



# Reflux Digest

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## Medical News

a small selection of the new postings on [reflux.org](http://reflux.org)

### Sleep Apnea and GERD

A new device has been created to study sleep apnea and reflux. It measures the pH of the breath and airway. "Gastric reflux, respiratory disease and sleep disordered breathing are rapidly growing health concerns worldwide. Laryngopharyngeal reflux is associated with and known to exacerbate various respiratory disorders such as asthma, bronchitis, chronic obstructive pulmonary disease, and chronic cough. Research findings support the relationship between reflux in the upper airway and sleep related breathing disorders such as obstructive sleep apnea (OSA)."

Read More: <http://www.medicalnewstoday.com/medicalnews.php?newsid=38588&nfid=rssfeeds>

### Not Milk? New Research Questions the Value of Dairy

From the Bradenton Herald - originally published in the Chicago Tribune. This article reviews some of the new research and quotes some mainstream doctors. Watch for arguments from those with opposing views and make up your own mind.

"Last March, the journal Pediatrics published a review article concluding there is "scant evidence" that consuming more milk and dairy products will promote child and adolescent bone health. Some leading practitioners of integrative medicine, including best-selling author Dr. Andrew Weil, suggest eliminating dairy products from the diet to help treat irritable bowel syndrome, asthma, eczema and ear infections. The late Dr. Benjamin Spock reversed his support of cow's milk for children in 1998 in his last edition of his world-famous book "Baby and Child Care." One fact is indisputable: Our bodies need the mineral calcium to build and maintain bones and teeth. Calcium also helps with blood clotting, muscle function and regulation of the heart's rhythm. The debate centers on whether milk is really the best - or even a necessary - source. Ten thousand or so years ago, cow's milk was not part of the human diet."

Read More:

[http://www.bradenton.com/mld/bradenton/living/health/13983987.htm?source=rss&channel=bradenton\\_health](http://www.bradenton.com/mld/bradenton/living/health/13983987.htm?source=rss&channel=bradenton_health)

### **Mom's Advice was right.....**

People with GERD are often told not to eat for three hours before going to bed. In fact, this is recommended by the American College of Gastroenterology. The advice seems logical, yet it had never been studied till now.

Employees of a large Japanese company were asked during their yearly free physical about symptoms of GERD and their dinner-to-bedtime interval. Those adults with severe GERD were more likely to eat in the three hour window before bedtime.

[http://www.medscape.com/viewarticle/518745\\_print](http://www.medscape.com/viewarticle/518745_print)

### **C-Diff and PPI use**

*Clostridium difficile* [klo-STRID-ee-um dif-uh-SEEL] is a bacterium that causes diarrhea and more serious intestinal conditions such as colitis. Researchers at McGill University in Canada have found that patients taking Proton Pump Inhibitors are more likely to contract C-Diff.

Read the press release: <http://www.mcgill.ca/newswire/?ItemID=17927>

### **Preemies\* should not routinely be given H2 Blockers**

*\*This study applies is about preemies in the NICU, not other babies with reflux.*

A study of data from 11,000 preemies in Neonatal Intensive Care Units (NICU) in the US found that the babies who were taking H2 blockers such as Zantac, Tagamet, Pepcid and Axid were more likely to develop necrotizing enterocolitis (NEC). This is a dangerous intestinal inflammation that can be deadly. The study was funded by the National Institutes of Health and the NIH Director issued a press release.

*"This study strongly suggests that the current practice of prescribing H2 blockers to prevent or treat acid reflux in premature infants needs to be carefully reevaluated by all concerned in light of these new findings,"* said Elias A. Zerhouni, M.D., Director of the National Institutes of Health

It was not possible for the researchers to determine whether the H2 blockers CAUSED the NEC or whether the babies had fragile digestive systems that lead to the need for H2 blockers and also lead to the developing of NEC.

According to the primary author of the study, the main points that parents need to understand is that we don't really know enough about NEC yet to fully understand the impact of H2 blockers. She also urges parents to remember to weigh the risks of GERD against the risks of NEC and to use all medicines cautiously in the lowest effective doses.

### **Children with Pediatric Gastroesophageal Reflux Disease (GERD) Can Go Undiagnosed for Months**

A new consumer survey of 210 mothers of children diagnosed with pediatric GERD showed that an average of more than two months passed between when the child first showed frequent symptoms or complained of stomachaches until the time they were diagnosed with pediatric GERD. The survey was

developed by TAP Pharmaceutical Products, Inc. in conjunction with the Pediatric Adolescent Gastroesophageal Reflux Association (PAGER).

Read the full press release: <http://biz.yahoo.com/prnews/060322/nyw041.html?v=46>

### **High cost of meds?**

New York and New Jersey Legislatures are considering requiring pharmacies in their state to post prices of common drugs on a state sponsored internet site so that consumers can comparison shop. A watchdog group found that prices for a common acid reflux medicine varied as much as \$40 in pharmacies that are fairly close to each other. It pays to check prices!

### **Fighting for amino acid formula coverage**

“Abigail's doctors said she needs a special formula called Neocate that cost almost \$40 a day. The only problem is that DeBlasio's insurance company, Aetna, told them they couldn't pay for it.”

Read more: <http://www.nbc10.com/money/7510606/detail.html?rss=phi&psp=news> (There is a video, too)

“It quickly became a question of what was going to hurt Sam Racioppo more: his food allergies or the cost of his special food. His parents' insurance company wouldn't cover the \$1,200 monthly cost of the liquid food, which is poured into Sam's stomach through a feeding tube. So his mom, Michelle, turned to her state representative for help.”

Read More: <http://www.azcentral.com/business/articles/0228foodallergies28.html>

## **PAGER News**

### **Search the Net and make money for PAGER?**

Set your browser to use [www.goodsearch.com](http://www.goodsearch.com) as your primary search engine. When you use it the first time, specify that you want the money to go to PAGER. Let's see if this fundraiser works any better than some other others we tried. Services like iGive only raise a few dollars per year for PAGER because most of you are not “shoppers.” Maybe this will allow you “surfers” to help us raise money.

### **Volunteer News:**

Call it pre holiday stress syndrome or a senior moment...whatever it was, it was a huge oversight that we did not acknowledge the contributions of two of our valued volunteers in the December 2005 issue of Reflux Digest. We would like to say a big thank you to:

Stephanie Doersam who has been a PAGER volunteer since 2001. She has three young children with acid reflux and manages to go to school and work too. We salute your energy!

Annette Pic has also been a PAGER volunteer for many years. She has 4 children with varying degrees of reflux and digestive issues. She does a great deal of networking in her community in Delaware and contributed to the PAGER publication, Going to School with Acid Reflux.

We would also like to thank the Pulsifer grandparents for putting in many hours on our database. It is a big job that takes 20+ hours per month.

### **PAGER in the Press**

Jan Gambino wrote the feature article for a major asthma magazine. **Noisy Asthma, Silent Reflux** appears in the Winter 2006 issue of Allergy and Asthma Today.

...When I was pregnant with Rebecca, I prayed over and over for her to be healthy. Well, Rebecca was perfectly healthy for the first 17 days of her life: she slept 6 consecutive hours on her first night home from

the hospital, nursed like a champ and tolerated her 3 and 5 year old sisters' attempts to take her to the playground in the doll stroller (much to their glee!!).

I thought that raising 2 children would have given me all of the training I needed to care for Rebecca but I was terribly wrong. While I had already received "on the job" training for dealing with ear infections and runny noses, Rebecca has different and more worrisome symptoms. At a tender age, she started wheezing and coughing. It was common for her to get blue around her lips when I fed her. One illness followed another with hardly a break. It was a constant struggle to quiet the noisy wheezing and coughing and keep Rebecca breathing...

To read the rest of the article, go to the press room at [www.reflux.org](http://www.reflux.org)  
For info about asthma visit [www.breatherville.org](http://www.breatherville.org)

### **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. The work is time consuming, but not hard.

## **News of Interest**

### **Kids Create – Parents Relate Coloring and Drawing Contest**

The Tummy Ache Calendar is a big hit. Parents told us that their children were inspired to draw their own pictures and tell others about their experiences with acid reflux. Thanks to TAP Pharmaceutical Products Inc, makers of Prevacid for printing the calendar and covering all mailing expenses which allowed all PAGER members in the United States to receive calendars.

Matt Miller of Finksburg, MD won the art contest. He will receive a \$10,000 scholarship and his school's art department also gets a cash award. His self portrait is also featured in the Tummy Ache Calendar. Here is a quote from the Baltimore Sun – "Depicting three self-portraits on a 7-inch-by-5-inch drawing, Westminster High School sophomore Matt Miller assigned each a color with a symbolic connection: blue for depression, red for frustration and yellow for sickness. Three months after finishing the illustration, he is seeing green." Congratulations, Matt!

### **Cute Kid Alert.**

FLAVORx, Inc. makes flavorings to cover the yucky taste of medicines. Scientifically developed to cover the taste but not degrade the medicine, this system is available nationwide at many pharmacies.

FLAVORx has announced that it is seeking nominations for the FLAVORx Super Kid contest. We hope that a kid with acid reflux will be their newest spokesperson! Our kids know way too much about taking medication and what flavors they prefer! See [www.flavorx.com](http://www.flavorx.com) for details.

### **Book Review**

#### ***You: The Smart Patient***

This book was written by Michael Rozen, MD and Mehmet Oz, MD in cooperation with the Joint Commission - the organization that accredits hospitals and health care facilities. This book is written in a very humorous style and gives wonderful ideas on working with your doctor, researching your own illness, why you should ALWAYS get a second opinion and many other valuable topics. PAGER staff are not the only ones who love this book – Oprah interviewed the author and is recommending the book on her web site. [http://www.oprah.com/tows/booksseen/200602/tows\\_book\\_20060210\\_mroizen.jhtml](http://www.oprah.com/tows/booksseen/200602/tows_book_20060210_mroizen.jhtml)

## **From the Trenches**

Since Jan's article about GERD and reflux was printed, we have been contacted by many parents who are concerned about choking, "breath holding spells," reactive airway and asthma. Several members filled out profiles on the web site. We chose a few of the shorter profiles to share with you.

Please log onto the web site and fill out your own profile. The webmaster promises that they will be searchable by the time you get this newsletter.

==First-time mother of a beautiful baby girl who can't seem to keep her food down. Although she's gaining weight, I can't take the looks of pain on her face and her grunts and the constant arching of the head and back. It nearly brings me to tears. She throws up everywhere and it comes out of her nose, as well, which scares her. She is on Zantac which seems to help a little but I can't wait until this period of discomfort is over.

==My 8 week old son has reflux. It has gotten to the point where he stops breathing. I feel a little guilty, but today at the dr's office I am not going to leave until he prescribes something for my poor baby.

==I am mother of two little boys both [8 and 6 years] diagnosed with severe GI reflux at birth. Also asthma and tracheal malacia secondary due the reflux. I also have a history of reflux and asthma since birth. I am NICU RN and even with my nursing experience it has been a fight to keep my sons healthy.

==My little gerdler was diagnosed w/GER at 2 mos. He was recently diagnosed w/GERD by a pediatric GI specialist. He also has asthma and sees a pediatric pulmonologist. He is on Prevacid, reglan, singular, qvar, zoponex, and alimentum formula. At 19 lbs. and 27 1/2 in. he is in the 95th % for weight and the 99th % for height, not typical for a refluxer, so doctors were reluctant to diagnose him with reflux.

==When my baby was first brought home from the hospital, we noticed she would choke every time she ate and would wheeze. The doctor has since put her on rice with formula and zantac. She is a little better but coughs still, burps still, and when she's really colicky has trouble breathing and she wheezes a lot. But she is able to keep most food down without choking. Any similar stories?

==My daughter has reflux. She has these spells where she refluxes during the night, and chokes on it. She turns blue and is very pale. She is on a smart monitor which alarms us when she has an episode. She's had 6 episodes now...Her GI doc and Pulmonologist chalk it up to reflux. She is on the monitor 24/7. The only time it's taken off is when she's getting a bath. I'm extremely worried about these episodes...

==My baby is a month premature. He is healthy and at home. He has two episodes of choking after eating his formula. The ambulance has been called on both occasions. He spent one night in the hospital for observation. The doctor said it might be Reflux. He is taking an antacid right now. It is really scary to see your baby choke.

==My son is approximately 2 weeks old (adjusted preemie age) and suffers from GERD. He was born 10 weeks premature. He was choking during what seemed to be a reflux episode. He turned completely blue and stopped breathing. His father performed CPR on him and he resumed breathing. My husband and I are terrified by this. I am doing my best to stay up all night so I can watch him.

==My son was born in 03 and right away would scream all night. I remember feeding him in the hospital at night and he would scream and scream.. I just figured babies cry and I just didn't know how to nurse. At home things got worse.. refusal to eat, gagging, choking.. color changes and sweating while eating. Followed by a year and a half of 28 ear infections, respiratory distress and hospitalization. At 6 months when vomiting upwards of 40x per day we were given our magic drug.. Prevacid. He was suddenly happy more than 50% of the time. It was GREAT. He still puked but not more than 10x per day. He always gained weight ok...25th% all along. At 12m we had to increase meds due to worsening symptoms and the meds stayed there until age two when we increased again because of increasing symptoms. He does well most days on his new dose.

==My daughter had been sick for 6 months with chronic cough, sinus infections, and finally pneumonia. We got referred to [Children's Hospital] and she was diagnosed with severe GERD. It has been 2 years and she is still uncontrolled. She is on Nexium, Reglan, Carafate, Advair, Flonase, Leukorvin, Omnicef, Singulair, Allegra and Glycolax They are still hesitant to do the surgery. We are at the end of our rope with this disease.

Create a profile about your child and family. Sign in to [www.reflux.org](http://www.reflux.org) using the small "SIGN IN" link on the green bar. When you post messages to the discussion forums, people can click your name to read your profile. The profiles will also be searchable in the near future. Please donate to the Web Upgrade Project.

## Necessity is the mother of Invention

### Meet the inventors of the products we advertise

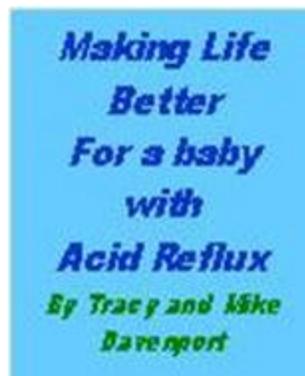
The PAGER members frequently tell us that they love the products we advertise. We have decided to profile an advertiser in each newsletter. Here is a small part of the interview. The full interview can be found on [reflux.org](http://reflux.org) in the Reading Room under Products.

**The ComfyLiftBed™** is a specially designed bed that is able to raise or lift up a child that is in need of elevation at nighttime due to a number of sleep-breathing disorders. The most common use of the ComfyLiftBed™ is for acid reflux disease/GERD. The child bed has specific features that not only elevate the child for better breathing but it does this in a manner that the child feels safe and secure. The side barriers are made to position the child in a side sleeping position, without strapping or restricting the child, which is preferred by most pulmonary physicians and GI pediatricians. The opposing foot wedges on the child bed are the key to keeping a child in this inclined position. The foot wedges permit the child to "push-off" or sustain the elevated position on the child bed. The falling down to the bottom of a standard wedge or a "pushed-up" crib mattress, is the most common complaint I hear from a frustrated mother.

Not much has been done to clinically research the area of "positional therapy"...We are asking for someone that is qualified in the medical or research field to take on this challenge, to prove clinically the efficacy of the ComfyLiftBed™ (patent pending) and the benefits of "positional therapy" for children. Perimeters can be established when a clinical study is made on our ComfyLiftBed™ as to how, and who this kind of therapy will benefit most. If you are qualified and interested in the next level of patient care, please contact me Mr. Horacio Rubio at 1-877-449-1888 toll free or write me at [refluxpillow@yahoo.com](mailto:refluxpillow@yahoo.com)



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



[www.makinglifebetter.org](http://www.makinglifebetter.org)



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



Amby Baby Motion Bed  
Soothes babies with  
colic and reflux

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



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

## Important Details

### **We need your current contact info**

Every time we send a newsletter, we get a lot of bounced messages because people switch e-mail accounts. Please keep us updated with your e-mail and street address. Sign on to [www.reflux.org](http://www.reflux.org) and correct it yourself using the "sign on" link on the green bar. Or send a note to [gergroup@aol.com](mailto:gergroup@aol.com)

### **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](mailto: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?**

When you subscribe to Reflux Digest, you receive FREE news about GERD as well as advance warning of meetings, contests, new publications, etc.

### **Why Join or Donate?**

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"

[JOIN](#)

[DONATE](#)

### **Spam Free Guarantee**

We do not share, sell or rent our mailing list and we do not place pop-up ads on your computer. PAGER makes a small request for donations in every newsletter and we will send you one e-mail per year asking you for a year-end donation.

### **Forgot your screen-name or password?**

Drop us an e-mail from the same account you used when you signed up.

### **Contact and Subscribe info**

Reflux Digest is produced by:

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PO Box 486  
Buckeystown, MD 21717-0486  
USA  
301-601-9541 Message Line  
[gergroup@aol.com](mailto:gergroup@aol.com)  
[www.reflux.org](http://www.reflux.org)

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