

A newsletter for friends and supporters of UCSF Benioff Children's Hospitals

UCSF Medical Center at Mission Bay Opens



Medical staff planned a cheerful welcome to pediatric patients as they arrived. Photo by Noah Berger

With 40 ambulances, approximately 300 UC San Francisco staff and faculty, as well as 100 emergency medical services personnel, UCSF Medical Center on February 1st, safely transported 131 patients to the new UCSF Medical Center at Mission Bay from its Parnassus and Mount Zion campuses.

The new medical center also greeted the first baby born at the new hospitals, a healthy boy who entered the world at a little more than seven pounds.

The opening of the new hospitals was the culmination of more than 10 years of planning and construction of the complex, which includes UCSF Benioff Children's Hospital San Francisco, UCSF Betty Irene Moore Women's Hospital, UCSF Bakar Cancer Hospital and the UCSF Ron Conway Family Gateway Medical Building.

For more information about the Mission Bay campus, go to: www.ucsfmissionbayhospitals.org.



Visit Our New Website! give.ucsfbenioffchildrens.org

We are excited to introduce the brand new website for the UCSF Benioff Children's Hospitals Foundation.

Visit the website to read our patient success stories, learn about ways to give, get information about upcoming events, and sign up for volunteer opportunities.

We look forward to seeing you there!



Four-year-old Sebastian working with his physical therapist, Lucy Tomlinson, DPT, at UCSF Benioff Children's Hospital Oakland

The Miracle Kid Sebastian, Age 4

Sometimes it's not as simple as a pill or a procedure. Sometimes, surviving a serious injury requires more of the patient, the family, and the care team. Sometimes it requires a fighting spirit we all can learn from and be inspired by.

Sebastian and his mother, Jamie, were standing a few feet from the edge of a seaside cliff last November when each bent down to pick up rocks to throw into the ocean. As the 4-year-old Santa Rosa boy stood up, he tottered forward and began to fall over the edge. His mother dove to catch him, but missed his hood by a few inches. Terrified, she watched him "tumble and bounce and roll" down the face of the daunting 230-foot cliff.

As daylight faded, rescuers rappelled down, getting help from illumination flares fired from a nearby Coast Guard lifeboat. To everyone's surprise, Sebastian was alive. He was found lying at the bottom of the cliff and was pulled back up to safety. Heavy fog prevented helicopter crews from airlifting him from the beach, so he was taken by ambulance to Santa Rosa Memorial Hospital, then transferred to UCSF Benioff Children's Hospital Oakland for specialized care. As one of only five ACS Level 1 pediatric trauma centers, Children's has one of the most experienced trauma teams in the Bay Area.

"When he came in he was pretty badly injured. The most concerning thing was his head injury," said Christopher Newton, MD. Sebastian suffered shear force trauma, a type

of brain injury caused by rapid acceleration or deceleration of the head, similar to shaken-baby syndrome. He underwent surgeries on his leg and arm, received two blood transfusions, and was put in a medically induced coma to keep him from going into shock. His recovery has also involved ongoing speech, physical, occupational, and music therapies, as well as psychiatric counseling.

Now back at home, Sebastian has come a long way since his devastating accident. There's still a long road ahead, but his family feels extremely grateful for the quality care that he has received. "My son wouldn't be alive without this hospital, wouldn't be thriving without the therapies and the team to support him," shares his mother Jamie.

Although it's apparent soon after meeting Sebastian that he's a very special boy, his positive, bounding energy belies all this miracle kid has been through.

“My son wouldn't be alive without this hospital, wouldn't be thriving without the therapies and the team to support him.”

—Jamie, Sebastian's mom

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Funds Support New Era of Sensory Research and Therapies

Imagine if your mother's touch felt like being raked by sandpaper or the sounds of a vacuum felt like an explosion in your head—this is part of the daily experience of millions of children with sensory processing disorders (SPD).

Last year, UC San Francisco's (UCSF) pioneering Sensory Processing Group, led by Elysa Marco, MD, pediatric neurologist, launched a crowd funding campaign that raised \$50,000 from the community to support a new era of sensory research and therapies. Funds raised have helped Dr. Marco advance her collaborative research; this year along with UCSF Drs. Elliott Sherr, Pratik Mukherjee, and Joaquin Anguera, she is moving forward with findings related to the genetic causes of sensory processing differences, neural differences, and cognitive training. "The campaign also connected me to a broad community of folks around the country who care about people affected by SPD as much as we do," she says.

In a groundbreaking 2013 study, Dr. Marco and her team at the UCSF Pediatric Brain Center's Sensory, Neurodevelopment and Autism Program found that boys affected with SPD have measurable differences in brain structure compared to typically developing boys. This demonstrated a biological basis for the disease and also led to the question of how these differences compare to other disorders.



“The campaign also connected me to a broad community of folks around the country who care about people affected by sensory processing disorders as much as we do.”

—Dr. Elysa Marco

Dr. Marco's research does not focus on kids that fit a particular psychological or psychiatric background, such as autism or ADHD. Rather, it looks across the sensory processing spectrum. Children with sensory processing disorder struggle with processing information, resulting in hypersensitivity to sound, sight and touch; poor fine motor skills; and distractibility. Yet, according to Dr. Marco, while we know very little about why kids suffer from SPD in many cases, we do know that there is a lot we can do to help.

"The generosity of our donors allowed us to start this work and to look at it on a much larger scale," says Dr. Marco. "With the depth of knowledge and tremendous expertise at UCSF, we can look at SPD through many lenses and push our understanding of children that have been traditionally understudied."

Connecting the Classroom to Promising Health Careers

Jorge Ruiz is one of the nearly 500 students at East Oakland's Life Academy of Health and Bioscience getting a head start on a career in the health care field.

Founded in 2001, Life Academy uses an educational approach that integrates academics with career-based training and a workplace environment. The 6th–12th grade public school serves low-income and minority students in one of the poorest sections of Oakland, but also boasts the city's second highest rate of graduates who go on to attend four-year universities.

Like many of his peers, Jorge is completing a two-and-a-half-year internship at UCSF Benioff Children's Hospital Oakland through our Community Health & Adolescent Mentoring Program for Success (CHAMPS) program, which introduces underrepresented minority high school students to health professions. Over the course of his internship, Jorge has rotated through different departments at the hospital, community clinics, and private medical offices.

As the younger brother of two disabled sisters, Jorge is already using his training outside the



CHAMPS student Jorge Ruiz with his program supervisor, Dr. Julianne Burns.

classroom to help his mother take care of his siblings. "My oldest has cerebral palsy and my second older sister has cerebral palsy quadriplegia. She feeds through a G-tube. And so that kind of piqued a small interest."

Life Academy is one of the first schools to partner with CHAMPS and over the last 14 years and has guided 203 students through the program. Six program graduates have earned prestigious Gates Millennium college

Kids-N-Need Golf Tournament Raises \$100,000 for Children's



Over the past two decades, the Kids-N-Need Golf Tournament has raised over \$100,000 for UCSF Benioff Children's Hospital Oakland. This annual spring event brings golfers of all skill levels together for the love of the game and the benefit of sick children.

"Children's Hospital donates millions of dollar in services each year to children in need who do not have the financial resources to pay for care," shares event chairman, Al Fernandez. "We applaud your efforts and are happy to contribute to your goals, which are in line with ours."

Kids-N-Need was founded by Danville business owner Dale Stockbridge twenty years ago as a way to give back to the community. In recent years, he has passed the baton to Al Fernandez and other board members to continue this annual fundraiser for UCSF Benioff Oakland.

This year's event will be held at Castlewood Country Club on April 20 and will include dinner, golf, an auction and a raffle. For more information, please visit kids-n-need.org.

scholarships and one student has successfully completed medical school and is now a resident at Kaiser Oakland. This partnership has also sparked the attention of the Obama administration's educational panel and congressional aides from many different states for its success as a linked learning model for inner city youth.

Shanta Ramdeholl, Clinical & Administrative Director of Juvenile Justice Medical Services at UCSF Benioff Oakland, oversees CHAMPS and believes her program is also working to grow a more diverse work force.

"If we don't do it, it's a missed opportunity," shares Ramdeholl. "Just imagine for doctors who go on to medical school, what these kids are doing today, it takes two years in medical school before they would start—to start shadowing medical providers or doing certain things that these students are doing today. So it opens up a new world for them."

Excerpted from PBS NewsHour's education coverage as part of American Graduate: Let's Make it Happen

Tapping into Water to Reduce Obesity Among Children

As the parent of two young children, Anisha Patel, MD, MSPH, MSHS, wants to believe that her daughters will have healthy environments at home and at school. But as a pediatrician and a researcher for the University of California San Francisco, she knows that many American children may face an unhealthy nutrition environment in child-care facilities and schools, and may even lack an essential nutrient that most of us take for granted—water that is safe to drink.

Studies suggest that children do not drink enough plain water and instead drink sugar-sweetened beverages that can lead to serious and costly health issues including obesity, tooth decay, and even decreased cognitive function.

Dr. Patel's interest in drinking water access and intake in schools began in 2006 while she was completing a fellowship in the Robert Wood Johnson Clinical Scholars Program. Her research team visited middle schools to determine priorities for a school-based obesity prevention program and heard from students, families, and school staff that school drinking water was both unpalatable and unsafe. This discovery led the team to focus on getting the kids water that they would actually drink.

In 2014, she expanded her work to help evaluate Aqua4all, a project funded by The California Endowment, to implement 120 water-filling stations with filtration systems to farming communities throughout the Central Valley. The project even captured the attention of First Lady Michelle Obama, who invited Dr. Patel and approximately 60 others to the White House to announce the results of her "Drink Up" campaign, an effort to encourage Americans to drink more water, more often.



“It is surprising that in this day and age, water access in schools in the United States is even a problem that needs to be addressed.”

—Dr. Anisha Patel

During clinical visits with her patients, Dr. Patel's advice for addressing chronic childhood health conditions is often related to behavior changes. "Many families, especially those from low-income areas, have a hard time making changes because of their environment. Some individuals, for example, don't have access to fresh fruits and vegetables."

When speaking about her work, Dr. Patel notes, "It really shows the power of doing the research, finding the right partnerships and creating healthy behavior change."

Parks a Prescription for Health

On a hot summer day, a group of Bay Area families streamed off the bus, eager to wade through the muddy tide pools at Alameda's Crab Cove in search of crabs, worms and bat rays. It may not seem like your typical pharmacy, but these families are following doctor's orders by participating in a new partnership between UCSF Benioff Children's Hospital Oakland's Family Information and Navigation Desk (FIND) program and the East Bay Regional Park District: FIND Nature.

"Getting outdoors benefits physical and mental health, and encourages families to get to know and love the place where they live," shares Nooshin Razani, MD, MPH, pediatrician, UCSF Benioff Children's Hospital Oakland. "The Park District is a tremendous partner in this mission."

Dr. Razani is a leader in the Bay Area medical community with the "Healthy Parks, Healthy People" coalition. A growing number of physicians are concerned with children's health and their disconnection from nature. The statistics are alarming, with obesity affecting one-quarter to more than one-third of young people in the United States. Rates in African-American and Hispanic communities are disproportionately higher. Childhood obesity can lead to health concerns and complications including asthma, diabetes, and cardiovascular disease.

FIND Nature strives to promote physical activity, while also helping to reduce stress and social isolation. Dr. Dayna Long, founder and director of the FIND program, recalls a busy clinic morning when a single mother with two toddlers came in for routine vaccines. During the visit, she learned that the family was struggling with housing. Dr. Long wrote the family a park prescription, encouraging them to spend more time in nature. Once at the tide pools, with her boots covered in mud, this mother said: "This is my last pair of shoes." She laughed and said that she had to wait until next month to have enough money to buy a new pair, but that it was well worth it.

Thank you, East Bay Regional Park District, for being an amazing collaborator and for caring for our parks.

Running for Olivia



When Aaron and Karina Rashba welcomed their daughter, Olivia, into the world, they couldn't contain their happiness. They raved about her jet black hair and were surprised that she looked exactly like her older brother, Eli.

Only moments after her birth, the doctors asked to examine Olivia more closely; they were concerned about nodules on her skin. The following day, the Rashbas received the devastating news: Olivia had cancer.

She was transferred to the Newborn Intensive Care Unit at UCSF Benioff Children's Hospital San Francisco. After multiple biopsies, Olivia was diagnosed with atypical teratoid rhabdoid tumor, an extremely rare cancer found in approximately 30 children in the United States each year.


At eight days old, Olivia received her first chemotherapy treatment. She showed great promise at first. But a month later, doctors discovered the cancer had spread to her brain. She lived for 12 more days. Her parents believe that even in Olivia's short life, she had many beautiful memories, thanks to the care she received at UCSF.

Last year, Aaron joined the hospital's San Francisco Marathon Charity Team and raised \$10,000 for the oncology department at UCSF Benioff San Francisco. With his family and friends supporting him, he is now preparing to embark on another half-marathon in Olivia's memory.



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CONNECTIONS
SPRING 2015

Talk Read Sing

Doctors are the newest group of advocates to join the Too Small to Fail campaign encouraging parents to talk, read, and sing to their infants and toddlers as a key precursor to literacy.

The American Academy of Pediatrics has long recognized the importance of telling parents to talk to and read with their children. But it has only recently begun advising its doctors to deliver that message for the first time at a child's two-month checkup. What has been less clear is how to deliver that information in a way that sticks.

That's where Too Small to Fail comes in. Last summer, former secretary of state Hillary Clinton visited UCSF Benioff Oakland to kick-start the "Talking is Teaching: Talk Read Sing" campaign. The initiative is aimed at raising awareness, especially among low-income families, about the importance of talking, reading and singing to babies starting from birth. Research has shown that children who grow up in families on public assistance are exposed to as many as 30 million fewer words than those in families holding professional jobs by the time they're 4 years old.



Too Small to Fail's doctor strategy banks on two key facts: Doctors are one of the most trusted information sources for new parents. And doctors have immediate access to new parents, allowing them to deliver the message early enough for it to make a difference.

While the research is clear that children who know more words when they start kindergarten are better off academically, an understanding of how to ensure they know enough words is still emerging. Adding a few more minutes of doctors' time to well-baby visits is just one attempt to remedy the problem.

Excerpted from Education Week: By Lillian Mongeau
1/20/15

Make a World of Difference for Our Kids

There are children in your community who are fighting to live another day, and their families are holding on to hope. Help us give these children a second chance by supporting UCSF Benioff Children's Hospitals, a nationally ranked leader for compassionate, comprehensive, and kid-focused care.

UCSF Benioff Children's Hospitals are a beacon for hope and healing, but we cannot stand alone. We invite you to join our family of supporters by sending a tax-deductible gift to UCSF Benioff Children's Hospitals. Every gift—large or small—is an investment in the future of children's health.

To make a donation, please return the enclosed business reply envelope or visit us at give.ucsfbenioffchildrens.org.

