resources and support to our patients and families.



### *Special Dates & Events*

MARCH 4, 2014 - Treatment Approaches in IBD education program, featuring Prabhakar Swaroop, MD. & Lillienne Y. Chan, MD, **RSVP online [www.ccfa.org](http://www.ccfa.org)**

APRIL 12, 2014 - Dallas Take Steps for Crohn's & Colitis Walk, **Main Street Garden Park**  
**Contact Kris Eschman at 972-386-0607 or [keschman@ccfa.org](mailto:keschman@ccfa.org)**

MAY 19, 2014 - WORLD IBD DAY, **[www.worldibdday.org](http://www.worldibdday.org)**

MAY 2014 - Registration DEADLINE for Camp Oasis, camp for patients with IBD entering 2<sup>nd</sup>-10<sup>th</sup> grade by fall 2014, there is NO COST to Cook's patients. Contact Brenda Sonnier at 682-885-4822 or **[Brenda.sonnier@cookchildrens.org](mailto:Brenda.sonnier@cookchildrens.org)**



# What's New at Cook Children's Gastroenterology & Nutrition Clinic

## Cook Children's Feeding Program

The Cook Children's Feeding Program is committed to helping children with a range of feeding and nutritional problems. The Feeding Program team of specialists provides an interdisciplinary approach to these problems with comprehensive evaluations, medical management, and development of individualized treatment.

Dr. Jane Keng, Pediatric Gastroenterologist, is the Cook Children's Feeding Program Director.



## Cook Children's Neurogastroenterology and Motility Disorders Program

The Cook Children's Neurogastroenterology and Motility Disorders Program is one of the first pediatric motility programs in the southern United States. This program is for pediatric patients experiencing chronic intestinal dysmotility dysfunction.

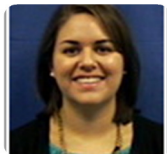
Dr. Bankole Osuntokun, Pediatric Gastroenterologist, is the Cook Children's Neurogastroenterology and Motility Disorders Program Director.



## Welcome Our New Staff



Ashlei Short, RN  
GI Specialty Nurse



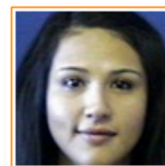
Mariana Skertchly, RD  
GI Dietitian



Nicole Dixon, RN  
GI Specialty Nurse



Nelly Puga  
Medical Receptionist II



Vanessa Aguillon  
Medical Receptionist II

# Let's Have Some Fun!

## Dr. Nick Ogunmola's Ipod list

1. Aloe Blacc:  
The Man
2. Toni Braxton &  
Baby Face:  
Hurt You
3. Drake: Pound  
Cake

## GI Nurse Practitioner Lori Thompson's Ipod Audio Book list

1. Outlander
2. Discovery of  
Witches
3. Daughter of  
Smoke & Bone



## Check out these GI Apps:



### Bathroom Scout App

Available for iTunes and  
Android

This app will help Crohn's patients find a bathroom with turn-by-turn directions and Google Street View to the nearest bathroom.



### Find me Gluten Free

Available for iPhone and  
Android

This app helps you locate gluten-free friendly restaurants and markets.

## Keeping up with Cook Children's



Cook Children's@CookChildrens



Cook Children's



Cook Children's Gastroenterology Group page



# Resources



## Matustik Family Health Library



The Family Health Library is open to patients, families, physicians and staff members at Cook Children's, and to the community.

The Matustik Family Health Library can be found in the Family Plaza on the first floor of the Cook Children's Medical Center near the exit to the Dodson Specialty Clinics building. Contact the library by calling 682-885-3060

## RemiStart®... Patient Rebate Program for REMICADE®

Based on your eligibility, RemiStart® can provide a rebate for your medication out-of-pocket costs, including deductible, co-payment, and co-insurance, for up to 12 months, for a maximum annual benefit of \$8000. Contact our office for details 682-885-1990 or [visit www.remistart.com](http://www.remistart.com)

## Johnson and Johnson Patient Assistance Foundation

Johnson and Johnson Patient Assistance Program may be able to assist you with Remicade costs if eligible. Please check with our office for details at 682-885-1990 or visit [www.jipaf.org](http://www.jipaf.org)

## GI Support Groups

### GUTS Group

For parents who have a child with **Short Gut Syndrome or Motility Disorders**.

Volunteers available to sit with young children during group

Cook Children's  
Family Support Meeting Room  
3<sup>rd</sup> Tuesday of EVERY MONTH  
6:00pm-8:00pm

Jill Finto

[Heather.finto@cookchildrens.org](mailto:Heather.finto@cookchildrens.org)

### Crohn's and Colitis Pediatric Support Group

For patients age 5 and up  
Cook Children's  
Pavilion Classrooms-rooms will vary  
3<sup>rd</sup> Tuesday of EVERY MONTH  
6:00pm-8:00pm

Brenda Sonnier, CCLS  
Child Life Specialist  
Office: 682-885-4822  
[brenda.sonnier@cookchildrens.org](mailto:brenda.sonnier@cookchildrens.org)  
Sommer Mims, RN  
[Sommer.mims@cookchildrens.org](mailto:Sommer.mims@cookchildrens.org)

Crohn's and Colitis Parent Support Group meet at the same time and location (separate room)

# NUTRITION - HEALTHY RECIPES

## Gluten-Free Tacos with Avocado

By Teri Gruss, MS

Packaged taco seasonings and taco shells can be a source of added gluten. This gluten-free taco recipe uses a homemade taco seasoning mix and organic gluten-free taco shells. Shredded baby spinach, red onions and avocado add vitamins, minerals, healthy fatty acids add vibrant color to this healthy version of a classic favorite.

**Prep Time: 20 minutes**

### Ingredients:

- 6 gluten-free hard taco shells ([See tip](#))
- 1 pound lean ground beef
- 1 tablespoon olive oil
- 2 tablespoons gluten-free taco seasoning ([See Gluten-Free taco seasoning recipe](#))
- 3 tablespoons water
- 2 cups loosely packed, finely shredded baby spinach
- ½ cup finely chopped red onions
- ½ cup chopped fresh avocado
- 1 cup shredded mozzarella cheese



### Preparation:

Place taco shells on a baking tray and warm in a 350° oven for 5 minutes. Brown ground beef in olive oil until completely cooked. On low heat, stir in 2 tablespoons of gluten free taco seasonings and 3 tablespoons of water. Simmer for about 3 minutes, stirring occasionally.

Fill each taco shell with a layer of seasoned ground beef, chopped avocado, chopped onion, shredded spinach and top with shredded cheese. Garnish with a thin slice of avocado.

**Tips:** Bearitos® brand hard corn taco shells and taco seasoning are gluten free.

## Gluten-Free taco seasoning mix with gluten free spices and herbs

### Ingredients:

- 2 tablespoons gluten free onion powder
- 2 teaspoons gluten free garlic powder (not garlic salt)
- 1 tablespoon salt
- 1 tablespoon gluten free chili powder
- 1 ½ teaspoons crushed dried red pepper
- 1 ½ teaspoons gluten free ground cumin
- 1 teaspoon dried oregano leaves
- 1 ½ teaspoons cornstarch
- 1 teaspoon sugar



### Preparation:

Place all ingredients in an 8 ounce jar and shake until seasonings are well distributed. Makes about 6 tablespoons of mix, or enough to season 3 pounds of ground beef. Store in a cool, dry location.

**For more recipes visit:** [glutenfreecooking.about.com/od/glutenfreespringrecipes](http://glutenfreecooking.about.com/od/glutenfreespringrecipes)